



ESRAD

European Society for Research in Adult Development

2025 Online Conference programme

All times shown in Greenwich Mean Time (GMT). Add 1 hour for British Summer Time. Add 2 hours for Central European Time.

Wednesday June 11 th			
		Stream 1	Stream 2
08.30	Pre-conference workshop	Pre-conference workshop: Dr Oliver Robinson <i>Qualitative methods for adult development</i>	
10.30	<i>Break</i>		
11.00	Session 1 - 60 mins	Wellbeing and strengths across cultures Khan. <i>Storytelling and Psychological Well-being in Aging Adults: A Case Study from Pakistan</i> Kelmendi & Hamby. <i>Enduring Strengths: How childhood adversity shapes adult resilience in Kosovo</i> Brooks et al. <i>Psychosocial Strengths Associated with Higher Functioning after Interpersonal Adversity in the United Kingdom and Ireland</i>	Wisdom and personal transformation Küpers & Lucas. <i>Exploring Practical Transformational Wisdom in Organisation and Leadership</i> Kallio et al. <i>Holistic Wisdom metamodel (HWM): integrating multiple perspectives in wisdom research</i> Spännäri. <i>Religion, meaning and masculinities in transitions of men's life</i>

12.00	Lunch break		
13.00		<p>ESRAD Grant winner talks:</p> <p>Waechter et al. <i>“Making the Future a Better Place”</i>: Emerging Adults as Actors of Social Change</p> <p>Bailey-Rodriguez. <i>Never an end in sight: Emotional labour and wellbeing in second-time working mothers in heterosexual couple relationships.</i></p>	
	Break		
14.30	Session 2 - 90 mins	<p>Developmental crisis: processes and correlates</p> <p>Robinson et al. <i>Prevalence and reports of quarter-life crisis across 8 countries: A mixed-methods study</i></p> <p>Sgaramella & Cenk. <i>Navigating Developmental Crises and Flourishing across adulthood</i></p> <p>Millová & Khvalitska. <i>Locked-out and locked-in quarter-life crisis among Czech young adults</i></p> <p>Cenk & Sgaramella. <i>Self-Awareness and Reappraisal as Mediators of Developmental Crises: Implications for Flourishing and Life Satisfaction in adults’ lives</i></p>	<p>Leadership development: Discussions & interactive talks</p> <p>Nekrasova & George. <i>Developing Leaders for Global Ambiguity: The Intersection of Cultural Intelligence (CQ) and Action Logics</i></p> <p>Lindhardt & Hamrin. <i>Cascading Organisational Effects from Inner Leader Transformation</i></p> <p>Hamman. <i>Vertical Facilitation: A Method for Developmental Transformation in Business Environments</i></p>

Thursday June 12th

		Stream 1	Stream 2
09.30	Session 4 - 90 mins	<p>Wellbeing, coping and emotions across adulthood</p> <p>Andrada & Fernandes. <i>Balancing Act: Coping Strategies for Working Student Parents in Higher Education</i></p> <p>Fundinho & Ferreira-Alves. <i>Navigating emotions: do social skills and verbal fluency matter in older adults' emotional recognition?</i></p> <p>Rodríguez-Pérez et al. <i>“Psychological Well-Being Models for Emerging Adulthood: Finding the Right Fit”</i></p> <p>Çobanoğlu et al. <i>Psychosocial Challenges of Turkish Students Abroad: A Descriptive Study on the Intersection of Postgraduate Stressors and Wellbeing Issues in Emerging Adulthood</i></p>	Session title and content to be confirmed
11.00	Break		
11.30	Session 5 - 60 mins	<p>Conceptions of adulthood and future perspectives in emerging / established adults</p>	Health and resilience in later adulthood

