

Embracing existential wellbeing - an exploration of existentialism and post-traumatic growth to navigate challenges with positivity

Michelle Falzon
Australia

Join this transformative workshop, 'Embracing Existential Wellbeing,' where positive psychology converges with existential frameworks to empower individuals to pursue enhanced mental health and post-traumatic growth. Grounded in the pillars of meaning, purpose, autonomy, and connection, participants will embark on a journey of self-discovery and resilience.

Michelle will explore the profound intersection of positive psychology and existential well-being in this immersive workshop. Participants will delve into the foundational components, reflecting on their relevance to personal narratives. We integrate positive psychology interventions through evidence-based practices, offering practical tools to enhance meaning and purpose.

The workshop uniquely addresses post-traumatic growth within an existential lens, fostering insights into how existential well-being can serve as a steadfast foundation for personal growth after adversity. Real-life stories and case studies illustrate the transformative power of this holistic approach.

In the final segment, participants craft their Existential Well-being Plans, translating newfound insights into actionable steps. This interactive session encourages group sharing and peer feedback, creating a supportive environment for collective growth.

Participants will leave 'Embracing Existential Wellbeing' equipped with a deeper understanding of their existential journey and practical tools to navigate challenges, foster positive mental health, and cultivate resilience in the face of life's complexities.

Biography

Michelle Falzon holds a Master's degree in Applied Positive Psychology and Coaching Psychology and founded Positive Wellbeing Education. With a profound background in coaching psychology, positive psychology, and post-traumatic growth, she has dedicated her career to helping individuals and organisations thrive. Her innovative existential wellbeing framework integrates principles of existentialism with positive psychology to foster resilience and growth in the face of adversity. A respected speaker and researcher, Michelle has presented at international conferences and published research on the impact of self-efficacy and optimism on post-traumatic growth. Her current projects include developing courses to support their existential well-being framework and leading the research project "Healing Horizons: Real Stories of Transformation and Growth from Real People."

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