



Public lecture

Friday, March 21th, 2025

7:00 – 8:30PM

Live-Stream via Zoom

**Why is community
important for positive
psychology and a possible
better collective future?**

Speaker:

Prof. Dr. Helena Águeda Marujo

The SWIPPA «Ringveranstaltungen» on the theme of "The Good Life"

For more than 20 years, positive psychology has empirically studied the foundations of what constitutes a "good life". The central question is: What do people and communities do differently who describe themselves as happy despite the stresses and strains of everyday life, compared to people who suffer and complain about their lives? Positive psychology has now developed a wealth of knowledge about which actions enable and deepen human happiness. One of SWIPPA's aims is to "promote the transfer of knowledge to the general public". The SWIPPA events therefore aim to disseminate research findings to the general public in such a way that this knowledge is easy to understand and can be used to shape people's lives. Two to three events on important topics in positive psychology are planned each year.

Why is community important for positive psychology and a possible better collective future?

Among the many criticisms regarding positive psychology is that it reinforces an individualistic way of being, putting too much emphasis on individual search for happiness, which can overlook structural and contextual issues such as socioeconomic factors and systemic inequalities. Amid the many questions that modernity left us as a legacy is the quarrel, not yet resolved, regarding the relationship between society and the individual. One line (neo-Marxism, neo-Structuralism) dissolved the person. The other, exalted subjectivity to the point of reducing the social to a mere background. How do we tackle the supposed oppositions between independence and belonging, freedom and justice, efficiency and equity, self-interest and solidarity, in particular inside the positive psychology field? One possible answer is being part of a community. Being in a community is a universal anthropological experience and a survival mechanism. Although positive psychology defends the need for building and maintaining strong social connections to well-being, and emphasizes the importance of collective well-being, promoting communities has rarely been an aim for the field. Research shows communities provide support, companionship, and opportunities for social interactions. Thriving communities can lead to better mental health outcomes for all members, contributing to social cohesion and a supportive environment. This talk will bring forward insights regarding why and how to bring communities and their strengths as a relevant mechanism to promote well-being and a more peaceful and cohesive society, that responds better to the global complex issues of our current world.

Prof. Dr. Helena Águeda Marujo

Helena is the Founder and Director of the UNESCO Chair on Education for Global Peace Sustainability of the University of Lisbon. Currently she is an Associate Professor at Instituto Superior de Ciências Sociais e Políticas from the University of Lisbon. She was an Invited Researcher with a Fulbright Scholarship at Massachusetts University, USA. She was an Adjunct Coordinator of the Scientific Unit on Human Resources Management and the Executive Coordinator of the Master and Doctoral Programs in Politics for Development of Human Resources Management for many years. She also serves as the Scientific Coordinator of the Post-graduation in Applied Positive Psychology. She is a Senior Researcher at Centro de Administração e Políticas Públicas (CAPP, University of Lisbon) where she created and coordinated for 7 years a Mission Unit on University Wellbeing (ISCSP-Wellbeing), which was the recipient of Merit Prizes in 2017 and 2019. She co-launched the project Contributions for Public Happiness.

Time and place

Friday, March 21st, 2025 from 7:00 to 8:30PM

Virtual event: Online via Zoom

Registration

Please register for digital participation by March 16, 2025 using the following link
<https://www.swippa.ch/de/veranstaltungen/ringveranstaltungen.html>

Participation fee

CHF 20.00

For SWIPPA members free of charge



Swiss Positive Psychology Association

Schweizerische Gesellschaft für Positive Psychologie
Société Suisse de Psychologie Positive
Società Svizzera di Psicologia Positiva