



Anglia Ruskin
University



Positran

Psychology for
positive transformation

Dr Ilona Boniwell

Education

- PhD (Satisfaction with time use and its relationship with subjective well-being), The Open University, 2006 (no corrections)
- Diploma in Coaching, Newcastle College, 2005
- Certificate in Coaching, Newcastle College, 2004
- Research Skills and Survey Methods (60 credits, MSc level), The Open University, 2003
- B.Sc. Hons. in Psychology (1st class), The Open University, 2000
- Diploma in Health & Social Welfare, The Open University, 2000
- Diploma in Psychology, Pushkin Lyceum, University of Latvia, 1995

Current work and employment

Founder and CEO, Positran Inc., 2012 – current

Positran is a boutique consultancy dedicated to achieve transformation through applications of positive psychology to real world issues. It provides specialised consulting services, training and innovative tangible tools in the areas of positive psychology, well-being, resilience, organisational change, executive coaching and leadership. The mission of Positran is to translate cutting edge research findings into tangible strategies and actions real people can take on the ground.

Co-founder and Co-director, ScholaVie, 2016 – current

A social enterprise dedicated to the development and implementation of positive education programmes in schools and communities, as well as the development of pedagogical materials and tools for building children's well-being and resilience. Winner and laureate of four innovation prizes in 2016-2017.

Visiting Principal Lecturer, Anglia Ruskin University, 2014 - current

Responsible for the development, validation and strategic leadership of the new International MSc in Applied Positive Psychology. Module leader for Positive Education and Positive Psychology Coaching.

Associate Professor, HEC Paris, 2015 – current

Module co-leader and teaching on the Positive Management module, Executive MBA.

Visiting Lecturer, École Centrale Paris, 2012 – current

Teaching on the “Ateliers du Developpement Professionel & du Leadership” (main “Centralien” programme). Module leader for Positive Leadership on the MA in Transformation and Innovation.

Employment history

Scientific and Programmes Director, SynLab, 2015 .

Overseeing research and training programmes development at SynLab. SynLab is the pioneering charity with the explicit aim to promote positive education through training, research and policy influence. Its track record includes becoming a French partner of the Design for Change and developing curiosity, and creativity in 15000 Francophone children.

Columnist, Psychologies Magazine UK, 2013 – 2015.

Writing a monthly column on the modern family life, including psychological analysis of daily situations. Also a featured expert leader on the Psychologies website, regularly blogging on topics around positive psychology.

Principal Lecturer in Positive Psychology, University of East London, 2006 – 2012.

- Creator and programme leader for MSc in Applied Positive Psychology (MAPP).
- Founder and programme leader for MAPP Distance Learning (MAPP DL).
- Module leader for Positive Psychology (BSc), Psychology of Well-Being (BSc), Introduction to Positive Psychology (MAPP), Assessment and Interventions (MAPP), Applying Positive Psychology (MAPP), Research Methods and Dissertation Part 2 (MAPP).
- MSc dissertation and PhD theses supervision.
- Research, consultancy and knowledge transfer projects (see the relevant sections).
- Organised Positive Psychology, Well-Being and Business Conference, November 2007.
- Established the London Partnership for Positive Psychology in Practice (LP4), 2010-12.
- Supervision of five staff members.
- International expansion.

Senior Lecturer in Adult Professional and Lifelong Learning on MA in Coaching and Mentoring, Oxford Brookes University, 2006.

Visiting Lecturer on Positive Psychology module, City University, 2006; St Mary’s College, 2005.

Tutor on Personal Synthesis course, Tower Hamlets College, The Globe Centre, J-Go consultancy, London, 2004-2005.

Residential/Summer School Tutor/Learning Advisor/Associate Lecturer on B822 Creativity, Innovation and Change (MBA), D309 Cognitive Psychology (problem solving, cognitive modelling), ED209 Child Development, The Open University, 2001-2005.

Assistant Psychologist, Dorset HealthCare NHS Trust, 2001-2002.

Visiting Lecturer on Social Psychology module, Riga International College of Economics and Business Administration, Latvia, 2000-2001.

Managing Director of a language school agency, Latbrit, Latvia, 1996.

Trainee Psychologist in a primary school setting, Pushkin Lyceum, Latvia, 1993-95.

Research interests

- Perceived time use: factors that contribute to balanced time use. Relationships between time use, time management, well-being and other measures of well-functioning.
- Time perspective: validation and further development of existing time perspective inventories (e.g. the Zimbardo Time Perspective Inventory).
- Well-being: studying the lay conceptions of well-being using qualitative methodologies. Operationalisation and measurement of the eudaimonic well-being construct.
- Positive education: development and validation of educational programmes aimed at different aspects of optimal functioning.
- Effects of well-being on cognitive, emotional and behavioural variables.
- Coaching: the evaluation of coaching effectiveness and studying the mechanisms underlying coaching interventions.
- Tangible tools - evaluating the effectiveness of multi-modal approaches to enhancing flourishing.

Major academic appointments

- President of the ScholaVie Institute for Research on Positive Education, 2017 – current.
- Founder and first Chair of the European Network of Positive Psychology, 2001-2003. Organised the 1st European Positive Psychology Congress, June 2002. Subsequently member of the ENPP's Steering Committee, 2003-2010. Refereeing responsibilities. Re-joined the committee in 2017 to lead on the quality assurance process.
- Vice-Chair of the Steering Committee of the International Positive Psychology Association (IPPA), October 2007 – 2009. Member of IPPA's Board of Directors 2009 – current.
- Vice chair of the Francophone Association of Positive Psychology, 2016 – current. Member of the Board of Directors since 2013.
- Member of the Board of Directors of the International Positive Education Network (IPEN), October 2013 – current.
- Member of the Life Skills Working Group, the Youth Team, Cabinet Office (British Government), 2013 – 2015
- Leader of the International Expert Working Group appointed by the Royal Government of Bhutan to develop happiness-based public policy recommendations at the request of the UN, 2012 - 2013.

Scientific and scholarly affiliations, fellowships and memberships

- Co-editor, Journal of Applied Positive Psychology, 2017 – current.
- Research Fellow at the Laboratoire Conditions Humaine et Artificielle (CHArt) Paris Ouest La Défense, 2013-current.
- Research Fellow of the Institute of Health and Human Development. UEL, 2009-current.
- Fellow of the Royal Society for the encouragement of Arts, Manufactures and Commerce (RSA), 2008-current.
- Fellow of the Higher Education Academy (HEA), 2009-current
- Member of the Expert Advisory Board, Action for Happiness, 2010-current.
- Founding Member of the Coaching Psychology Special Group, the BPS, 2005-current.

