



# IPPA WORLD CONGRESS ON POSITIVE PSYCHOLOGY

20-23 JULY 2023 • VANCOUVER, CANADA

## The IPPA World Congress on Positive Psychology: A Must-Attend Event for those in the Arts & Culture Sector

**Are you in the arts & culture-sector? Do you care about the mental health and wellbeing of the communities and organizations you serve? Do you believe that the arts and sciences can work together for the betterment of all?**

Positive psychology is the scientific study of human flourishing. The IPPA World Congress is the largest global gathering of researchers and practitioners who focus on the science of wellbeing and how it can be used to support mental health, personal development, happiness and resilience in individuals and organizations.

### AUDIENCE WELLBEING



- Discover theory, research and practice around how the arts and humanities can build wellbeing, bolster resilience and buffer against stress, disengagement and burnout

### PRACTITIONER WELLBEING



- Learn practical strategies for maintaining your mental health and wellbeing as a an arts and culture professional worker, whether you work on your own or with others

### COMMUNITY RELATIONS



- Explore strategies to build positive group dynamics, foster psychological safety, and create inclusive and respectful environments where communities come together to feel respected, seen and heard.

Spaces limited!  
**REGISTER NOW**

Questions? For more information visit:  
**WWW.IPPAWORLDCONGRESS.ORG**



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