

**Prof. Tayyab Rashid, Ph.D., C.Psych.**

**President-elect, International Positive Psychology Association (IPPA)**

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### **Bio**

Dr. Tayyab Rashid is a Toronto-based licensed clinical and school psychologist, Faculty Associate with Harvard's Human Flourishing Program, and Visiting Scientist at the T.H. Chan School of Public Health. He is faculty affiliated with the VIA Institute on Character and serves as an Honorary Fellow at the Centre for Wellbeing Science at the University of Melbourne, Australia.

Trained under Dr. Martin Seligman at the University of Pennsylvania, Dr. Rashid co-developed Positive Psychotherapy and focuses on strengths-based approaches to resilience, wellbeing, and post-traumatic growth. His work has taken him to communities facing profound adversity, including survivors of natural disasters, families affected by the events of 9/11 and mass violence, refugees, and individuals in regions experiencing high suicide risk.

Dr. Rashid has delivered more than 50 invited talks and professional trainings across 25 countries. He has authored over 50 peer-reviewed journal articles and book chapters in leading journals and edited volumes. His books *Positive Psychotherapy* (2018, with Martin Seligman) and *Strengths-Based Resilience* (2025) are widely recognized and have been translated into several languages. He currently serves as President-Elect (2025–2027) of the International

Positive Psychology Association (IPPA) and has received several honors, including the IPPA Outstanding Practitioner Award (2017) and the University of Toronto Chancellor's Award (2018). Trained in Hatha Yoga and influenced by Sufi traditions, Dr. Rashid approaches psychotherapy as an integrative practice that bridges mind and body while acknowledging the complementary tensions—the yin and yang—within human existence.

**Keynote address on:**

**Wellbeing Without Naïveté: Hope and Human Flourishing in a Fractured World**

**Abstract**

In a world shaped by rapid technological change, artificial intelligence, pervasive digital environments, political polarization, and rising loneliness, discussions of wellbeing often swing between naïve optimism and alarmist pessimism. At the same time, the absence of a coherent global moral and egalitarian order raises difficult questions about how individuals and societies can genuinely flourish. This keynote proposes a third stance: wellbeing without naïveté—an approach that acknowledges suffering, uncertainty, and structural challenges while sustaining a commitment to human flourishing.

Drawing on insights from positive psychology, clinical psychology, education, and interdisciplinary scholarship—including neuroscience, public health, and the arts and humanities, the session explores how flourishing can be cultivated without equating wellbeing with constant happiness. Focusing particularly on young people, it examines the psychological and social conditions that nurture character, connection, purpose, and resilience. Within this framework, hope is not wishful thinking but a disciplined, morally grounded commitment to nurturing what is most human—curiosity, compassion, integrity, and responsibility—even in fractured times.