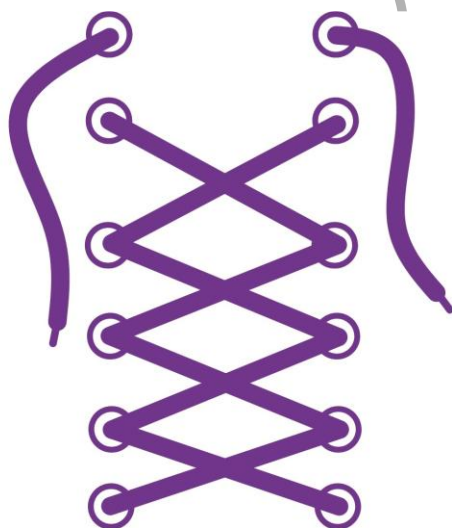




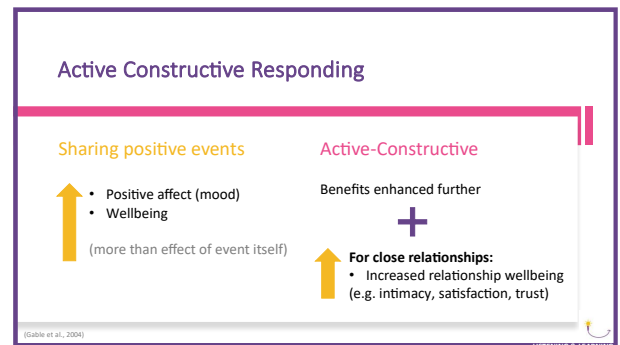
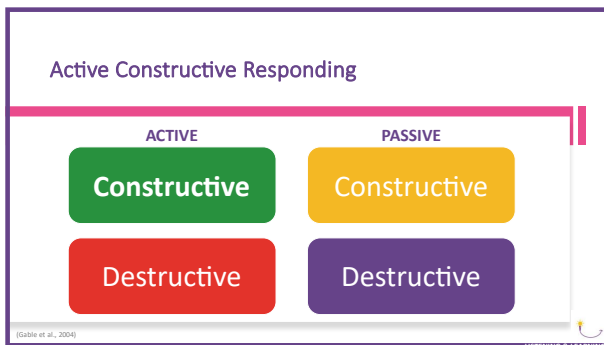
# Tie up your shoeLACES™ - Don't let life trip you up!

Frederika Roberts  
[@frederika-r.bsky.social](https://twitter.com/frederika-r.bsky.social)



**L**istening (& Learning)  
**A**ppreciation  
**C**onnection  
**E**mootional Clarity  
**S**trengths





### Learning

- ❖ Adult learning influences wellbeing (Field, 2009)
- ❖ Older adults: Informal types of learning associated with wellbeing (Jenkins & Mostafa, 2014)

(Gable et al., 2004)

### Curiosity ...



#BeMoreJayne

(Gable et al., 2004)

### "Three Good Things"



<https://happiness-speaker.com/Seligman3GoodThings>

(Seligman, M.E.P. et al., 2002)

### Gratitude: Three Good things

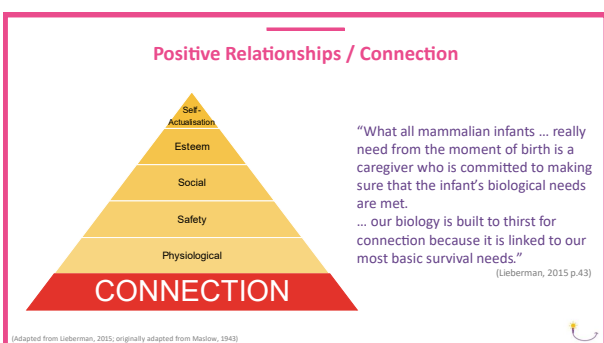
Randomised controlled trial:

6 months


↑ Happiness + ↓ Depression

(Seligman et al., 2005)


