

Prof. Lindsay G Oades

Deputy Dean and Professor of Wellbeing Science

Faculty of Education, University of Melbourne

Bio

Dr Lindsay G. Oades PhD is an internationally acclaimed multi award winning wellbeing science researcher, educator and author. He is currently Deputy Dean and Professor of Wellbeing Science at the Faculty of Education, at The *University of Melbourne* (Australia's #1 University and now 14th in the world). He was a coordinating lead author with a *UNESCO* assignment examining the relationship between education and human flourishing. In 2013 he was awarded an Australian Government citation for outstanding contribution to student learning. As a sought-after speaker, known to provoke thought, he has given keynote or invited presentations in 18 countries. In 2022 he became Associate Dean International for *MGSE (Melbourne Graduate School of education)*. With over 165 refereed journal articles and book chapters related to wellbeing, recovery and coaching and five books with esteemed publishers including *Cambridge University Press, Wiley-Blackwell, Routledge and SAGE*, he is a scientific reviewer for the Australian Research Council.

Keynote address on:

Wellbeing Literacy: A language-use capability relevant to positive psychology interventions.

Abstract

This presentation introduces the concept of wellbeing literacy, a capability (what we can be and do), that involves intentional language use about and for wellbeing. Wellbeing literacy is a capability, rather than a positive psychology intervention (PPI) per se. The five components of the capability model are described to stimulate discussion of ways to operationalize and measure this construct, to enable better PPI implementation and evaluation. In the context of PPIs, the empirical question remains: Is wellbeing literacy a mediator or moderator of wellbeing outcomes? Examples of ways to measure wellbeing literacy are discussed alongside examples of contemporary research and practice related to wellbeing literacy.