- Graduate Member of the British Psychological Society (BPS), 2001-current (eligible for Chartered registration).
- Coordinator of research seminars at the EHES (Paris) "Du bonheur et de bien-être dans les sciences sociales" with Dr Pascale Haag and Dr Miriam Teschl, 2015-2016.
- Associate Editor: *Coaching: An International Journal of Theory, Research and Practice*, 2008-2010.
- Editorial Board Member: *Journal of Positive Psychology*, 2009-2016 (previously ad hoc reviewer since 2006); *International Evidence Based Journal of Coaching and Mentoring*, 2006-2011, *British Journal of Well-Being*, 2010.
- Ad-hoc reviewer for several academic journals and research bodies, including ESRC, *British Journal of Guidance and Counselling*, *Human Resource Management Journal*, etc.
- Director of studies for PhD thesis on Eudaimonic Well-Being: experience, correlates and predictors, 2009-2012.
- Director of studies for EdD thesis on the development and validation of a primary well-being curriculum, 2008-2012.
- Fellow of the Wellington College, 2009-2013.
- External examiner for a BSc in Psychology, University of Buckingham, 2008 – 2010.
- External advisor for a BSc in Psychology, University of Wales, Newport, May 2008.
- External examiner for a PhD thesis "Goals, Well-being and Age", University of Dundee, September 2009.
- Internal examiner for a PhD thesis "The possibility of unconscious attention (UA) and programming", December 2008.
- Member of the Income Generation Committee (School of Psychology), UEL, 2008-2012.
- Member of the management team of the Institute for Health and Human Development, UEL, 2009-2010.
- Member of UEL-wide Coaching Task Force, 2009-2010.
- Member of the International Advisory Board, Centre for Applied Positive Psychology, 2006-2008
- Member of the BPS Representative Council, 2006-2007.
- Postgraduate student representative on the Research Committee, School of Health and Social Welfare, The Open University, 2004-2005.
- Chair of the Poster Committee at the 2nd International Positive Psychology Summit, Washington DC, 2003.
- Member of the Standing Conference Committee of the BPS, 2001-2004. Refereeing responsibilities.
- Member of the Consciousness and Experiential Section Committee of the BPS, 2000-2002.
- Conference Officer of the Wessex and Wight Branch (Regional) Committee of the BPS. Organised UG/PG Student Conference and Careers in Psychology Event 2001; 2000-2002.
- Conference Officer for the Committee of the Student Members Group of the BPS. Organised SMG Annual Conference 2000 on Positive Psychology and SMG Annual Conference 2001; 1998-2001.
- Student Member of the Organising Committee of the VII European Congress of Psychology 2001, 2000-01.
- Honorary Secretary for the Committee of the Student Members Group within the BPS, 1998-1999.
- Member of the Vice-Chancellor's Strategic Forum, The Open University, 2004-2006.

Prizes, consultancy and research grants

- Winner and laureat of four pedagogical innovation prizes in 2016-17, including being selected as a finalist by the French Ministry of Education (as a co-director of ScholaVie).
- Researcher on the project "Scientific multidisciplinary evaluation of e-éducation planning for the city of Bordeaux" (eEduc-Eval Bordeaux) .Budget 75.000 Euros. 2013 – 2016.

- Project management of the International Experts Well-Being Group working on public policy recommendations for happiness-based development paradigm at the request of the Royal Government of Bhutan and the UN, daily rate, 2012 – 2013.
- Monthly reviews of the UK and Russian edition of Psychologies magazine for Psychologies international, France, daily rate, 2012-2015.
- Member of Advisory Board, Cassan Campus Foundation, daily rate, 2013 – 2015.
- Harrow Police and the Young Foundation – development, delivery and qualitative evaluation of an Emotional Resilience Programme “Face Up”. £19, 000, 2010 – 2012.
- Research proposal ‘Beyond vulnerability genes: Differential susceptibility to school-based resilience-promotion intervention’ (PIs: Stevens, S. & Pluess, M.; Key collaborators: Belsky, J., & Boniwell, I.), \$200, 000, selected as a finalist for the Templeton Positive Neuroscience Awards.
- Newham PCT - development of an Emotional Resilience Curriculum (SPARK) Stage 2, £50, 000, 2010 – 2012.
- South London and Maudsley Trust – evaluation of the DIY Happiness Project, £17, 000, 2010 – 2012.
- Northamptonshire NHS, Flourishing Communities Initiative – research and consultancy on raising well-being of the borough, £45, 000, 2009 – 2010.
- Challenge Fund, UEL – grant to develop CPD training based on positive psychology, £10, 000. 2009 – 2010.
- Newham PCT – development and evaluation of an Emotional Resilience Curriculum (SPARK), £150, 0000, 2009 – 2010.
- Haberdasher’s Aske’s Hatcham College – development of a comprehensive Well-Being Curriculum, circa £42, 000 per year for three years, 2008 – 2010.
- Stratford City Long Terms Heath Study – regeneration and well-being literature review, £2, 700, 2009.
- Butlins – Happy Memories Campaign, £2, 500, 2010.
- Leverhulme Fellowship for a Postdoctoral Research Fellow (1 year salary). 2008 – 2009.
- Alpro Soya on the Year of Well-Being project, £20, 000.
- Oxford LEA on applications of positive psychology to education, £7, 000, 2006.
- University of East London on the development of Psychology for Personal and Professional Development Programme, 2006.
- Current Affairs Team (BBC2) on “The Happiness Formula” series, broadcast June 2006.
- Recipient of The Open University Crowther Award, May 2005
- Fellow of the Positive Psychology Summit, 1st, 2nd and 3rd International Positive Psychology Summit, recipient of the Gallup Organisation travel scholarship, 2001.
- Recipient of a PhD grant, The Open University, 2002 – 2005.
- Recipient of funding from the Positive Psychology Network towards the organisation of the 1st European Congress of Positive Psychology in Winchester, 2002
- Recipient of the Positive Psychology Network scholarship for participation in the 1-week long Positive Psychology Summer Institute 2001, North California, 2001
- Recipient of funding from the Positive Psychology Network to establish the European Network of Positive Psychology, 2001.

Books

1. Boniwell, I. (forthcoming). *Positive psychology at work in a nutshell*. Oxford: McGraw-Hill.
2. Reynaud, L., & Boniwell, I. (forthcoming). *PEPS: Parcours d’éducation positive et scientifique*. Paris: Leduc.
3. Boniwell, I., & Tunariu, A. (forthcoming). *Positive psychology: Theory, research and applications, 2nd Edition*. Oxford: McGraw-Hill.
4. Bab, M., & Boniwell, I. (2016). *Exploring Positive Psychology with Lego Serious Play*. Aarhus: Gnist.

