R U OK? Day Webcast: Buffering, Bolstering & Building Mental Wellbeing at Work Thursday 14 September 2023 – 12.30pm – 1.30pm



Dr Suzy Green

Clinical and Coaching Psychologist (MAPS) and Founder & CEO of The Positivity Institute

Dr Suzy Green is a Clinical and Coaching Psychologist (MAPS) and Founder& CEO of The Positivity Institute, a Sydney-based positively deviant organisation dedicated to the research and application of the science of optimal human functioning in organisations and schools.

She is a leader in the complementary fields of Coaching Psychology and Positive Psychology having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology. Suzy has published over twenty academic chapters and peer reviewed journal articles including the Journal of Positive Psychology. She is the coeditor of "Positive Psychology Coaching in Practice" (Green & Palmer, 2018), "Positive Psychology Coaching in the Workplace" (Smith, Boniwell & Green, 2021) and "The

Positivity Prescription" (Green, 2019). Suzy lectured on Applied Positive Psychology as a Senior Adjunct Lecturer in the Coaching Psychology Unit, University of Sydney for ten years and is an Honorary Vice President of the International Society for Coaching Psychology.

Suzy is an Honorary Visiting Professor at the University of East London, an Honorary Fellow at the Centre for Wellbeing Science, University of Melbourne and an Affiliate of the Institute for Well-Being, Cambridge University.

Suzy is also a member of the Scientific Advisory Board for Coach Hub, a leading global coaching technology platform. Suzy is an official ambassador for the Starlight Children's Foundation and she maintains a strong media profile appearing on television, radio and in print.

