STATEC INVITATION

Measuring Progress: STATEC Well-being Seminar Series

17:00 CET (11:00 AM Eastern) – 18:00 CET (12:00 PM Eastern)

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Helping Others Promotes Happiness

Professor Lara Aknin, Simon Fraser University



Abstract: Does helping others feel good? Humans are often painted as cold, selfish, and solitary creatures. Yet, a growing body of research demonstrates that people not only engage in generous behaviour, but can derive pleasure from doing so. In this talk, I'll present some of my past work demonstrating that one form of generous behaviour—spending money on others (prosocial spending)—can lead to greater well-being than spending money on oneself. I'll draw upon data from participants ranging in age, location, and personal histories. Building on this, I'll share findings from a recent Registered Replication Report utilizing new best methodological practices to examine the emotional rewards of prosocial spending. Finally, if time allows, I'll discuss new research from my lab that aims to expand the aperature of work on prosociality and well-being by examining the emotional consequences of mentorship.

Professor Lara Aknin is a Distinguished Professor in the Department of Psychology at Simon Fraser University. She is also an Editor of the World Happiness Report, a former Fellow with the Canadian Institute for Advanced Research, and recent Chair of The Lancet's COVID-19 Mental Health Task Force. She holds a PhD in Social Psychology from the University of British Columbia.

The webinar will be held in English via Cisco Webex and recorded.

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