

Dr. Michelle McQuaid



Sought around the world for her playful approach to translate cutting-edge research in positive psychology and neuroscience into practical actions, Michelle helps people and workplaces to thrive.

A best-selling author with more than 25 years of global leadership experience in organizations of all sizes, she works with boards, leadership teams, managers and employees to help them move beyond their fears, improve their resilience and wellbeing, and build authentic and productive connections so they can do the best work of their lives.

Michelle's unique ability to inspire, energize, and support people to create lasting strengths-based changes is why her clients include Deloitte's, IBM, LendLease, Treasury Wine Estate, the Dubai Government, and Melbourne University among many others.

With a PhD for her research on Appreciative Inquiry Summits and a Masters in Applied Positive Psychology, Michelle has led the charge on creating free, evidence-based tools for workplaces including The PERMAH Wellbeing Survey (permahsurvey.com).



Michelle is one of the world's leaders in designing and implementing positive psychology interventions to workplaces.

PROF. MARTIN SELIGMAN

Founder of
Positive Psychology

 <https://au.linkedin.com/in/chellemcquaid>



EDUCATION

Doctor of Philosophy
– Appreciative
Inquiry Summits

Masters of Applied
Positive Psychology

Bachelor of Arts
(Management
Communication)

Honorary Fellow
Graduate School of Education
(Melbourne University)



EXPERIENCE

Having delivered keynote presentations and workshops around the world to more than 75,000 participants over the last decade, Michelle excels at creating highly engaging, psychologically safe, learning spaces, helping people accelerate their understanding of the latest research in positive psychology and neuroscience.



PUBLICATIONS

Your Strengths
Blueprint: How to be
Engaged, Energized,
and Happy at Work

Your Wellbeing Blueprint:
Feeling Good & Doing
Well At Work

Your Change Blueprint:
How To Design &
Deliver An AI Summit



ACHIEVEMENTS

Co-creator PERMAH
Workplace Survey

Founder and Speaker
of the Wellbeing Lab

Founder and Speaker
of the Change Lab

Producer and Host
of Making Positive
Psychology Work Podcast

SOME OF THE COMPANIES MICHELLE HAS HELPED