5. Martin-Krumm, C., & Boniwell, I. (2015). *Pour des adolescents motives: Les découvertes de la psychologie positive*. Paris: Odile Jacob.
6. Boniwell, I., & Macnair, P. (2015). *365 simple ways to be happier, healthier and smarter*. London: Elwin Street Productions. Translated into French.
7. David, S., Boniwell, I. & Ayers, A. (2013). *Oxford handbook of happiness*. Oxford: Oxford University Press.
8. Boniwell, I., & Ryan, L. (2012). *Personal well-being lessons for secondary schools: Positive psychology in action for 11 to 14 year-olds*. Oxford: McGraw-Hill. Translated into French, Dutch and Portuguese.
9. Hefferon, K., & Boniwell, I. (2011). *Positive psychology: Theory, research and applications*. Oxford: McGraw-Hill.
10. Boniwell, I. (2009). *Time for life: Satisfaction with time use and its relationship with subjective well-being*. Saarbrücken, Germany: VDM.
11. Glenville-Cleave, B., Boniwell, I., & Tessina, T. (2008). *The happiness equation*. Avon, MA: Adams Media Corporation.
12. Boniwell, I. (2006; 2008). *Positive psychology in a nutshell*. London: Personal Well-Being Centre. 3rd ed. (2012) with the Open University Press. Translated into French, Italian, Russian, Japanese and Chinese.

Reports, educational materials and tools

1. Tunariu, A., Ruffion, A., & Boniwell, I. (2017). *The philosophical dialogues programme: An existential positive psychology intervention for resilience, wellbeing and affirmative mindset*. Nice: Unismed.
2. Boniwell, I. (2017). *Positive ACTIONS: Evidence-based positive psychology intervention cards*. Paris: Positran.
3. Bab, M., & Boniwell, I. (2016). *HEX: The HEX guide*. Paris/Aarhus: Positran/Gnist.
4. Boniwell, I. (2016). *The integrated happiness dashboard*. Paris: Positran.
5. Boniwell, I., & Reynaud, L. (2015). *The happiness box*. Paris: ScholaVie, Positran.
6. Boniwell, I. (2013). *Strengths cards*. Paris: Positran.
7. Boniwell, I. (2013) (Ed.). *Report on Wellbeing & Happiness: Contributions towards the RGOB's NDP Report by IEWG members of the Wellbeing & Happiness Working Group*. Bhutan: The Royal Government of Bhutan.
8. Boniwell, I. & Tunariu, A. (2011). *SPARK Resilience Initiative Stages 1 and 2: Final Report*. University of East London.
9. Boniwell, I., & Tunariu, A. (2011). *Face Up! Emotional Resilience Programme for Young People*. The Young Foundation.
10. Boniwell, I., & Ryan, L. (2009; 2010). *SPARK Resilience Curriculum* (Teacher and Student Materials). University of East London. Translated into French, Dutch and Japanese.
11. Boniwell, I. (2009). Regeneration and Well-being literature review. *Stratford City Long Term Health Study*. University of East London.
12. Boniwell, I., & Ryan, L. (2010). *Positive Interventions Curriculum Year 9* (Teacher and Student Materials). University of East London.
13. Boniwell, I., & Ryan, L. (2009). *Positive Interventions Curriculum, Year 8* (Teacher and Student Materials). University of East London.
14. Boniwell, I., & Ryan, L. (2008). *Positive Interventions Curriculum, Year 7* (Teacher and Student Materials). University of East London.
15. Boniwell, I., & Ryan, L. (2008). *Positive Interventions Curriculum, Year 1* (Teacher and Student Materials). University of East London.

Papers in peer-reviewed journals

1. Boniwell, I., & Osin, E. (under review). Eudaimonia assessment kit: Development of an integrated empirical model. Manuscript submitted for publication.
2. Heutte, J., Fenouillet, F., Boniwell, I., Martin-Krumm, C., & Csikszentmihalyi, M. (under review). EduFlow: Proposal for a new measure of flow in education. Manuscript submitted for publication.
3. Pluess, M., Boniwell, I., Hefferon, K., & Tunariu, A. (2017). Evaluation of a school-based resilience-promoting intervention in a high-risk population in England: An exploratory controlled mixed methods trial. *PLOS One*.
4. Boniwell, I., & Kauffman, C. (2017). Le coaching en psychologie positive : cultiver le bien-être, les émotions positives et les forces personnelles. *Revue Québécoise de Psychologie*, 38(1), 207-224.
5. Boniwell, I., Osin, E. N., & Martinez, C. (2016). Teaching happiness at school: Non-randomised controlled mixed-methods feasibility study on the effectiveness of Personal Well-Being Lessons. *The Journal of Positive Psychology*, 11(1), 85-98.
6. Pluess, M., & Boniwell, I. (2015). Sensory-processing sensitivity predicts treatment response to a school-based depression prevention program: Evidence of vantage sensitivity. *Personality and Individual Differences*, 82, 40-45.
7. Martin-Krumm, C., Kern, L., Fontayne, P., Romo, L., Boudoukha, A. H., & Boniwell, I. (2015). French Adaptation of the Orientation to Happiness Scale and Its Relationship to Quality of Life in French Students. *Social Indicators Research*, 124(1), 259-281.
8. Boniwell, I., Osin, E. N., & Renton, A. (2015). Internet Access at Home and its Relationship to Well-being in Deprived Areas of London. *Open Psychology Journal*, 8(1), 44-53.
9. Fenouillet, F., Heutte, J., Martin-Krumm, C. & Boniwell, I. (2014) Validation française de l'échelle multidimensionnelle de satisfaction de vie chez l'élève (French validation of a Multidimensional Students' Life Satisfaction Scale – MSLSS). *Revue Canadienne des Sciences du Comportement*. Published online 06 October 2014.
10. Boniwell, I., Osin, E., & Sircova (2014). Achieving balance in time perspective: Coaching methods. *International Journal of Evidence Based Coaching and Mentoring*, 12 (2), 14-40.
11. Sircova, A., van de Vijver, F. J., Osin, E., Milfont, T. L., Fioulaine, N., Kislali-Erginbilgic, A., ... & Boniwell, I., Linley, P.A., & Boyd, J.N. (2014). A Global Look at Time: A 24-Country Study of the Equivalence of the Zimbardo Time Perspective Inventory. *SAGE Open*, 4(1), 2158244013515686.
12. Grenville-Cleave, B., & Boniwell, I. (2012). Surviving or thriving? Do teachers have lower perceived control and well-being than other professionals? *Management in Education*, 26(1), 1-3.
13. Hefferon, K., Gocken, N., Painter, J., Davies, M., & Boniwell, I. (2011). The influence of community occasions on satisfaction with life and well-being. *British Journal of Well-Being*, 2(7), 22-25.
14. Elston, F., & Boniwell, I. (2011). A grounded theory study of the value derived by women in financial services through a coaching intervention to help them identify their strengths and practise using them in the workplace. *International Coaching Psychology Review*, 6(1), 16-32.
15. Akhtar, M., & Boniwell, I. (2010). Applying positive psychology to alcohol-misusing adolescents: A group intervention. *Groupwork: An Interdisciplinary Journal for Working with Groups*, 20(3), 6-31.
16. Style, C., & Boniwell, I. (2010). The effect of group-based life coaching on happiness and well-being. *Groupwork: An Interdisciplinary Journal for Working with Groups*, 20(3), 51-72.
17. Boniwell, I., Osin, E., Linley, P.A. and Ivanchenko, G. (2010). A question of balance: Examining relationships between time perspective and measures of well-being in the British and Russian student samples. *Journal of Positive Psychology*, 5(1), 24-40.
18. Collard, P., Anvy, N., & Boniwell, I. (2008). Teaching mindfulness based cognitive therapy (MBCT) to students: The effects of MBCT on the levels of mindfulness and subjective well-being. *Counselling Psychology Quarterly*, 21, 323-336.

