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INTERNATIONAL CONFERENCE ON **POSITIVE PSYCHOLOGY AND MENTAL HEALTH**

 **OCTOBER 19-20, 2026**  **ROME, ITALY**

Noveltics Group LLC is the world's leading specialist in organizing academic, scientific and business conferences, meetings, symposiums and exhibitions in different verticals and horizontals like Medical, Pharma, Engineering, Science, Technology, Business and many more to promote scientific research.

 <https://positivepsychology.novelticsconferences.com/>





WELCOME MESSAGE

We are delighted to welcome you to the “**International Conference on Positive Psychology and Mental Health**”, taking place on **October 19-20, 2026**, in **Rome, Italy** — an all-new international platform dedicated to advancing knowledge, sharing innovative research, and fostering collaboration in the fields of positive psychology and mental well-being.

The main theme of the conference is “**The Future of Wellness: Integrating Positive Psychology into Mental Health Care**”

This much-anticipated event will bring together leading psychologists, researchers, mental health professionals, educators, life coaches, and wellness experts from around the world to explore scientific insights and practical strategies aimed at enhancing happiness, resilience, and overall mental health.

The Positive Psychology 2026 conference will cover a wide spectrum of topics, including emotional intelligence, mindfulness and meditation practices, resilience and stress management, workplace well-being, therapeutic innovations, and the promotion of global mental wellness. Through keynote presentations, expert panel discussions, interactive workshops, and poster sessions, participants will gain valuable knowledge and build meaningful professional connections.

Join us in Rome, Italy, for this pioneering international conference, as we come together to shape the future of mental health and well-being through the transformative power of positive psychology.

With Regards
Positive Psychology 2026
Organizing Committee

12+

Interactive Sessions

10+

Keynote Lectures

50+

Plenary Lectures

20+

Exhibitors & Workshop

AGENDA

DAY-1	TIME/SESSION	DAY-2	TIME/SESSION
	09:00-10:45	09:00-10:45	KEYNOTE PRESENTATIONS
	10:45-11:00	10:45-11:00	COFFEE/TEA BREAK
	11:00-13:00	11:00-13:00	ORAL PRESENTATIONS
	13:00-13:40	13:00-13:40	NETWORKING & LUNCH BREAK
	13:40-15:40	13:40-15:40	SESSIONS
	15:40-16:00	15:40-16:00	NETWORKING & COFFEE BREAK
	16:00-18:00	16:00-18:00	SESSIONS
			POSTER & WORKSHOPS

DAY 1 | MONDAY | OCTOBER 19, 2026

	ROOM 1	ROOM 2	ROOM 3
11:00-12:00	MENTAL RESILIENCE & STRESS MANAGEMENT	POSITIVE EMOTIONS & STRENGTH-BASED THERAPY	WORKSHOP
12:00-13:00	MENTAL RESILIENCE & STRESS MANAGEMENT	POSITIVE EMOTIONS & STRENGTH-BASED THERAPY	WORKSHOP 1
13:00-14:00 LUNCH BREAK			
14:00-15:00	MINDFUL ATTENTION & POSITIVE COPING	STRESS MANAGEMENT AND COPING MECHANISMS	WORKSHOP
15:00-16:00	PROMOTING MENTAL WELLNESS IN YOUTH AND ADOLESCENTS	MINDFULNESS & MEDITATION FLOURISHING STATES	WORKSHOP
16:00-16:20 COFFEE BREAK/NETWORKING			
16:20-17:30	MENTAL HEALTH INTERVENTIONS WELLNESS-INTERVENTION	CULTURAL PERSPECTIVES ON HAPPINESS AND MENTAL HEALTH	WORKSHOP

