



Michael F. Steger, Ph.D. is Professor of Psychology, and the Founding Director of the Center for Meaning and Purpose at Colorado State University. He also is a Senior Honorary Fellow in the Graduate School of Education at the University of Melbourne. He earned his PhD in both Counseling Psychology and Personality Psychology from the University of Minnesota, USA, in 2005.

His research focuses on how people flourish through building meaning and purpose in their lives and in their work. He has published more than 120 scholarly articles and book chapters, and his published works include two widely-used measurement tools, the Meaning in Life Questionnaire and the Work and Meaning Inventory, as well as three co-edited books, including *The Wiley Blackwell Handbook of the Psychology of Positivity and Strengths-Based Approaches at Work* and *Purpose and Meaning in the Workplace*.

He provides keynotes, lectures, workshops, and consulting around the world on the topics of meaning, purpose, psychological strengths, positive education, meaningful work, and creating a happy workplace.