<https://happiness-speaker.com/Seligman-3GoodThings>



### Positive Relationships



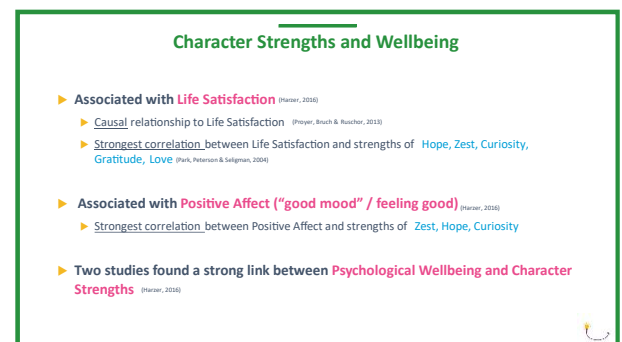
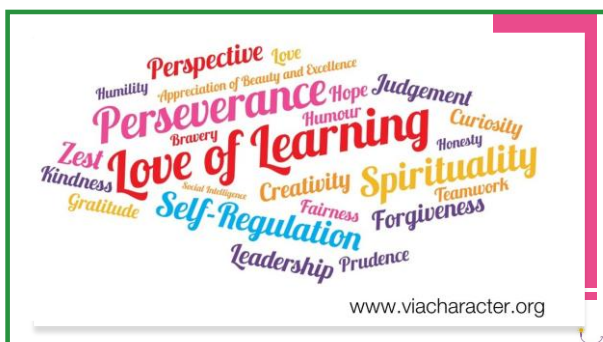
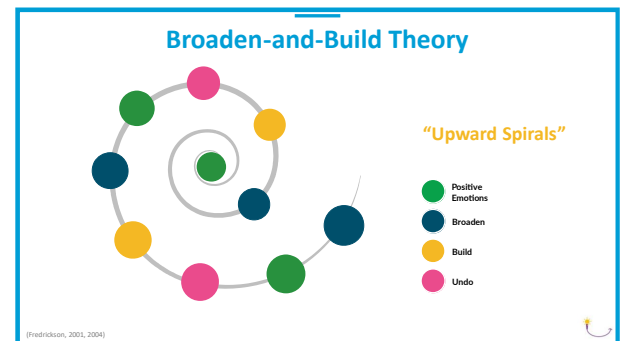
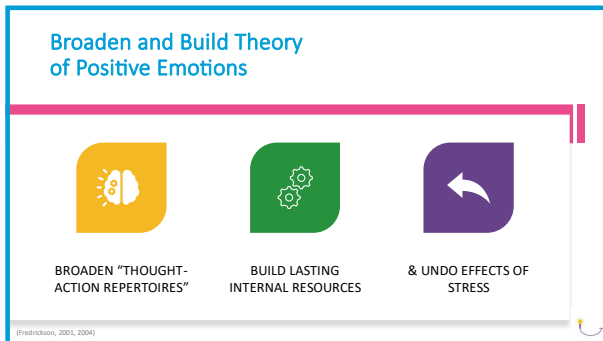
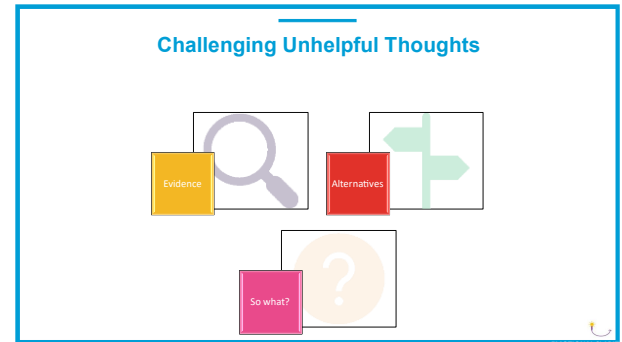
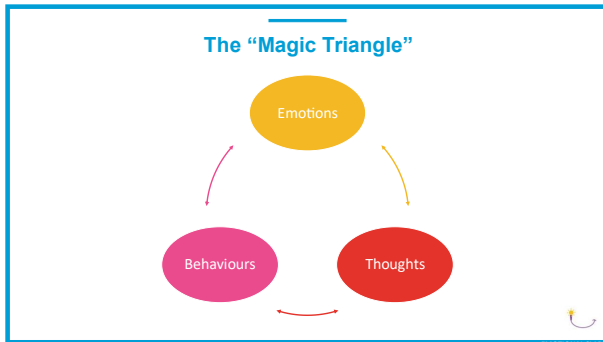
[www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness)



[https://www.ted.com/talks/robert\\_waldinger\\_the\\_secret\\_to\\_a\\_happy\\_life\\_lessons\\_from\\_8\\_decades\\_of\\_research](https://www.ted.com/talks/robert_waldinger_the_secret_to_a_happy_life_lessons_from_8_decades_of_research)

[www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness)

[https://www.ted.com/talks/robert\\_waldinger\\_the\\_secret\\_to\\_a\\_happy\\_life\\_lessons\\_from\\_8\\_decades\\_of\\_research](https://www.ted.com/talks/robert_waldinger_the_secret_to_a_happy_life_lessons_from_8_decades_of_research)



## Your Challenges (Reminder)

### A challenge ...

- Think of a person you care about and haven't spoken to / seen in a while
- **Contact them!**
  - E.g. "pebbling" (saw this and thought of you ...)
  - Tell them something you admire about them
  - Ask them how they are
  - Arrange to meet ...

