



THE UNIVERSITY OF
MELBOURNE

Building Personal and Community Resilience in the Face of COVID-19

Department of Rural Health

COVID-19 Webinar Series 2

What are the lessons from COVID-19 and how can we use them to build a better future?

Professor Brock Bastian
Professor in Psychology
Melbourne School Of Psychological Sciences
The University of Melbourne

The University of Melbourne, Department of Rural Health are very excited to bring you a webinar by Professor Brock Bastian.

Brock is a Professor in the School of Psychological Sciences at the University of Melbourne. He is trained as a social psychologist and his research broadly focuses on the topics of ethics and well-being.

In his research on well-being, he has addressed questions such as why promoting happiness may have a downside, the cultural factors leading to depression, and why valuing our negative and painful experiences in life is a critical pathway to achieving happiness. Brock's research on behavioural ethics broadly focuses on the various motivations that shape our ethical decision making around important social issues and how people resolve conflicts of interest. This extends to issues such as the treatment of animals and the environment. Broadly, Brock's research seeks to understand the link between ethical behaviour and personal well-being, and why this link is critical to meaning and fulfillment in life.

Brock completed in his Ph.D. in 2007 and since then has published more than 100 peer-reviewed journal articles and book chapters. His work has been featured in outlets such as The Economist, The New Yorker, TIME, New

Scientist, Scientific American, Harvard Business Review, The Huffington Post and others. His research has been acknowledged with the Wegner Theoretical Innovation Prize, and his contribution to psychology has been recognized by the Australian Psychological Society and Society of Australasian Social Psychologists early career researcher awards. Brock's research has been supported by over \$2 million in research funding.

Brock is not only passionate about building scientific knowledge, but also about communicating that knowledge. He has written for popular press outlets, such as The Conversation; delivered popular talks, such as at TEDx StKilda, The Ethics Centre Sydney, and Effective Altruism Australia; and appeared on radio shows such as The Minefield. His first book, *The Other Side of Happiness*, was published in January 2018.

Professor Brock Bastian will provide a review of his research on the role of pain and adversity in building personal and community resilience, and identify strategies that each of us can use during COVID-19 to lean into difficult experiences, allowing for the possibility of connection, meaning, and growth.

There will be the opportunity for Q & A at the end of the presentation.



Event Details

Date:
Thursday 17th September, 2020

Time:
5:30pm - 6:30pm

Venue:
Webinar

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Bookings:
Bookings are essential for this free public webinar. Register at <http://go.unimelb.edu.au/26sj>