	ROOM 1	ROOM 2	ROOM 3
11:00-12:00	POSITIVE NEUROPSYCHOLOGY	HOPE THEORY & GOAL ATTAINMENT & MOTIVATION	WORKSHOP
12:00-13:00	COGNITIVE FLEXIBILITY TRAINING	HOPE THEORY & GOAL ATTAINMENT & MOTIVATION	WORKSHOP
13:00-14:00 LUNCH BREAK			
14:00-15:00	SELF-COMPASSION MINDSET	PURPOSE-DRIVEN LIVING	WORKSHOP
15:00-16:00	EMOTIONAL REGULATION SKILLS	ADAPTIVE MINDSET COACHING	WORKSHOP
16:00-16:20 COFFEE BREAK/NETWORKING			
16:20-17:30	PSYCHOLOGICAL SAFETY & TRUST	SCREENING PSYCHOLOGICAL SAFETY & TRUST INNOVATIONS	WORKSHOP



CONFERENCE HIGHLIGHTS

- Advances in Positive Psychology and Well-Being Science
- Mindfulness, Meditation, and Mental Resilience
- Emotional Intelligence and Self-Awareness
- Stress Management and Coping Mechanisms
- Happiness and Life Satisfaction Studies
- Workplace Well-Being and Organizational Psychology
- Positive Education and Student Flourishing
- The Role of Gratitude, Compassion, and Empathy in Mental Health
- Psychological Resilience in the Face of Adversity
- Mind-Body Connection: Neuroscience of Positivity
- Mental Health Interventions and Therapeutic Approaches
- Integrative Approaches to Anxiety, Depression, and Burnout
- Holistic Practices for Enhancing Emotional Wellness
- Strengthening Mental Health Through Mindful Leadership
- Positive Aging and Lifespan Development
- Cultural Perspectives on Happiness and Mental Health
- Strength-Based Counselling and Coaching Techniques
- Promoting Mental Wellness in Youth and Adolescents
- Technology and Digital Tools in Mental Health Promotion
- Lifestyle Medicine and Psychological Well-Being
- The Science of Flow and Human Potential
- Resilience and Recovery in Trauma and Post-Stress Growth
- Global Mental Health Challenges and Solutions
- Positive Interventions in Healthcare and Community Settings
- Future Directions in Positive Psychology Research



ABOUT US

Welcome to **NOVELTICS Group LLC**, where innovation meets excellence in scientific event organization. We dedicated to shaping the future of knowledge exchange and professional development, we are thrilled to embark on this journey with you.

At **NOVELTICS Group LLC**, we believe in the power of collaboration, curiosity, and creativity to drive meaningful progress in the scientific community. Our mission is to create transformative event experiences that inspire, educate, and connect professionals from diverse fields of expertise.

With a passionate team of experienced event organizers and industry experts, we are committed to delivering exceptional events that leave a lasting impact. From conferences and symposiums to workshops and seminars, we offer a wide range of programs tailored to the evolving needs and interests of our audience.

How Noveltics Conferences differs from others?



- Innovative content delivery methods that engage and inspire participants.
- Meticulously curated programs developed in collaboration with industry experts.
- Emphasis on diversity and inclusivity to foster a dynamic event environment.
- Robust networking opportunities to facilitate meaningful connections.
- Flexible registration options and hybrid event formats to accommodate diverse preferences.
- Commitment to excellence in event planning, logistics, and attendee satisfaction.
- Cutting-edge topics and emerging trends at the forefront of every conference.
- Interactive formats that encourage collaboration, creativity, and knowledge exchange.
- Personalized approach to event organization tailored to meet individual needs and goals.
- Unparalleled dedication to driving positive impact and innovation in the conference landscape.



Who Will Attend the Positive Psychology Conference?

International Conference on Positive Psychology and Mental Health 2026 will bring together a diverse community of psychologists, researchers, educators, mental health professionals, wellbeing practitioners, corporate leaders, coaches, and policy makers. Participants committed to fostering global wellbeing—including advocates and mindfulness practitioners—are warmly welcomed to contribute their insights. This inclusive gathering in “Rome, Italy”, on October 19–20, 2026, creates a dynamic platform for collaboration, innovation, and evidence-based discussions aimed at enhancing happiness, resilience, and holistic wellness worldwide.