19. Boniwell, I. (2007). Editorial: Special issue on the boundaries between coaching and other helping by talking professions. *International Journal of Evidence Based Coaching and Mentoring*, 5 (special issue).
20. Popovic, N. & Boniwell, I. (2007). Personal Consultancy: An integrative approach to one-to-one talking practices. *International Journal of Evidence Based Coaching and Mentoring*, 5 (special issue), 24-29.
21. Wesson, K. & Boniwell, I. (2007). Flow theory – its applications to coaching. *International Coaching Psychology Review*, 2(1), 33-43.
22. Boniwell, I. & Henry, J. (2007). Developing conceptions of well-being: Advancing subjective, hedonic and eudaimonic theories. *Social Psychology Review*, 9(1), 3-18.
23. Boniwell, I. (2005). Beyond time management: How the latest research on time perspective and perceived time use can assist clients with time-related concerns. *International Journal of Evidence Based Coaching and Mentoring*, 3(2), 61-74.
24. Boniwell, I., & Leaf, S. (2001/2). Review of new developments in positive psychology, *Consciousness and Experiential Psychology*, 7.

Chapters

1. Boniwell, I. & Smith, W. (in press). Coaching for positive leadership. In S. Green & S. Palmer (Eds.) *Positive Psychology Coaching*. London: Wiley.
2. Boniwell, I., Kauffman, C., & Silberman, J. (in press). The positive psychology approach to coaching. In Bachkirova, T., Duncan, E., & Clutterbuck, D. (Eds.), *The SAGE Handbook of Coaching*, 3rd edition. London: Sage Publications.
3. Boniwell, I., & Zimbardo, P. (2015). Balancing time perspective in pursuit of optimal functioning. In Joseph, S. (Ed.) *Positive Psychology in Practice*, 2nd edition. New Jersey: John Wiley & Sons.
4. Kibe, C. & Boniwell, I. (2015). Positive education: Teaching well-being and resilience in primary and secondary school. In Joseph, S. (Ed.) *Positive Psychology in Practice*, 2nd edition. New Jersey: John Wiley & Sons.
5. Boniwell, I., Kauffman, C., & Silberman, J. (2014). The positive psychology approach to coaching. In Bachkirova, T., Duncan, E., & Clutterbuck, D. (Eds.) (pp. 158-171), *The SAGE Handbook of Coaching*, 2nd edition. London: Sage Publications.
6. Boniwell, I. & Osin, E. (2014). Time perspective coaching. In Stolarski, M., Fieulaine, N., & van Beek, W. (Eds.). *Time Perspective Theory: Review, Research and Application* (pp. 451- 469). Springer.
7. Boniwell, I., & Osin, E. (2013). Beyond time management: time use, performance and well-being. In C. Martin-Krumm, C. Tarquinio, M.J. Shaar (Eds.) *Psychologie Positive en Environnement Professionnel* (pp. 209-234). De Boeck.
8. David, S., Boniwell, I., & Conley Ayers, A. (2013). Introduction. In David, A., Boniwell, I. & Conley Ayers, A. (Eds). *Oxford Handbook of Happiness* (pp. 1-8). New York: Oxford University Press.
9. David, S., Boniwell, I., & Conley Ayers, A. (2013). Conclusion: The future of happiness. In David, A., Boniwell, I. & Conley Ayers, A. (Eds). *Oxford Handbook of Happiness* (pp. 1067-1070). New York: Oxford University Press.
10. Boniwell, I. (2013). Introduction to positive education. In David, A., Boniwell, I. & Conley Ayers, A. (Eds). *Oxford Handbook of Happiness* (pp. 535-539). New York: Oxford University Press.
11. Hefferon, K. & Boniwell, I. (2013). Applied positive psychology, In R. Bayne & G. Jinks (Eds) *Applied psychology: Practice, training and new directions*, 2nd Edition. London: Sage Publications.
12. Boniwell, I. (2011). L'éducation positive : apporter le bien-être aux enfants et aux jeunes. In C. Martin-Krumm and C. Tarquinio (Eds.) (539-556), *Traité de Psychologie Positive*, Paris: De Boek Publishing Group.
13. Boniwell, I. (2011). Enseignement de deuxième cycle (post-graduate) en Psychologie Positive: Une approche européenne. In C. Martin-Krumm and C. Tarquinio (Eds.) (pp. 683-699), *Traité de Psychologie Positive*, Paris: De Boek Publishing Group.

14. Boniwell, I. (2010). Time is the enemy. In L. Bormans (Ed.) *The World Book of Happiness*. Tielt, Belgium: Uitgeverij Lannoo.
15. Boniwell, I. & Roston, C. (2010). Positive psychology: the science of well-being. In SDK228 The Science of the Mind: Investigating Mental Health, Book 2 *Mood and Well-Being* (pp. 119-153), Milton Keynes: The Open University.
16. Kauffman, C., Boniwell, I., & Silberman, J. (2009). Positive psychology coaching. In Bachkirova, T., Duncan, E., & Clutterbuck, D. (Eds.) (pp. 158-171), *The SAGE Handbook of Coaching*. London: Sage Publications.
17. Boniwell, I. (2009). European Network for Positive Psychology. *Encyclopaedia of Positive Psychology* (pp. 357-359). Chichester, UK: Wiley-Blackwell.
18. Boniwell, I. (2009). Perspectives on time. Lopez, S. (Ed.), *Handbook of Positive Psychology (2nd Ed)* (pp. 295-302). New York: Oxford University Press.
19. Popovic, N., & Boniwell, I. (2006). Personal Synthesis Programme – bringing psychology to education. In Delle Fave, A. (Ed.) *Dimensions of Well-Being: Research and Interventions* (pp. 274-293). Milano: Franco Angeli.
20. Boniwell, I., & Zimbardo, P. (2004). Balancing time perspective in pursuit of optimal functioning. In P.A. Linley and S. Joseph (Eds.) *Positive Psychology in Practice* (pp. 165-179). New Jersey: John Wiley & Sons.

