



Swiss Positive Psychology Association

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

# Invitation to a workshop on

## **Communication is key!**

### Positive Interactions: Train Positive Communication and Feedback

We are happy to announce that Dr Tracey Platt (University of Sunderland, UK), will host a 2.5 hour workshop for members of the SWIPPA (in English). The workshop is open to students, researchers and practitioners interested.

Date and place:

Wednesday, 29<sup>th</sup> of January 18:00-20:30

at the University of Zurich, Oerlikon (2 mins from the train station)

#### Workshop Description

Positive relationships and experiencing authentic connections to others, is one of the five core elements of the PERMA model that helps one attain a fulfilling, and flourishing life. The aim of this workshop is to explore how to foster positive social interactions by developing an understanding of modalities to communication, cues of positive emotion expression, active constructive responding and constructive feedback. It will raise your awareness for subtle communication cues and foster your ability to communicate empathically and authentically. (exercises and role play may be done in English OR GERMAN; a translator will be present)

**BRIEF BIO**

Chartered Psychologist, Tracey Platt (PhD) is currently working as a Principle Lecturer in Positive Psychology at the University of Sunderland in the UK. She also teaches a module on positive emotions in the CAS Positive Psychology at the University of Zurich. Academically, she completed her PhD in 2013 which featured investigations on the emotional communication of people with gelotophobia. Her expertise with the Facial Action Coding System advanced her post doc research working on an EU FP7 grant, ILHAIRE, embedding laughter into Avatars. She has also used her Master in Work & Organizational psychology to investigate Positive Team Roles and their relationship to character strengths and life-satisfaction. Since winning the Graduate Student Award in 2011 from the International Society for Humor Studies, Tracey has invested in authoring many articles on the topic and has contributed consistently to the field. She sits on the editorial board of a number of scientific journals and has been guest editor for a number of special issues into humor and positive affect. She is currently utilizing her skills to build a new integrated MSc program in Positive Psychology, we well as to develop and provide Continuing Professional Development workshops and short courses on the topic.

## Pre-Reading / Literature

Ekman, P. (2003). Sixteen enjoyable emotions. *Emotion Researcher*, 18, 6-7.

Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56, 218-226.

Gable, S. L., Gonzaga, G. C., & Strachman, A. (2006). Will you be there for me when things go right? Supportive responses to positive event disclosures. *Journal of Personality and Social Psychology*, 91(5), 904-917

**Anmeldung/Registration:**

The places for the workshop are limited, as the workshop includes hands-on exercises. If you are interested, please send an email to Jenny Hofmann ([j.hofmann@psychologie.uzh.ch](mailto:j.hofmann@psychologie.uzh.ch)) with your contact information and background. After confirmation of your registration, you may pay the workshop fee (see beyond; details will be in the confirmation email). Reservations are binding.

**The costs:**

20 CHF for student SWIPPA members

30 CHF for SWIPPA members

The workshop fee includes course handouts and a coffee break