		<p>La Rosa & Commodari. <i>Determinants of Life Satisfaction and Future Perspectives in Italian Emerging Adults' Development: Insights from an Empirical Study</i></p> <p>Mitra and Arnett. <i>Conceptions of Adulthood in India.</i></p> <p>Mehta et al. <i>Faking it and Figuring it out: Established Adults' Sense of Adulthood</i></p>	<p>Hollis-Sawyer. <i>Incomplete Healthcare for Older Women: "Double Jeopardy" Discrimination in Care</i></p> <p>Nicholson. <i>Incomplete Healthcare for Older Women: "Double Jeopardy" Discrimination in Care</i></p> <p>Finegan et al. <i>Resilience and Wellbeing in Older Age through an Age Friendly University – A Case Study</i></p>
12.30	Lunch break		
13.30	Session 6 - Keynote talk	<p>Keynote Talk Theo Dawson <i>From theory to practice: Cultivating minds that are ready for almost anything</i></p>	
14:30	<i>break</i>		
15.00	Session 7 - 90 mins	<p>Women and reproductive development</p> <p>Fonseca et al. <i>Exploring women's mental health and the factors associated with flourishing during menopause</i></p> <p>Young et al. <i>"From Pandora to Empowerment": The reproductive storytelling of three graduate students at Columbia University</i></p> <p>Athan & Sholomon. <i>Reproductive Identity Development: From If, When, How... to Who</i></p>	<p>Leadership in context</p> <p>Andree et al. <i>Integrating Leader and Leadership Development: Exploring Complementary Frameworks Approach to Vertical Growth</i></p> <p>Ouellette-Schramm. <i>Educational Leaders Navigating Conflict: Preliminary Developmental Findings Using Two Measures</i></p> <p>Kjellström & DeLauer. <i>Fostering Collaboration in Multi-Stakeholder Change: Dual Leadership Approaches in Coproduction</i></p>

		Singh. <i>Navigating Midlife Transitions: Psychological and Sleep-Related correlates of Perimenopause in Indian Women</i>	Cavallaro & Fram. <i>How Marginalized Journeys Prompt Adult Development: LGBTQ+ leaders</i>
break			
17.00		Evening session: Experiential Yoga Nidra workshop Grainne McAnallen. Yoga Nidra as a tool to support the development of the 21st century mind <i>NB. Yoga Nidra is a form of meditation aimed at accessing states of consciousness in between waking and sleeping</i>	
Friday June 13th			
		Stream 1	Stream 2
09.30	Session 8 - 90 mins	Higher education and development Dutta et al. <i>Exploring the role of SDT-based internships in supporting psychology students' transition</i> Güçlü et al. <i>An Examination of the Predictors of Study Engagement among University Students</i> Molyn. <i>Benefits of Coaching Higher Education Students</i>	Dialectical thinking & dialectical methods Reams and Andersson. <i>A Dialectical Method for Studying the Development of Emotional Resilience</i> Palmo et al. <i>Coping with Climate Change Through Dialectical and Black-And-White thinking: Associations with Climate-Friendly Behavior Among Early Emerging Adults</i> Belolutskaya. <i>Structural-dialectical approach to the development of creative thinking through the reflection on non-objective (non-representational) art</i>

11.00	break		
11.30	Session 9 - 60 mins	<p>Different forms of learning in later life to support well-being</p> <p>Balyasnikova et al. <i>Learning in the UN Decade of Healthy Ageing: Insights from Canada and the UK</i></p> <p>Markowski et al. <i>The uses of peer learning in later life – an update on the pre-liminary results of a systematic review</i></p> <p>Miles. <i>Self-directed learning in later life: an autoethnographic sketch</i></p>	<p>Mechanisms and processes in real-world reasoning</p> <p>Cavallaro. <i>Problem-Based Learning to Prompt Vertical Development</i></p> <p>Stammberger & Mascolo. <i>How Distance Brings Us Closer to Solutions: Reasoning for Wisdom in Everyday Life.</i></p> <p>Madl. <i>Causal Discovery in Adult Development: Identifying Effective Interventions by Developmental Stage</i></p>
12.30	Lunch break		
13.30	Session 10 - 60 mins	<p>Transitions and Stages in Older Adulthood</p> <p>Yarwood et al. <i>Alone time in the golden age: Pre-retiree and retiree experiences of solitude</i></p> <p>Kokko & Emmi Reinilä. <i>The beginning of late adulthood: A phase of losses or increasing well-being?</i></p> <p>Wichers. <i>Stages of Consciousness Development in Ageing - from Prepersonal to Transpersonal</i></p>	<p>Stage development and contemplative practices</p> <p>Angerer & Rae. <i>Lectical Assessments & Stages of Transcendental Pluralism: An Attempt in Finding Correlations</i></p> <p>Ooms. <i>The Neurophenomenology of Stages: A QEEG Case Study on the Stages of Transcendental Pluralism</i></p> <p>Murray. <i>Mechanisms of Growth: Decentering, Contemplative Practice, and the Reconstruction of Meaning in Adulthood</i></p>
14:30	break		

15.00		Keynote Interview Jeff Arnett <i>Building resilience in young adults and the future of adult development</i>
16.15		Conference plenary session