Trade articles and conference reports

1. Multiple popular media articles, e.g. in Positive Psychology magazine and the Psychologies (see below)
2. Boniwell, I., & Chabanne, J. (2017). La psychologie positive appliquée au travail. *Le Journal des psychologues*, (4), 33-36.
3. Boniwell, I. (2008). Positive Education: Applying Positive Psychology to Educational Settings. *The Los Angeles Psychologist*, July-August.
4. Boniwell, I. (2008). Through the lenses of time: In search of balance and well-being. *The Psychotherapist, UKCP*, 39.
5. Bartram, D. & Boniwell, I. (2007). The science of happiness: Achieving sustained psychological well-being. *In Practice*, 29.
6. Boniwell, I (2006). Positive Psychology Coaching. *Association for Coaching Bulletin*, Summer 2006, <http://www.associationforcoaching.com/pub/ACB0607.pdf>
7. Boniwell, I (2005). A branch for London and the Home Counties. *The Psychologist*, 18(9).
8. Boniwell, I. (2005). Frubbles and wibbles – vocabulary of polyamorous relationships. Conference report on the BPS Annual Conference. *The Psychologist*, 18(6).
9. Linley, A., Joseph, S., & Boniwell, I. (2003). Positive Psychology: Its Contribution to Individuals and Society. In P.A. Linley, S. Joseph, & I. Boniwell (Eds). Putting Positive Psychology into Practice, *The Psychologist Special Issue*, 16(3).
10. Boniwell, I., & Zimbardo, P. (2003). Time to find the right balance. *The Psychologist*, 16(3).
11. Boniwell, I (2004). Positive Psychology Summit 2003. *SHSW Research Newsletter*, Spring 2004.
12. Boniwell, I. & Linley, P.A. (2002). Positive thinking (Conference report on the Positive Psychology Summit, Washington, D.C., 5-7 October, 2001) *The Psychologist*, 15 (2).
13. Linley, A. & Boniwell, I. (2001). Positive Psychology Summit, Washington 2001. *Psych-Talk*, 33.
14. Boniwell, I. (2001). In from the cold: A Report from the Student Members Group Annual Conference 2001. *The Psychologist*, 14 (7).
15. Boniwell, I. (2001). This is the big yin. *The Psychologist*, 14 (3).
16. Boniwell, I. & Linley, A. (2001). What is Positive Psychology? *Wessex & Wight Branch Newsletter*, 21.
17. Boniwell, I. & Linley, P.A. (2001). Postgraduate opportunities in positive psychology, *PsyPag Quarterly*, 33.

18. Boniwell I. & Minnet-Westwood D. (2000). A Positive Approach. A Report from the Student Members Group Annual Conference 2000. *The Psychologist*, 13(8).
19. Boniwell I. (2000). An Adventure in the Baltic. *The Psychologist*, 13 (7).
20. Boniwell, I. (1999). Meaningfulness, *Psych-Talk*, 23.

Presentations

1. Boniwell, I. (2014). Introduction to the seminar “Du bonheur and du bien-etre dans les sciences sociales”, EHESS, 9 December.
2. Boniwell, I. (2014). Positive psychology coaching masterclass, Paris, 1-5 December.
3. Boniwell, I. (2014). SPARK Resilience training masterclass. The School of Positive Psychology. Tokyo, 22- 25 November.
4. Boniwell, I. (2014). Job crafting workshop. The School of Positive Psychology. Tokyo, 22 November.
5. Boniwell, I. (2014). Resilience for women in management. Invited presentation. The School of Positive Psychology. Tokyo, 21 November.
6. Boniwell, I. (2014). Positive leadership. Invited presentation. Senior leadership annual meeting, Sanofi, Paris, 19 December.
7. Boniwell, I. (2014). Positive Psychology Coaching. Invited workshop for Postgraduate Diploma in Applied Positive Psychology. University of Reykjavik, 23-24 October.
8. Boniwell, I. (2014). Coaching for positive leadership. Invited workshop. Praesta, Paris. 16-17 October.
9. Boniwell, I. (2014). Personal well-being lessons for students. Invited workshop. Ecole Bilangue Paris, 8 and 15 September.
10. Boniwell, I. (2014). SPARK Resilience training masterclass. The School of Positive Psychology. Singapore, 30 September – 03 October.
11. Boniwell, I. (2014). Graduate Diploma in Positive Psychology Coaching. The School of Positive Psychology. Singapore, 27-29 November.
12. Boniwell, I. (2014). Facilitation of co-development process within Bull Talent Development Programme. Paris, 10 July, 18 September, 27 November.
13. Boniwell, I. (2014). Positive leadership. Invited presentation. Bull Talent Development Programme. Paris, 15 September.
14. Boniwell, I. (2014). Positive education and appreciative inquiry. Keynote. Annual Appreciative Inquiry Conference, Paris, 5 September.
15. Boniwell, I. (2014). Positive psychology coaching. Keynote. 2nd International Conference on Time Perspective Research. Warsaw, 29 July.
16. Boniwell, I. (2014). Shifting the mean: Positive education for sustainable well-being. Invited presentation. International Positive Economy Forum. Saint Patrigniano, Italy, 13 July
17. Boniwell, I. (2014). Positive education: A UK perspective. Paper presented at the International Congress of Applied Psychology, Paris, 9 July.
18. Boniwell, I. (2014). Keynote symposium on positive education at the 7th European Conference on Positive Psychology, Amsterdam, 3 July.
19. Boniwell, I. (2014). Positive psychology coaching masterclass, Lisbon, 26-30 June.
20. Boniwell, I. (2014). Positive psychology coaching, Invited presentation for D.U. Executive Coaching de l'Université de Cergy Pontoise, Paris, 10 April.
21. Boniwell, I. (2014). Positive coaching masterclass, Paris, 17-21 March.
22. Boniwell, I. (2014). Positive psychology for a happier world. Keynote. Action for Happiness. London, 6 March.
23. Boniwell, I. (2014). SPARK Resilience training masterclass. Paris, 16-20 December.
24. Boniwell, I. (2014). Positive education: teaching well-being. Tokyo, 11-13 Jan.

