I am pleased to announce the first St. Louis Area Well-Being Workshop (SLAWW), to be held at Saint Louis University on Friday, February 26 from 1-5pm, followed by a reception.

This is the first of three informal workshops aimed at fostering dialogue between well-being researchers in all disciplines from around the area. It is part of the three-year project, Happiness and Well-Being: Integrating Research Across the Disciplines, funded by a grant from the John Templeton Foundation and Saint Louis University (http://www.happinessandwellbeing.org/).

Anyone with a professional interest in well-being research is welcome, but please RSVP to wellbeing@slu.edu if you plan to attend and have not already done so.

Feel free to forward this to others who may be interested. If you would like to be removed from this mailing list, please let me know.

Schedule (Location: Adorjan Hall 142)

1-1:10 Introduction

1:10-2:10 "Black Women and Girls' Return to Joy: Healing from Trauma," Dannielle Joy Davis (Education, SLU), with Cassandra Chaney, Denise Davis-Maye, and Donna Culbreth

Abstract: The concept of thriving amidst trauma receives minimal attention when addressing negative life experiences of Black women and girls. This work examines strategies employed and recommended by Black women and girls that prompt thriving amidst traumatic circumstances. Radio broadcasts from the National Girls and Women of Color Council serve as data for the topic. Findings reveal the strength of Black women and girls in dealing with trauma, holding the potential to move beyond coping with circumstances, towards potential thriving.

2:10-2:30 break

2:30-3:30 "Happiness Metrics for Policy," Dan Haybron (Philosophy, SLU)

Abstract: I will discuss the case for bringing happiness metrics into policy evaluation, suggesting that greater attention is needed to deploying "emotional well-being" measures. I briefly outline some key features we should want in such measures.

3:30-3:50 break


Abstract: I will argue that positive psychology and well-being researchers have gone off the deep end in their embrace of the term “eudaimonic well-being” (EWB), creating deep confusion in the field. I will propose a solution wholly consistent with Aristotle’s original understanding of eudaimonia: The “Eudaimonic activity model” (EAM). The EAM distinguishes between conative activity, which may or may not be eudaimonic; satisfying experiences, which may or may not result from conative activity; and subjective well-being (SWB), which reliably results from truly satisfying experiences. I review research consistent with this model, and argue that SWB offers the best or one of the best criteria for distinguishing between eudaimonic and non-eudaimonic activity. Pursuing SWB directly does not work, but pursuing eudaimonic activity does, bringing (as a side effect) many satisfying experiences, which in turn bring SWB.

4:50-6 Reception (in common area outside Rm 142)