

Announcing the next Well-being Seminar

Thursday 2 June 2011

“Well-Being Reconsidered: Free Traits, Personal Projects and the Happiness of Pursuit”

Brian Little

Distinguished Scholar in the Department of Social and Developmental Psychology, Cambridge University, and Professor Emeritus at Carleton University, Canada, with former positions at Oxford, McGill and Harvard Universities

One of the most enduring and consequential theories of well-being is that it is deeply influenced by stable traits of personality. In this presentation I will prod and poke at this notion of fixed traits of personality and then propose an alternative view. This perspective, a social ecological one, highlights the importance of free traits and personal projects in our personal and professional lives. Free traits, which advance our core personal projects, may enhance our well-being and the prosperity of our institutions. But unless they are managed well, they can also bring us to our knees.

**The talk will take place at Darwin College
4.30 – 5.30 p.m. followed by wine and nibbles**

All interested are welcome.

Professor Felicia A Huppert – fah2@cam.ac.uk
Director of the Cambridge Well-being Institute