

# LOUISA JEWELL

## INTRO BIO

Louisa Jewell is one of Canada's leading experts on the science of well-being and human thriving. Jewell founded the Canadian Positive Psychology Association (CPPA) in 2012, to bridge the gap between well-being research and practice, and is leading the charge on championing well-being for all Canadians. She is the host of The Awesome Project, a new Audible Originals Podcast series that was released in June 2021. She holds a master's degree in Applied Positive Psychology (MAPP) from the University of Pennsylvania, where she studied with the field's founder, renowned psychologist, Dr. Martin Seligman.

Mainly known for her work educating people and practitioners around the world about the neuroscience of resilience, Jewell appears regularly on CBC radio as a well-being expert and has been featured extensively in other media including Forbes, Fast Company, Oprah Magazine, The Globe and Mail, Huffington Post, Psychology Today and CTV TV.

Jewell is a featured expert in several documentaries including The Science of Happiness and Mental Health in the City and she is author of the best-selling book Wire Your Brain for Confidence: The Science of Conquering Self-Doubt.

### BRIEF

Louisa Jewell is the Founder and President of the Canadian Positive Psychology Association and holds a master's degree in Applied Positive Psychology (MAPP) from the University of Pennsylvania. Louisa is the host of The Awesome Project, a new Audible Originals Podcast series, appears regularly on CBC radio as a well-being expert and has been featured extensively in other media including Forbes, Fast Company and Oprah Magazine. She is a featured expert in several documentaries including The Science of Happiness and Mental Health in the City and she is author of the best-selling book Wire Your Brain for Confidence: The Science of Conquering Self-Doubt.

