

ECPP 1/2 DAY PRE-WORKSHOPS ON JUNE 24TH (12:00-15:00)

– VANESSA KING

Applying Positive Psychology in the Workplace

Positive psychology research has many applications in the workplace but it isn't always easy. In this workshop Vanessa King will help you explore the business case, ideas for putting the research into action and the practicalities of doing so.

In this interactive session we will look at some key levels of intervention – individuals, managers, leaders, teams and people management processes, with examples and case studies. Together we'll look the practicalities of implementation, potential barriers and how to overcome them. You'll come away with practical tips and ideas for action.

Brief Bio

Vanessa is a leading expert in the practical application of positive psychology and an experienced organisation and leadership development consultant, author, speaker, trainer and facilitator. She is also a Board Member of the not-for-profit, Action for Happiness, founded by Professor Lord Richard Layard. Vanessa completed a Masters Degree in Applied Positive Psychology at the University of Pennsylvania, studying with Dr Martin Seligman and many other leading researchers. She designs and delivers engaging and interactive workshops, programmes and offers consultancy to help organisations and the people that work with them, implement and benefit from the science of wellbeing and resilience.

Vanessa King - Longer Bio

Vanessa is a leading expert in the application of positive psychology. An experienced leadership and organisation development consultant, facilitator, author and public speaker, she has worked with a wide range of organisations around the world. She completed her Masters degree in Applied Positive Psychology at the University of Pennsylvania, studying with Dr. Martin Seligman and with many of the other leaders in this field.

- She is a Board member of Action for Happiness (AfH), the leading UK-based not-for-profit founded by Professor, Lord Richard Layard that focuses on proactively building skills for psychological wellbeing and resilience. She leads the translation of psychological research into practical action for individuals, organisations and communities and is the architect of the evidence-based 10 Keys for Happier Living, which have engaged and inspired people around the world to take action for themselves and others and have been used in a wide variety of ways, including in workplaces, school curricula, design schools, healthcare settings and communities.
- Vanessa has led the design and implementation of a wide range of workshops and programmes focused on building wellbeing and resilience, innovation skills and developing talent. These include: 'Doing Well from the Inside Out' – a programme for managers, leaders and teams in workplaces; the Mindful Leadership programme for executive teams and leaders; a Happier Living movement at a leading tech organisation and the 10 Keys to Happier Living course for public health and workplaces. She also offers bespoke consultancy. For example she and her team recently developed a programme of employee research and leadership development, grounded in the science of positive psychology, to help a large technology team enhance employee retention and boost engagement.
- Her book *10 Keys to Happier Living* was published in 2016 in the UK, in the US in 2017 and has recently been translated into Spanish (*10 Claves Para Vivir Feliz*). Her new book for children age 7-11 years, *50 Ways*

to Feel Happy, has recently been published in the UK, US and Australia and has been translated into 5 other languages.

- She has been featured or quoted in the media including: Sunday Telegraph, FT, Sunday Express, Forbes, Guardian Online, Huffington Post, BBC Radio (including the Today Programme, You & Yours, Woman's Hour and numerous BBC regional radio shows) and advised on TV features for the BBC, ITV and Sky. She has a regular column in Psychologies magazine in the UK. She regularly delivers keynotes to business audiences nationally and internationally, and has given two TEDx talks and a Guardian Masterclass.
- Vanessa has an interest in the intersection of wellbeing science and design. She believes a greater understanding of the science of wellbeing can enable design for good. She has guest lectured and tutored on the topic at a number of leading design schools: TU Delft, RCA and Ravensbourne as well as Birmingham City University School of Architecture. With writer Elise Valmorbidia she has also developed a series of workshops on the application of positive psychology to creative writing to enhance the quality and creativity of the practice and the resilience of the writer!
- Prior to consulting Vanessa qualified as a chartered accountant in the UK, working at Arthur Andersen and PWC where she became a business analyst, which fuelled her interest in the potential of organisations to bring the best out of people and how people can bring the best out of themselves. This led her to move into HR with two global banks, Morgan Stanley and Bankers Trust and then to global consultancy Towers Perrin (now Willis Towers Watson). In addition to her Masters and ACA, she has a BSc (Joint Hons) in Psychology and Biology.

Organisations Vanessa has worked with include:

- **Commercial, not-for-profit and public sector** - British Gas, British Library, British Telecom, Broadcasting Standards Commission, Bumiputra Commerce Bank, CMS Cameron McKenna, Devon & Cornwall Police, DHL, Family Mosaic Housing Association, Genzyme Diagnostics, Genzyme Europe, Government of Dubai (Knowledge and Human Development Agency), Healthcare Commission, Hermes Investment Management, Indra Sistemas UK, ITV plc, KPMG, Marks and Spencer, Maybank, Microsoft, MHFA England, News Corporation, New Economics Foundation, Nationwide Building Society, NHS Kingston, NHS Northampton, NHS CNWL, Novabase, ORC International, Roche Pharmaceuticals, Sound Cloud, Strutt & Parker, St Helena Hospice, the Radio Authority, Treasury Wine Estates, Virgin, the UNHCR, UK Government (Departments for Education; Transport, Media, Culture & Sport; The Foreign Office and Ministry of Defense), The Royal Borough of Kingston and Wolff Olins amongst many others.
- **Education-related** - the Universities of: Bradford, Buckingham, Cambridge, East London, Iceland, KAUST (Saudi Arabia), Leeds Trinity, Oxford, York, York St John. Schools and colleges: Great Yarmouth/East Coast College, Allerton, Little Ealing and Woodbridge Primary schools, Forest, Bedford Boys, St Christopher's and Simon Balle High School. Suffolk Primary Heads Association, Hertfordshire Secondary School Heads Association, V Inspire (Team V Young Leader Challenge); the National Citizen Service (NCS) and BSpark (an alternative MBA for young global leaders).

vanessaking@thechangespace.com

vanessa.king@actionforhappiness.org

+44 (0)7989 337083

See also: www.actionforhappiness.org