25. Boniwell, I. (2013). Positive psychology coaching workshop. Invited lecture and 1-day workshop. Executive Masters in Positive Psychology, Universidade Técnica de Lisboa. Lisbon, 30 Nov.
26. Boniwell, I. (2013). SPARK Resilience as an example of a positive education programme. Keynote at the Congress Francophone de Psychologie Positive, Metz, 22 November 2013.
27. Boniwell, I. (2013). SPARK Resilience training. Tokyo, 21-23 June.
28. Boniwell, I. (2013). Graduate Diploma in Positive Psychology Coaching: Advanced. The School of Positive Psychology. Tokyo, 22-23 June.
29. Boniwell, I. (2013). Leadership with Resilience. Keynote. L'Oreal, Paris, 31 May.
30. Boniwell, I. (2013). Mechanisms of well-being regulation. University d'Artois, 23 May.
31. Boniwell, I. (2013). Graduate Diploma in Positive Psychology Coaching. The School of Positive Psychology. Singapore, 17-19 May.
32. Boniwell, I. (2013). Positive education. TEDx Hull, 23 April.
33. Boniwell, I. (2013). Positive psychology coaching masterclass, Paris, 8-12 April.
34. Boniwell, I. (2013). Positive enterprise masterclass, Paris. 18-20 February.
35. Boniwell, I. (2013). Chairing and presenting multiple sessions at the Well-Being and Happiness Working Group Meeting, Convention Centre, Timphu, Bhutan, 27-29 January.
36. Boniwell, I. (2013). What is positive leadership? Ecole Centrale Business Information Morning. Paris, 22 January.
37. Boniwell, I. (2013). Graduate diploma in positive psychology coaching. The School of Positive Psychology. Singapore, 19-20 January.
38. Boniwell, I. (2013). Positive psychology and education. Tokyo University, 13 January.
39. Boniwell, I. (2013). Graduate diploma in positive psychology coaching: Advanced. The School of Positive Psychology. Tokyo, 12-13 January.
40. Boniwell, I. (2012). Fire up: Increasing productivity with positive psychology. Invited corporate training workshop. Singapore, 27 July.
41. Boniwell, I. (2012) Positive leadership. Invited presentation, Tokyo University, 20 July.
42. Boniwell, I. (2012). Graduate diploma in positive psychology coaching. The School of Positive Psychology. Tokyo, Singapore, 18-28 July.
43. Osin, E., & Boniwell, I. (2012). Towards a comprehensive model of eudaimonia: development of the Integrated Well-Being Scale. Presentation, 6th European Conference on Positive Psychology, Moscow, 27 June.
44. Boniwell, I. (2012). Positive psychology coaching workshop. Invited lecture and 1-day workshop. Executive Masters in Positive Psychology, Universidade Técnica de Lisboa. Lisbon, 9 June.
45. Boniwell, I. (2012). Positive psychology and education: What is new? Keynote. Association of Educational Psychologists Annual Conference. Durham, 19 April.
46. Boniwell, I. (2012). Graduate Diploma in Positive Psychology Coaching. The School of Positive Psychology. Singapore, 9-15 January.
47. Boniwell, I. & Martin-Krumm (2011). Positive leadership. Invited presentation. Paris, 8 December.
48. Boniwell, I. (2011). Positive psychology and education: The UK perspective. 2nd World Congress on Positive Psychology. Philadelphia, 23 July.
49. Boniwell, I. & Tunariu, A. (2011). Lead yourself first: Positive business leadership. Invited workshop. Innerpositiveness Leadership Conference. Singapore, 28 June.
50. Boniwell, I. (2011). Keynote. Resilience: practical ways to change how your company feels. Innerpositiveness Leadership Conference. Singapore, 28 June.
51. Boniwell, I. (2011). Well-being drivers and ways to operationalise them. 1-day workshop. Mars Foods, Amsterdam, 16 May.
52. Boniwell, I. (2011). Positive psychology for coaches. Keynote. Barefoot Annual Coaching Conference. Derbyshire, 14 April.

53. Boniwell, I. & Ryan, L. (2010). Resilience Education (SPARK). Invited 2-day workshop, the Young Foundation, London, 8-9 December.
54. Boniwell, I. (2010). Resilience and Well-Being in the classroom. Keynote. Conference on Positive Education. Wellington College, 14 October.
55. Boniwell, I. (2010). Positive psychology in practice. Keynote, Gelukcongress, Brussels and Rotterdam, 29 and 30 September.
56. Boniwell, I. (2010). Happiness in your pocket. Keynote, Powerful Voices Conference, London, 9 July.
57. Boniwell, I. (2010). Positive classrooms. Keynote. Higher-level Teaching Assistants' Conference, Doncaster, 7 July.
58. Boniwell, I. (2010). Time to take our time. Keynote, Welsh Assembly Summer School, Wales, 1 July.
59. Osin, E.N., & Boniwell, I. (2010). Self-determination and well-being. Poster presented at the 4th International Self-Determination Theory conference, Ghent, Belgium, 13-16 May.
60. Boniwell, I. (2010). Positive psychology in practice. Master class, Positive Psychology Centre, Singapore, 5-6 April.
61. Boniwell, I. (2010). Positive education. Keynote, Higher Level Teaching Assistant Conference 2010, York, 5 March.
62. Boniwell, I. (2010). Positive psychology for business success. Norgine, 27 January.
63. Boniwell, I. (2009). Positive education. Keynote. East London Educational Psychology Services CPD Day, 26 January.
64. Boniwell, I. & Ryan, L. (2009). Positive psychology masterclass. 2nd European Coaching Psychology Conference, London, 17 December.
65. Boniwell, I. (2009). Positive psychology coaching: New lessons from the science of flourishing. Keynote, 2nd European Coaching Psychology Conference, London, 16 December.
66. Boniwell, I. (2009). Positive education. Keynote. North West Professional Development Conference, Preston, 10 December.
67. Boniwell, I. (2009). Positive education. Invited presentation. St Angela's Ursuline School, Forest Gate, 27 November.
68. Boniwell, I., & Koureas, P. (2009). An all through school approach to well-being. Invited presentation. Specialist Schools and Academies Trust 17th National Conference. Birmingham, 26th November.
69. Boniwell, I. (2009). Enhancing the well-being and EQ of children and young people. Keynote. Emotional Learning Conference, Southampton, 17 November.
70. Boniwell, I. (2009). Positive education. Keynote, Zagreb, Croatia, 11 November.
71. Boniwell, I. (2009). Keynote. Social and Emotional Well-Being Conference, York, 6 November.
72. Boniwell, I. (2009). Coaching for a balanced time perspective. Invited presentation, Harvard University, USA, 25 September.
73. Boniwell, I. (2009). Theoretical ideas and evidence base for positive psychology. Keynote, Third International Research Conference in Video Interaction Guidance Dundee, 4 September.
74. Boniwell, I. (2009). Positive interventions. One-day training event, Riga Teacher Training and Education Management Academy, Riga, Latvia, 22 July
75. Boniwell, I. (2009). Educating for resilience and well-being. Keynote, Essex Educational Psychology Service Annual Conference, Chelmsford, 16 July.
76. Boniwell, I. (2009). Operationalising positive education. Keynote, UEL Educational Psychology Annual Conference, London, 3 July.
77. Boniwell, I. (2009). Positive psychology and cynicism. Invited presentation. Cynicism: The British Disease, 21st Century Network, London, 24 June.
78. Boniwell, I. (2009). The future of positive psychology. Invited panel discussion. The First World Congress of Positive Psychology, Philadelphia, USA, 21 June.

