

# Happiness and Well-Being: Interdisciplinary Perspectives

## WHY HAPPINESS?

Interest in the nature, structure and interrelation of happiness and well-being has become widespread recently. However, the literature has originated almost solely from high income countries, vastly over-representing white educated industrialized rich and developed (WEIRD) individuals.

Thus, there is an important opportunity to bring low-middle income and African perspectives into the conversation.

In particular, it may be useful to consider issues such as resilience, social capital, and the range of perspectives on the nature of well-being that are found across the world.

## CROSS-DISCIPLINARY CONVERSATIONS

The purpose of this day-conference will be to bring together diverse researchers who share a common interest in happiness and well-being.

### SYMPOSIUM DETAILS

Date: Tuesday 7 October 2014

Venue: Valkenberg Hospital,  
Education Centre,  
Auditorium

Time:  
09h30 – 13h00

### SPEAKERS:

Prof. Thaddeus Metz

Prof. Clive Chandler

Dr Kerry Louw

Dr Tom Angier

**A finger lunch and refreshments will be served**

**RSVP to: [tom.angier@uct.ac.za](mailto:tom.angier@uct.ac.za)**