1 SIGNATURE STRENGTH

7 NEW WAYS

7 DAYS



## Questions?

(& Feedback)

[www.happiness-speaker.com/Google-Review](http://www.happiness-speaker.com/Google-Review)



[www.happiness-speaker.com](http://www.happiness-speaker.com)  
[fred@happiness-speaker.com](mailto:fred@happiness-speaker.com)

## Contact



Facebook  
BlueSky  
Instagram  
LinkedIn

[@happiness.speaker](https://www.facebook.com/happiness.speaker)  
[@frederika-r.bsky.social](https://www.facebook.com/frederika-r.bsky.social)  
[@frederikaroberts](https://www.instagram.com/frederikaroberts)  
[Frederika Roberts](https://www.linkedin.com/in/frederika-roberts)

## Books & Strength Cards

**Discount Code:**  
**UKAUTHR20**



[uk.sagepub.com/en-gb/eur/the-big-book-of-whole-school-wellbeing/book277306](https://uk.sagepub.com/en-gb/eur/the-big-book-of-whole-school-wellbeing/book277306)

**Discount Code FRED20**



[uk.jkp.com/products/for-flourishings-sake](https://uk.jkp.com/products/for-flourishings-sake)

[uk.jkp.com/products/character-toolkit-for-teachers](https://uk.jkp.com/products/character-toolkit-for-teachers)

[uk.jkp.com/products/character-toolkit-strength-cards](https://uk.jkp.com/products/character-toolkit-strength-cards)



## References

- Field, J. (2009) 'Good for your soul? Adult learning and mental well-being', *International Journal of Lifelong Education*, 28(2), pp. 175–191. <https://doi.org/10.1080/02601370902757034> .
- Fredrickson, B.L. (2001) "The Role of Positive Emotions in Positive Psychology: The Broaden-and-Build Theory of Positive Emotions," *The American psychologist*, 56(3), pp. 218–226. Available at: <https://doi.org/10.1037/0003-066x.56.3.218>.
- Fredrickson, B.L. (2004) "Broaden-and-Build Theory of Positive Emotions," *The Royal Society*, 359(1449), pp. 1367–1377. Available at: <https://doi.org/1098/rstb.2004.1512>.
- Gable, S.L. et al. (2004) "What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events," *Journal of Personality and Social Psychology*, 87(2), pp. 228–245. Available at: <https://doi.org/10.1037/0022-3514.87.2.228>.
- Harzer, C. (2016) 'The Eudaimonics of Human Strengths: The Relations Between Character Strengths and Well-Being', in Vittersø, J. (ed.) *Handbook of Eudaimonic Well-Being*. 1st edn. Cham, pp. 307–322. Available at: [https://doi.org/10.1007/978-3-319-42445-3\\_20](https://doi.org/10.1007/978-3-319-42445-3_20) .
- Jenkins, A. and Mostafa, T. (2015) 'The effects of learning on wellbeing for older adults in England', *Ageing and Society*, 35(10), pp. 2053–2070. Available at: <https://doi.org/10.1017/S0144686X14000762> .
- Park, N., Peterson, C. and Seligman, M.E.P. (2004) 'Strengths of character and well-being', *Journal of Social and Clinical Psychology*, 23(5), pp. 603–619. Available at: <http://doi.org/10.1521/jscp.23.5.603.50748> .
- Proyer, R.T., Ruch, W. and Buschor, C. (2013) 'Testing strengths-based interventions: A preliminary study on the effectiveness of a program targeting curiosity, gratitude, hope, humor, and zest for enhancing life satisfaction.', *Journal of Happiness Studies*, 14, pp. 275–292. Available at: <https://doi.org/10.1007/s10902-012-9331-9> .
- Seligman, M.E.P. et al. (2005) "Positive psychology progress: Empirical validation of intervention," *American Psychologist*, 60(5), pp. 410–421. Available at: <https://doi.org/10.1037/0003-066X.60.5.410> .