

EDITORIAL

Editorial: The European Journal of Applied Positive Psychology looking ahead

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This has been a busy year for the journal as we have worked towards publishing Volume 3 of the *European Journal of Applied Positive Psychology (EJAPP)*. During 2019, we offered a successful volume offering articles and papers on key topics such as: Wellbeing promotion is better than resistance training in coping with burdens in life; Results from a randomized controlled trial; Association between impulsivity and flourishing in Substance Use Disorders (SUD): bridging the gap between pathology focused psychology and positive psychology?; A Conference report on the Health and Wellbeing at Work Conference: Coaching and Coaching Psychology Stream; The relevance of identified and intrinsic goal motivation for work engagement; Positive work-life outcomes: exploring self-compassion and balance; and Time to Flourish: designing a coaching psychology programme to promote resilience and wellbeing in postgraduate students. We would like to take this opportunity to thank each of the contributors to Volume 3.

As we continue, our focus now moves on to Volume 4 of EJAPP. On a practical note, we would like to encourage the submission of papers and articles on the theory, research and practice of positive psychology. In addition, we invite submissions in the form of brief reports, research protocols, conference reports, discussion papers, book/monograph reviews and short papers on positive psychology interventions of techniques. We are also pleased to announce that the journal was approved for inclusion on 11/07/19 to the European Reference Index for the Humanities and the Social Sciences (ERIH PLUS).

The peer reviewing process is critical to the successful publication of EJAPP and involves careful consideration and a voluntary commitment by the Editorial Board, Consulting Editors and reviewers. We would like to thank each of those involved including Dr Diana Aguiar Vieira, Dr Gisele Dias, Silvana Dini, Suzanne M. DeLuca, Ed.D, Dr Christian Ehrlich, Dr Kristina Gyllensten, Nollaig Heffernan,

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Biographies

Dr Ilona Boniwell is one of the European leaders in positive psychology, having founded and headed the first Masters Degree in Applied Positive Psychology (MAPP) in Europe at the University of East London. Nowadays, she heads the International MSc in Applied Positive Psychology (I-MAPP) at Anglia Ruskin University (that includes a dedicated positive psychology coaching pathway), teaches Positive Management at l'Ecole Centrale Paris and HEC, and consults around the world as a director of Positran and ScholaVie. Her main teaching expertise lies in the areas of positive psychology and positive psychology coaching, with research interests around: subjective time use, time perspective, eudaimonic well-being and applications of positive psychology to business, executive coaching and education.

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Stephen Palmer PhD is Coordinating Director of the ISCP International Centre for Coaching Psychology Research, and Founder Director of the Centre for Stress Management, London. He is the Honorary President and a Fellow of both the International Society for Coaching

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Dr Siobhain O'Riordan PhD is a chartered psychologist and chartered scientist. She is Chair and a Fellow of the International Society for Coaching Psychology and member and Trustee of The International Stress Management Association (UK). Siobhain is also a trainer and course co-director on the stress management and coaching programmes at the Centre for Stress Management and Centre for Coaching, London.

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