

**Helena Águeda Marujo** has a PhD in Psychology (Psychotherapy and Educational Counseling) from Lisbon University.

She is currently an Assistant Professor at Instituto Superior de Ciências Sociais e Políticas (Institute of Social and Political Sciences), University of Lisbon, where she serves as Chair of a UNESCO Chair on Education for Global Peace Sustainability, and where she is Adjunct Coordinator of the Coordination Unit on Human Resources Management. She is also the Executive Coordinator of the Master Program in Politics for Development of Human Resources Management and also as the Executive Coordinator of the Executive Master in Applied Positive Psychology (English and Portuguese tracks). She is a Senior Researcher at Centro de Administração e Políticas Públicas (CAPP, University of Lisbon) and coordinates a Mission Unit on Wellbeing University (ISCSP-Wellbeing), which was the recipient of a Merit Prize in 2017. She co-launched the project Contributions for Public Happiness, at Lisbon University, financed by the Rectorate. She was one of the organizers of the Program for Peace Education, launched in March 2017 at ISCSP, Lisbon University. She has more than 60 scientific publications, including the authorship of six books. One of the books is Positive Nations and Communities (Springer, 2013), currently being translated into Chinese.

She was a professor for 29 years at Faculdade de Psicologia (Psychology School), of Lisbon University in Portugal. Over the years she gave classes, and presented conferences and workshops in several Universities, namely Minho University, Coimbra University, Oporto University, Catholic University of Lisbon, Open University, Madeira University, Azores University, Algarve University, Instituto Superior de Ciências do Trabalho e Empresas, Instituto Superior de Psicologia Aplicada, Instituto Superior de Saúde de Alcoitão, Lusíada University, Lusófona University, University of Massachusetts, Harvard University, Pennsylvania

University, Free University of Brussels, Salamanca University, North-West University in South Africa (where she serves as an Invited Scholar at the Master and Doctoral level), Palermo University in Argentina, Valladolid University in Spain, and St Joseph University in Macao, China (also where she has been an invited scholar to teach at the Master's level).

She coordinated a Post-Graduate Course on "Studies and Interventions with Families", at Lisbon University, and taught areas as diverse as Psychotherapy, Psychology, Social Pedagogy, Education, Social and Community Interventions, Health, Positive Psychology, Research, Appreciative Inquiry, Collective Change Processes, Statistics Applied to Human Management Resources, Conflict resolution and Negotiation, or Compensation. She was at University of Massachusetts as a Visiting Researcher with a Fulbright grant. For 30 years she supervised internships in clinical, educational and community settings, where poverty and oppression were the rule, and supervised around a hundred of research papers for Master and Doctoral students. She developed a curriculum for teaching Positive Psychology in Portugal, where she was a pioneer. She is a member of the Center for Administration and Public Policy, financially supported by Fundação para a Ciência e Tecnologia (Foundation for Science and Technology), She also developed the University of Lisbon's project "Contributions to Public Happiness". Her research topics of the last decade include mainly positive psychology, namely happiness (Felicitas Publica), optimism, well-being, sense of humor, hope, post-traumatic growth, flow, positive psychotherapy, character strengths and virtues and, more recently, human resources management and positive nations and communities (co-developing the concepts of "positive community psychology"). She is interested in studying and reflecting also upon the research processes themselves, and its impacts and values, and has been co-introducing the concept of "Transformative Appreciative Research" into positive psychology.

She has also been mostly interested in working and studying populations at risk, living in poverty, marginalized and oppressed.

Recently, she has been also investing in organizational and human resources behavior and appreciative leadership, and has co-created, implemented and assessed programs to enhance well-being in business corporations, in particular enrolling workers in the lower level of the social ladder. Lately, she has worked with corporations such as Suzuki, Auto-Europa, Bayer, Roche, Merck-Sharp-&-Dohme, Sanoffi-Aventis, Mackenzie, Portugal Telecom, Nestlé, Repsol, Montepio, Caixa Geral de Depósitos, Grupo Caixa Seguros, Horton International, Sonae, Bank of Portugal, Holmes Place and the Portuguese Ministry of Finances, among others.

Amid many other conferences, she was a speaker at TEDxOporto, TEDxCovilhã, and TEDxUTL, at the Positive Conference in Nova University to help launch the Project “Happy Clubs in Universities”. She was a member of the Scientific Commission of “Instituto da Felicidade/“Happiness Institute”.

She was also a pioneer in co-introducing Appreciative Inquiry, Solution Focus Approaches in therapy and organizations, and World café methodologies in Portugal.

She is co-author of the Portuguese site of Appreciative Inquiry ([www.inqueritoapreciativo.com](http://www.inqueritoapreciativo.com)).

Helena is a member of the *Board of Directors* of the *International Positive Psychology Association* (IPPA), is President of the Portuguese Association of Positive Psychology (Associação Portuguesa de Estudos e Intervenção em Psicologia Positiva, APPEIP) and founding member of the ONG ANIME-SE (Associação Nacional de Incentivo, Modificação e

Estudo da Saúde Emocional/National Association for the Promotion, Transformation and Study of Emotional Health).

She served in the scientific committees of several national and international conferences, namely the *1st and 2nd World Congresses on Positive Psychology*, and the *Positive Nations Conference* that was also the 1<sup>st</sup> Positive Psychology Conference in Portugal. Recently she co-organized the II Portuguese Psychology Conference, on the topic of Positive Communities and Relational Goods: Co-constructing *Felicitas Publica*.

She has collaborated in research projects involving entities such as the Australian Government (Ministry of Education, Project Student Well-Being, coordinated by Toni Noble) and with teams from other countries, such as the Valladolid University. She is a member of the Editorial Board of the *Revista de Psicologia ECOS – Estudos Contemporâneos da Subjectividade/Journal of Contemporary Studies on Subjectivity*, published by the Psychology Course of Instituto de Ciências da Sociedade e Desenvolvimento Regional from the Federal Fluminense University in Brazil, and also a reviewer for *Revista Portuguesa de Psicologia/Portuguese Review on Psychology*. She has published several scientific research articles and book chapters, and co-wrote six books for the general public. She co-edited a book on *Positive Nations and Communities* (Springer, 2013).

For three years she hosted a weekly piece on Well-being and Positive News in the national television and has been writing a column on PUBLICO, a Portuguese newspaper, on Public Happiness. She collaborates regularly with the media, always on themes related to Positive Psychology, positive community interventions, wellbeing and positive organizations. She was nominated for the Human Resources Management Awards 2016 and was recently nominated by the International Positive Psychology Association for the Outstanding Practitioner Award 2017.

