



2023 NATIONAL INTEGRATED SPECIAL REPORT –  
DIGITAL AND NEWSPAPER

# Positive Psychology

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As the world becomes more focused on holistic well-being and mental health, positive psychology has emerged as a powerful approach to improving the lives of Canadians. This special report will highlight the importance of positive psychology and its evidence-based strategies to enhance well-being, resilience, and happiness, helping Canadians lead more fulfilling, happy and meaningful lives.

## Proposed topic highlights:

- RESEARCH** — Advancing the science and research-based applications of positive psychology
- INNOVATION** — Bringing the latest innovations from leading experts in the science, practice, and education of positive psychology and the broader field of wellbeing
- COLLABORATION** — Fostering collaboration between researchers, teachers, students, and practitioners

## GET INVOLVED TODAY. CONTACT:

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Print/Digital Weekly Readers – **5,898,000**  
Print Weekly Readers – **2,697,000** | Digital Weekly Readers – **4,439,000**

Source: Vividata SCC Fall 2022, National, Adults 18+

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