

Brief bio

Dr Ilona Boniwell heads the International MSc in Applied Positive Psychology (I-MAPP) at Anglia Ruskin University (UK and France). She also teaches positive leadership at l'Ecole Centrale Paris and HEC Business School. Dr Boniwell wrote or edited seven books and multiple scientific articles, delivered over 150 keynotes and invited presentations, founded the European Network of Positive Psychology, organised the first European Congress of Positive Psychology (2002) and was the first vice-chair of the International Positive Psychology Association (IPPA).

Ilona is passionate about practical applications of positive psychology to coaching, business and education. Her own clients have included L'Oreal, Microsoft, SNCF, EDF, Sanofi, Bull, Mars, Eric Bompard, BNP Paribas, Sanofi, Sodexo and many others. Nowadays, as a director of Positran, a boutique consultancy specialising in the applications of evidence-based methodologies to achieve lasting positive transformation, Ilona delivers advanced professional training in positive psychology. She has developed her own approach to positive psychology coaching and training and trained thousands of professionals around the world (in Japan, Singapore, China, Dubai, South Africa, Portugal, France and the UK). She further worked for the Government of Bhutan to develop a framework for happiness-based public policy at the request of the UN, as a member of the International Expert Working Group for the New Development Paradigm. Currently, she consults the Prime Minister's Office of the UAE around the development of the toolkit for workplace positivity and organisational well-being assessment.