



Population Health and Well-being Series

Positive Psychology in Lifestyle Medicine for Positive Health



Live Webinar

Aug 20, 2024

4:00-5:00 PM (Qatar Time)



Speaker

Dr. Liana Lianov

*President, Global Positive Health Institute;
Assistant Professor, RCSI Centre
for Positive Health Sciences*

Dr. Liana Lianov, MD, MPH, FACLM, FACPM, DipABLM, is a visionary global leader in lifestyle medicine and positive health. As the driving force behind the development of the groundbreaking lifestyle medicine core competencies, she has played a pivotal role in shaping the future of healthcare. She received the 2022 Trailblazer Award from the American College of Lifestyle Medicine (ACLM). She is the president and founder of the Global Positive Health Institute (GPHI), and she serves as an Assistant Professor at the Center for Positive Health Sciences at Royal College of Surgeons Ireland – RCSI University of Medical and Health Sciences. Her leadership extends to her role as lead faculty for the ACLM Physician and Health Professional Wellbeing course, as well as chair of the ACLM Happiness Science and Positive Health Committee. Dr. Lianov has also served as ACLM president, American Board of Lifestyle Medicine Founding Vice-Chair, Positive Health and Wellbeing Division president at the International Positive Psychology Association, American Medical Association Healthy Lifestyles Division Director and American College of Preventive Medicine board regent.

Highly sought after as an international speaker, Dr. Lianov has shared her expertise on various platforms and through insightful scholarly articles and books. She is editor of the pioneering book, *Roots of Positive Change, Optimizing Health Care with Positive Psychology* and co-edited the *Rutledge International Handbook of Positive Health Sciences*. She recently released her book *Practicing Lifestyle Medicine From the Inside Out, Using Positive Psychology in Healthy Lifestyles for Positive Health*.