

Summary of the fourth meeting: POSITIVE THINKING.

Nowadays globalisation, flexibility and mobility represent the reference scenario and, in order to handle the complexity of change, they continuously require to activate personal resources. Personal and professional fulfilment, which are two essential human needs, are not a linear and preconceived path. Therefore, it is advisable for every individual to feel actively involved in building their own life trajectories. In addition to the role of the *Human Agency* described by the sociocognitive theory, since the '80s a positive line of thought has developed in the United States. This line of thought aims to study the themes of happiness, optimism, life satisfaction and wellbeing by making reference to the personal conditions, the subjective perception and the personal resources of each individual, instead of considering them consequences of social, economic and political conditions. This meeting will focus especially on optimism, that is the ability to look at life in order to take the most of experiences, even the negative ones; resilience, that is the ability to quickly adapt yourself to critical events, focusing on inner capacities and resources; courage, namely the ability to act in difficult situations despite the fear, driven by the desire to have our dignity respected; and cooperation, that is the ability to interact with other people, by using mutual strengths to the advantage of the community, instead of being individualist. These abilities need to be acquired, developed and practiced over time.

