**Positive Psychology Summit 1999 Schedule of Activities**

**Measuring The Key Elements of a Positive Life:**

**The Characteristics of the Optimal Personality**

September 9-12, 1999

The speakers will review some of the most important findings in their area bearing on positive psychology and the positive life, and discuss how we can measure this set of characteristics (objective measures, personal appraisals, appraisal by others, etc.)

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| **Thursday evening** |  |
| 7:00 p.m. | Dinner and Reception |
| **Friday** |  |
| 8:30 to 9:00 | Brief opening remarks by Don, Marty, Corey, and Ed The Cayman outline: Enabling factors, Personal factors (and measures of them), and Outcomes |
| 9-10 | Bill Damon: Principled behavior, morality, ethics, integrity  Break |
| 10:30 to 11:30 | Dean Simonton: Creativity and genius |
| 11:30 to 12:30 | Brian Sutton Smith: The benefits of play |
| Lunch break |  |
| 2:30 to 3:30 | Bob Emmons: Meaning and goals B future mindedness, guiding one=s life by reasoned  intelligence. |
| Afternoon and evening free |  |
| Optional dinner reservations with group at local restaurant | |
| 8:30 - 10 | Hospitality suite |
| **Saturday** |  |
| 8:30 to 9:30 | Ed Diener: Subjective well-being |
| 9:30 to 10:30 | Barb Fredrickson: The benefits of positive emotions |
| **Saturday** |  |
| Break |  |
| 11 to 12 | Harry Reis: Positive social relationships B love, etc. |
| Lunch together |  |
| 2 to 3 | Paul Baltes: Wisdom |
| 3 to 3:30 | Discussant: Hazel Markus, Culture and positive psychology |
| Free time |  |
| 6:30 | Cocktails and banquet:  Martin Seligman and Ed Diener? |
| 8:30 to 10:30 | Hospitality suite |
| **Sunday** |  |
| 8:30 to 9:30 | Paul Rozin: Vocation B satisfying work |
| 9:30 to 10:30 | Discussants: Laura Carstensen and Mary Pipher |
| 11:45 to 12:00 | Wrap-up remarks by Marty Seligman |
| 12:00 | Lunch together |