

Geelong, look on the bright of life :)

DANNY LANNEN

CLINICAL psychologist Chris Mackey (right) wants Geelong to make optimism its hallmark and believes it starts with regularly answering a question: What went well?

Mr Mackey believes having people completing the simple character strength evaluation, focusing on attributes and positives, would be a powerful step in building a healthier, stronger city in the face of ongoing challenges.

"There are practical ways to get the best out of yourselves as individuals and they can apply across how you can be your best as a citizen," Mr Mackey said.

"If we draw on what strengths we have in an optimistic manner and do it on a local level as well as city-wide we know from the success of positive psychology we tend to enjoy better health and wellbeing and more positive relationships."

He issued the call in response to ongoing public discussion of vision and branding for Geelong and will focus on the subject of positive psychology and city-wide interventions during a free public talk on Thursday.

"Many leaders putting forward their vision mentioned the importance of confidence and other similar terms," Mr Mackey said.

"The field of positive psychology can be considered as an emerging science which focuses in part on enhancing

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confidence and is therefore relevant to such issues as social and economic development.

"The talk will raise such issues which are relevant to the brand of Geelong. I think Geelong's brand could be related to the notion of adopting a brighter outlook."

Mr Mackey believes internationally-acclaimed introduction of positive psychology into education at Geelong Grammar School provides a natural springboard for city-wide thinking.

Mr Mackey will use the subject to launch his annual series of free talks in Geelong West Town Hall supper room.

Each of the five talks, apart from one in October, will start at 7.30pm.

Mr Mackey will talk about positive psychology on Thursday, from individual to city-wide interventions. June 14 will be about using positive psychology for business success, September 13 is about becoming less obsessive compulsive, October 11 at 11am will look at complex trauma and dissociation and November 8 is a 'Where is positive psychiatry?' talk.

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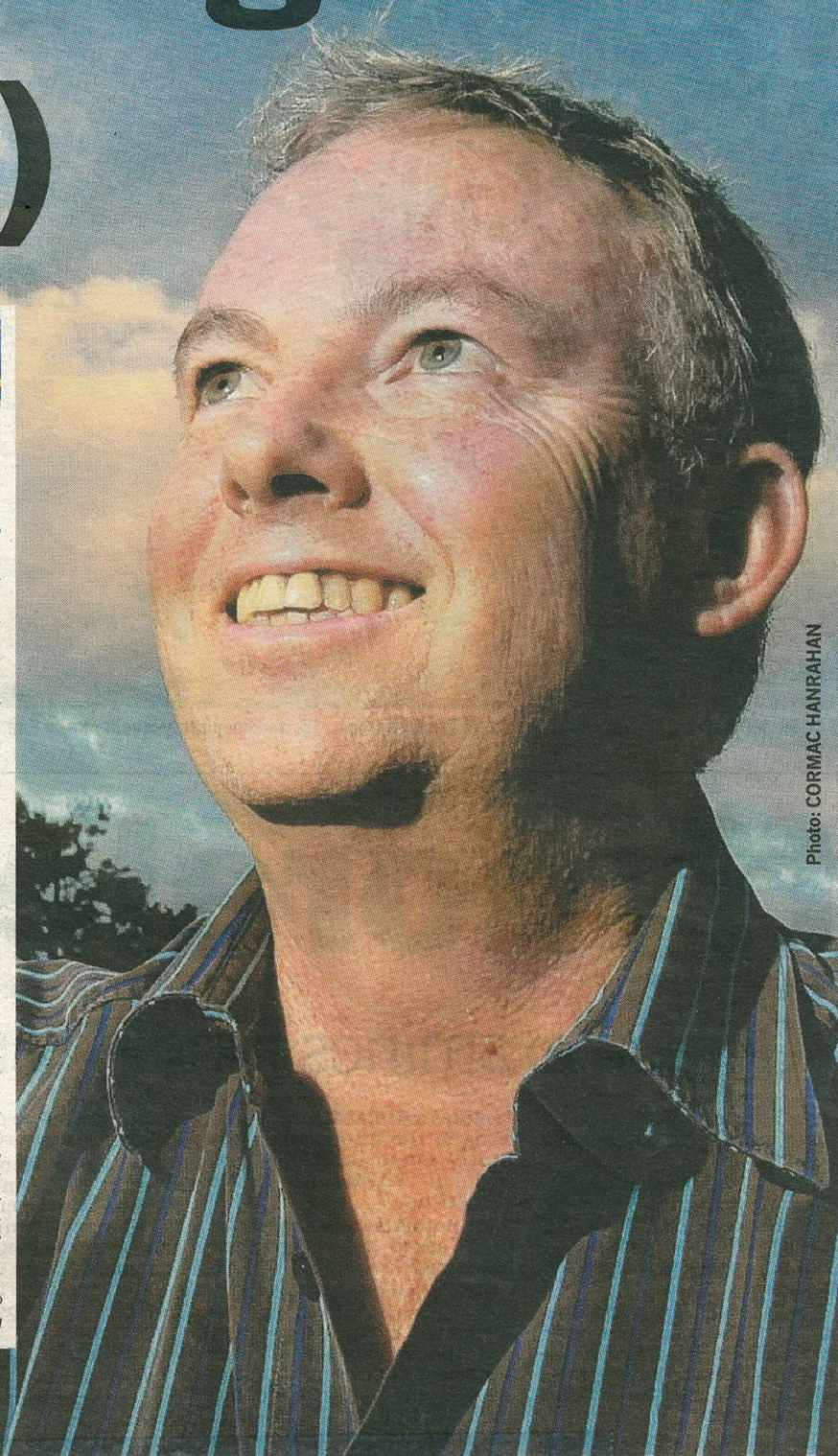


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