

Prof. Stewart I. Donaldson, Ph.D.

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Bio

Dr. Stewart I. Donaldson is a globally recognized scholar, educator, and leader advancing human flourishing through science and evidence-informed practice. A Distinguished University Professor at Claremont Graduate University, he is a co-founder the world's first PhD programs in positive psychology. He currently serves as President of the Claremont Flourishing Center and the Western Positive Psychology Association and is an elected Board Member of the International Positive Psychology Association. A prolific author of more than 20 books and hundreds of scientific articles, Dr. Donaldson is widely known for his research, leadership, and mentorship empowering individuals, organizations, and societies to flourish.

Keynote address on:

Flourishing in Challenging Times: PERMA+4 as a Science-Based Roadmap

Abstract

In an era marked by global uncertainty, social fragmentation, economic instability, and rapid technological change, the question is no longer whether we face adversity, but how we flourish through it. This invited presentation introduces PERMA+4, an evidence-based framework for advancing human flourishing during challenging times. PERMA+4 integrates nine empirically supported building blocks of flourishing: Positive Emotion, Engagement & Flow, Relationships, Meaning & Purpose, Accomplishment, Physical Health, Mindset, Environment, and Economic Security. Drawing on more than two decades of research in positive psychology and positive organizational scholarship, Dr. Donaldson demonstrates how these interdependent pathways operate across levels—from individuals to teams, leaders, organizations, communities, and cultures—to promote resilience, sustainable performance, and human flourishing under pressure.