

**"Positively" Dialogic: Integrating positive psychology and collaborative practices /
"Positivamente" Dialógicos: integrar la psicología positiva y las prácticas colaborativas**

Margarita Tarragona, PhD

Grupo Campos Elíseos. CDMX, México

We will explore how we can incorporate research findings about well-being and human flourishing in collaborative-dialogic ways of working in therapy, coaching and education.

En este taller exploraremos cómo incorporar hallazgos de investigación sobre el bienestar y el florecimiento humano en el trabajo colaborativo y dialógico en la terapia, el coaching y la educación.

I have been involved in positive psychology and in collaborative-dialogic practices for many years and both of these conceptual frameworks guide my work. For me, bringing knowledge from the science of well-being into dialogic work often leads to exciting and generative conversations in therapy, coaching and higher education. In this workshop, I would like to share examples of how research findings about human flourishing can be "in dialogue" with collaborative practices. Participants will be invited to explore this through a brief presentation, stories from practice and experiential exercises.