

- Meaning in Life



Community of Practice in Life Education and Positive Education

Meaning in Life

Date: 23 April 2021
Time: 2:00 pm - 3:00 pm
Venue: Online via Zoom



Register here!

Meaning in life is a major topic in positive psychology. Finding one's meaning and purpose is as important if not more so than experiencing pleasure and enjoyment. In this workshop, Hill's (2018) theory of meaning in life will be introduced. As a psychotherapy researcher and practitioner, Hill formulated a five-component model to help therapists understand different aspects of clients' meaning in life concerns. This model includes mattering, goals, coherence, felt sense, and reflectivity. Practical examples will be used to illustrate these concepts. Overlaps with classic theories, such as Flow Experience and Self-Determination Theory, will also be discussed. In addition, participants will be invited to engage in reflective activities to put theory into practice in their daily lives.



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Speakers



Dr. Luk Sau-Ha Sarah
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All are welcome!

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