79. Boniwell, I., & Osin, Y. (2009). Development of an integrated well-being scale. Symposium presentation: Beyond Happiness: Developing a European Perspective on Positive Psychology. The First World Congress of Positive Psychology, Philadelphia, USA, 19 June.
80. Boniwell, I. (2009). Practical ways to change how your company feels. Keynote. Survivors' Summit, MindGym, London, 21 May.
81. Boniwell, I. (2009). Enhancing the well-being of secondary-aged young people: Positive Psychology in Schools. Keynote. Leading Edge Series, UCL, London, 30 March.
82. Boniwell, I. (2009). Well-being assessment. Invited presentation, Measuring Happiness, London Sustainability Exchange, 27 March.
83. Boniwell, I. (2009). Positive psychology in education. One-day training event. Staffordshire Educational Psychology Service Annual Conference, Stafford, 19 March.
84. Boniwell, I. (2009). Positive psychology and evidence-based interventions. Open Module Series, Oxford University Doctoral Course in Clinical Psychology, Oxford, 17 March.
85. Boniwell, I. (2009). What makes us happy? Positive psychology for education. A series of invited presentations to assemblies, parents and teachers of Haberdashers' Aske's Federation, 9, 12, 13th March.
86. Boniwell, I. (2009). Positive psychology in a nutshell. Invited presentation, Institute of Art, Design and Technology, Dun Laoghaire, Ireland, 12 February.
87. Boniwell, I. (2009). Positive psychology: Changing old habits for the new. Invited lecture for Centre for Positive Living. Newcastle University, 11 February.
88. Boniwell, I. (2009). Positive psychology in the community. Invited presentation. Clinical Applications of Positive Psychology. Wakefield, 22 January.
89. Boniwell, I. (2009). Discovering positive psychology. Invited presentation. Riga Teacher Training and Education Management Academy, Riga, Latvia, 9 January.
90. Boniwell, I. & Ryan, L. (2008). Applying the evidence from positive psychology: How to make Coaching Even More Positive. Masterclass. 1st European Coaching Psychology Conference, London, 18 December.
91. Boniwell, I. (2008). Positive education: Overview and current developments. One-day training event. Bucks and Milton Keynes Educational Psychology Service Annual Conference, Aylesbury, 10 December.
92. Boniwell, I. (2008). Positive education: Overview and current developments. One-day training event. Nottingham Educational Psychology Service Annual Conference, Nottingham, 9 December.
93. Boniwell, I. (2008). Positive psychology in practice: Overview and recent discoveries. Keynote. Psychologies Salon, Moscow, Russia, 27 November.
94. Boniwell, I. (2008). Positive psychology in practice: Overview and recent discoveries. Invited presentation. Annual Clinical Psychology Conference, Maudsley NHS Trust, London, 24 November.
95. Boniwell, I. (2008). Positive education. Keynote. Association of Educational Psychologists Annual Course, Glasgow, 22 November.
96. Boniwell, I. (2008). Positive psychology in a nutshell. Invited presentation. Mahidol University, Bangkok, 31 October.
97. Boniwell, I. (2008). The science of happiness: Achieving sustained psychological well-being. Keynote. Befrienders Worldwide 1st World Congress. Pattaya, Thailand, 26 October.
98. Boniwell, I. (2008). Positive psychology and education. Keynote. LEA conference Making Happiness Happen, Cheshire, 15 October.
99. Boniwell, I. (2008). Building resilience in children: The Penn Resilience Programme. Invited workshop. LEA conference Making Happiness Happen, Cheshire, 15 October.
100. Boniwell, I. (2008). Positive strategies for change. Invited presentation. National Learning Forum on Wellbeing, Campaign For Learning, London, 2 October.
101. Boniwell, I. (2008). Positive psychology of change. Keynote. Well-being Live, London, 20 September.

102. Boniwell, I. (2008). Behavioural change - positive psychology for changing the old habits for the new. Keynote. Food and Fitness Live 2008, London, 18 September.
103. Boniwell, I. (2008). The future of positive psychology. Invited round table paper. 4th European Conference on Positive Psychology, Rijeka, Croatia, 3 July.
104. Boniwell, I. (2008). Postgraduate education in positive psychology: A European approach. Symposium paper. 4th European Conference on Positive Psychology, Rijeka, Croatia, 3 July.
105. Gilani, T., & Boniwell, I. (2008). The Primary Well-Being Curriculum: A pilot evaluation. Paper presentation. 4th European Conference on Positive Psychology, Rijeka, Croatia, 2 July.
106. Boniwell, I. (2008). Positive psychology for clinical psychologists. Invited presentation. Division of Clinical Psychology North Thames Branch, London, 13 May.
107. Boniwell, I. (2008). Positive Education: Bringing Well-Being to Parents, Schools and Universities. Keynote. The 1st Asian New Science of Happiness and Well-Being Conference, Singapore, 17 April.
108. Boniwell, I. (2008). Positive psychology and education: Overview and current developments. Invited workshop, Surrey Educational Psychology Annual Conference, Farnham, 14 March.
109. Boniwell, I. (2008). Positive psychology for clinical psychologists. Invited workshop. Wattar Gruppen, Kognitivt Psykologcenter, Copenhagen, 5-6 February.
110. Boniwell, I. (2008). Positive psychology and well-being. Invited presentation. Year of Well-Being, Marlow, 17 February.
111. Boniwell, I. (2008). Positive psychology in a nutshell. Invited presentation. Alpro, Chapel Brampton, 25 January.
112. Popovic, N., & Boniwell, I. (2007). Personal consultancy: An integrative approach to one-to-one talking practices. Paper presentation, SGCP 3rd National Coaching Psychology, City University, London, 17 December.
113. Boniwell, I. (2007). Applying positive psychology to careers guidance. Invited presentation, Skills Commission, IAG Inquiry meeting, Whitehall, London, 13 December.
114. Boniwell, I. (2007). Positive psychology and education: Overview and current developments. Keynote, Kent Psychology Service Annual Conference, Maidstone, 12 December.
115. Boniwell, I. (2007). Positive psychology in business: From potential to action. Invited presentation, Positive psychology, well-being and business: Cutting edge science for organisational success, University of East London, 8 November.
116. Boniwell, I. (2007). Well-being in practice: What practical actions could improve personal and community well-being? Invited presentation, Health and well-being: The legacy challenge, University of East London, 7 November.
117. Boniwell, I. (2007). Postgraduate Education in Positive Psychology: A European Approach. Invited presentation, 2007 Global Well-Being Forum, Washington DC, 4 September.
118. Boniwell, I. (2007). Positive psychology research and application: Optimising resilience in the workplace and beyond. Invited presentation, Manchester, 2 September.
119. Boniwell, I. (2007). Well-being for your brain. Invited presentation, British Association Festival of Science, York, 11 September.
120. Boniwell, I. (2007). Positive psychology of time: Optimising time perspective and achieving satisfaction with time use. Invited presentation, Media-Saturn-Holding GmbH, Ingolstadt, Germany, 13 July.
121. Boniwell, I. (2007). Positive psychology in mentoring young people. Invited seminar, Oxford Local Educational Authority, Oxford, 27 July
122. Boniwell, I. (2007). Positive psychology in a nutshell. Keynote, Bristol Happiness Lectures, Bristol, 19 May.
123. Boniwell, I. (2007). Time management revisited: Using time in pursuit of satisfaction and well-being. Paper presentation, 1st Applied Positive Psychology Conference, Coventry, 18-20 April.
124. Boniwell, I. (2007). Positive psychology as a framework for coaching effectiveness. Invited presentation, Association for Professional Executive Coaches and Supervision (APECS), London, 13 March.