Why do you need to attend a Positive Psychology conference?

Attending the “ International Conference on Positive Psychology and Mental Health” offers a wealth of benefits for psychologists, researchers, educators, therapists, wellbeing practitioners, corporate leaders, policymakers, and advocates. Below are several compelling reasons why participation is essential:

Professional Development:

The summit provides an enriching platform to explore the latest findings in positive psychology, wellbeing science, mindfulness research, emotional resilience, workplace wellness, and holistic mental health. Attendees can deepen their expertise through keynote lectures, interactive workshops, and transformative panel discussions.

Networking: This global gathering connects a diverse community of thought leaders, researchers, clinicians, educators, corporate wellness strategists, and policymakers. The summit enables meaningful networking, opening doors to collaborations, joint research efforts, and impactful wellbeing initiatives.

Stay Updated: With rapid advancements in wellbeing science, contemplative practices, psychological interventions, and happiness research, staying current is crucial. The summit offers access to cutting-edge studies, innovative wellbeing tools, digital mental health solutions, and emerging trends in mindfulness and resilience training.

Exchange of Ideas: A collaborative atmosphere encourages the sharing of experiences, best practices, and diverse cultural perspectives on wellbeing. Engaging dialogues foster creativity, inspire new frameworks, and help identify solutions to global mental health challenges.

Advocacy and Awareness: Participation supports the broader mission of promoting global wellbeing, compassion, mental resilience, and community-focused wellness programs. The summit highlights the importance of promoting happiness, inclusion, psychological safety, and sustainable mental health pathways.

REGISTRATION PRICES

BUSINESS

ACADEMIC

\$699

REGISTRATION

\$999

PACKAGE A
Registration
2-Nights Accommodation

\$1149

PACKAGE B
Registration
3-Nights Accommodation

\$799

REGISTRATION

\$1099

PACKAGE A
Registration
2-Nights Accommodation

\$1249

PACKAGE B
Registration
3-Nights Accommodation

STUDENT

\$499

STUDENT YRF

\$399

STUDENT POSTER
Registration
Student Poster Presentation

\$149

E-POSTER



REGISTRATION GUIDE LINES

Registration

- Access to All Sessions
- Coffee break during the conference
- Handbook & Conference Kit
- A free paper abstract(For Speakers)
- Lunch during the conference
- Certificate of Presentation

Student Delegates

- Access to All Sessions
- Coffee break during the conference
- Conference Kit
- Lunch during the conference



ROME

Rome, the timeless capital of Italy, is a city where ancient history and modern life coexist in perfect harmony. Celebrated for its extraordinary cultural heritage and architectural masterpieces, Rome enchants visitors with iconic landmarks such as the Colosseum, Roman Forum, Pantheon, and the magnificent St. Peter's Basilica. As the heart of the ancient Roman Empire and a cradle of Western civilization, the city stands as a living testament to resilience, innovation, and artistic brilliance. Beyond its historical grandeur, Rome is a vibrant center for art, faith, cuisine, and creativity. The city is home to world-renowned museums, galleries, and archaeological treasures, including the Vatican Museums, Galleria Borghese, and countless piazzas adorned with fountains and sculptures. Its neighborhoods—each with a distinct charm—from the lively streets of Trastevere to the elegance of Prati and the bohemian spirit of Monti—offer rich and diverse experiences. Rome is also a hub of education and research, hosting esteemed universities, academies, and cultural institutions that attract scholars and thinkers from around the world. Its warm, welcoming, and multicultural atmosphere makes it an ideal destination for international gatherings, academic exchange, and global dialogue. With an efficient transportation system, delectable Italian cuisine, from classic Roman dishes to contemporary gastronomy, and a thriving environment.



Conference Secretariat

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