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Positive Psychology and Positive Education: Political and Personal Implications

Remediation too often trumps well-being as a goal. This is an increasingly disastrous policy for prosperous nations and families.

Positive Psychology measures and builds the elements of well-being:

PERMA (Positive Emotion, Engagement, Relationships, Meaning and Accomplishment). I review the very curvilinear relationship of money to PERMA (It's not the economy, stupid). Building well-being, in schools, corporations, and in individual lives, is a plausible personal and political goal.

Biography

Martin E.P. Seligman is the Zellerbach Family Professor of Psychology and Director of the Positive Psychology Center at the University of Pennsylvania, where he focuses on positive psychology, learned helplessness, depression, and optimism. He is a best-selling author of several books, including *Flourish*. He received the American Psychological Society's William James Fellow Award for basic science and Cattell Award for the application of science, and two Distinguished Scientific Contribution awards from the American Psychological Association. In 1996, Seligman was elected President of the American Psychological Association by the largest vote in modern history. His current mission is the attempt to transform social science to work on the best things in life – strengths, positive emotion, good relationships, meaning, and human flourishing.