125. Boniwell, I. (2007). Introducing the science of well-being. Invited presentation, HELP University College, Kuala Lumpur, 28 February.
126. Boniwell, I. (2006). Personal consultancy. Invited presentation, Moscow State University, Moscow, 26 December.
127. Boniwell, I. (2006). Meanings of happiness as expressed in the views of UK adults. Paper presentation, 5th International Positive Psychology Summit, Washington, 5-7 October.
128. Boniwell, I. (2006). Positive psychology: Overview and current developments. Invited presentation, London and Home Counties Branch of the British Psychological Society, 27 September.
129. Boniwell, I. (2006). Perspectives on human flourishing and well-being. Invited presentation, Kenexa, London, 21 August.
130. Boniwell, I., & Popovic, N. (2006). Personal consultancy: An integrative approach to one-to-one talking practices. Paper presentation, 3rd European Conference on positive Psychology, University of Minho, Braga, 3-6 July.
131. Boniwell, I. (2005). Time in our lives: Time perspective and perceived time use. Keynote, 1st Annual Coaching and Mentoring Research Conference, Oxford Brookes, 8 April.
132. Boniwell, I. & Henry, J.A. (2005). The use of time, life goals and well-being: Identifying factors of satisfaction with time use employing qualitative methodology. Paper presentation, BPS Annual Conference, Manchester University, 30 March-2 April.
133. Boniwell, I. (2004). Eudaimonic well-being. Paper presentation, European Science Foundation (ESF) Positive Approaches to Development seminar (by invitation only), London, 5-6 Nov.
134. Boniwell, I., & Popovic, N. (2004). Personal Synthesis Programme – A new model of psychological education. Poster presentation, 3rd International Positive Psychology Summit, Washington, 30 Sept - 3 Oct.
135. Boniwell, I. (2004). Use of time and well-being: Methodological issues. Paper presentation, 2nd European Conference on Positive Psychology, Pallanza, Italy, 5-8 July.
136. Boniwell, I. (2004). Positive psychology and student retention. Invited presentation through video conferencing, The Open University, 12 May.
137. Boniwell, I. (2004). Issues related to defining subjective well-being. Paper presentation, School of Health and Social Welfare Postgraduate Research Seminar, The Open University, 5 May.
138. Boniwell, I. (2004). Subjective well-being: What do we measure and why? Paper presentation, BPS Annual Conference, Imperial College, 15-17 April
139. Boniwell, I. (2004). Pathways to well-being. Symposium conveyed at the BPS Annual Conference, Imperial College, 15-17 April.
140. Boniwell, I. (2004). Subjective well-being: What do we measure and why? Paper presentation, Institute of Educational Technologies Postgraduate Research Seminar, The Open University, 23 March.
141. Boniwell, I. (2003). Current developments in positive psychology. Paper presentation, School of Health and Social Welfare Postgraduate Research Seminar, The Open University, 10 December.
142. Boniwell, I. (2003). Positive psychology and student retention. Seminar, The Open University, 10 Nov.
143. Boniwell, I. (2003). Experience of being a postgraduate student. Presentation, School of Health and Social Welfare Induction Day, The Open University, 1 Oct.
144. Boniwell, I. & Popovic, N. (2003) Exploring the methodology of transpersonal experience and criteria for its validity. Workshop, BPS Transpersonal Conference, Scarborough, 13-16 September.
145. I. Boniwell (2001) Positive psychology – career or inspiration? Invited presentation, Research Seminar, Cambridge University, 6 Nov.
146. I. Boniwell (2001) Review of new developments in positive psychology. Paper presentation, 5th Consciousness and Experiential Psychology Section Conference, Durham, 21-23 Sept.

147. I. Boniwell (2001) Opportunities for students in positive psychology. Presentation, XVth Annual Congress of the European Federation of Psychology Students' Associations, Budapest, Hungary, 7 April.
148. Anderson, M., Linley, P.A., Webber, L.J., & Boniwell, I. (2000). What is the British Psychological Society? Presentation, XIVth Annual Congress of the European Federation of Psychology Students' Associations, Janeda, Estonia, 17 April.
149. Boniwell, I., Webber, L.J., & Linley, P.A (2000). Psychology in Britain. Presentation, International Practical Psychology Institute, Riga, Latvia, 20 April
150. Linley, P.A, Webber, L.J., & Boniwell, I. (2000). Psychology in Britain. Presentation, Riga Humanitarian Institute, University of Latvia, Riga, 20 April.
151. A number of sessions chaired in the capacity of discussant during the SMG Annual Conferences 2000 and 2001.

Selected media interviews and appearances (complete listing on positran.eu)

- TV: BBC24, BBC London; Channel News Asia, BBC2 "The Happiness Formula" (consultant) http://news.bbc.co.uk/1/hi/programmes/happiness_formula/4888706.stm
- Radio: BBC London, France Inter, "Make Me Happy" Show (California)
- Magazines and newspapers: Figaro, New Statesman, The Times, The Sunday Times, TES, Guardian, The Straits Times (Singapore), Psychologies (UK & Russia), Cosmopolitan, Top Sante
- Boniwell, I. (2007-2013). Multiple articles in the Psychologies magazine (Russia and the UK). 2013 - 2015 – as a monthly columnist of a "Diary of a modern family life".
- Boniwell, I. (2010). Behavioural Change – using Positive Psychology for changing the old habits for the new, *FitPro*.

Other training

- MSCEIT administration training, EBPsych, London, 20-21.11.2008 – certified to administer Mayers-Salovey-Caruso Emotional Intelligence Test.
- Excel for Statistics and Finance, University of East London, 22.09.2008
- Recruitment and Selection Training, University of East London, 19.05.2008.
- Supervisor Training, Oxford Brookes University, 8.02, 22.03, 03.05.2006.
- Excel Fundamentals, Training and Desktop Support, The Open University, 12.04.2005
- SMaRT Computing, Training and Desktop Support, The Open University, 26.05.2004
- Introduction to SPSS, Training and Desktop Support, The Open University, 24-25.05.2004
- Introduction to EndNote, Training and Desktop Support, The Open University, 26.10.2002

Acknowledgements

- Peterson, C. & Seligman, M.E.P. (2004). *Character Strengths and Virtues: A Handbook and Classification*. Oxford University Press: New York.
- Popovic, N. (2004). *Personal Synthesis*. Personal Well-Being Centre: London.
- Seligman, M.E.P. (2002). *Authentic Happiness*. The Free Press: New York.

Personal information

- DOB: 01.04.1976
- Children: Three boys, 5, 18 & 20 years old. Two adopted children: 17 & 19 years old.
- Languages: English (fluent), Russian (native) French (fluent), Latvian (intermediate).

- Interests: positive psychology, humanistic psychology, personal development, philosophy, event organising, project management, reading, writing, dancing.
- Personal strengths: strategy, love of learning, creativity and originality, curiosity/active interest in the world, explanation, appreciation of beauty, zest, energy and future-mindedness.