

# Esther Abel Salmaniw

Academic Email: eabel@wlu.ca  
Personal Email: esthersalmaniw@gmail.com

Mobile: (902) 578-6467  
Location: Edmonton, AB

## Education

- September 2018 – January 2023 *Wilfrid Laurier University, Waterloo, Ontario, Canada*  
PhD, Social Psychology  
Expected Graduation in 2023
- September 2017 - August 2018 *Wilfrid Laurier University, Waterloo, Ontario, Canada*  
Master of Arts, Social Psychology  
Graduated in 2018
- September 2016 - August 2017 *University of East London, London, United Kingdom*  
Masters of Science, Applied Positive Psychology and Coaching Psychology  
Graduated with Merit in 2017
- September 2012 - May 2016 *Cape Breton University, Sydney, Nova Scotia, Canada*  
Bachelor of Science Honours, Psychology Major and Biology Minor  
Graduated with Honours in 2016

## Awards

- May 2021 Ontario Graduate Scholarship (OGS), valued at 15000 CAD
- April 2019 Best Poster Prize- 1<sup>st</sup> Place, valued at 500 CAD  
3<sup>rd</sup> Annual Lazaridis School of Business & Economics Marketing Research Symposium
- September 2018 Laurier Graduate Scholarship, valued at 8500 CAN per year for 4 years
- September 2017- May 2018 Laurier Graduate Scholarship, valued at 4500 CAD
- September 2016 - November 2017 University of East London Civic Engagement Scholarship, valued at 3000 GBP
- February 2016 Cape Breton University Keshen-Gillis Prize for Essay Writing, Second Runner Up
- September 2014 - May 2015 Cape Breton University In-Course Scholarship, valued at 500 CAD
- September 2012 - May 2016 Cape Breton University Entrance Scholarship, valued at 8000 CAD

## Refereed Published Works & Research

- January 2023 *PhD Dissertation: Inspirational Bullshit: The Good, The Bad, and the Vacuous*  
Supervisor: Dr. Anne E. Wilson
- September 2022 Reimer-Watts, K., **Abel, E.**, Coulombe, S., & Reimer, M. Co-Creating cultures of sustainability and co-imagining the teaching green building: The use of a participatory photovoice process in a HPGB Context. *Sustainable Earth Journal*, 5(2). Available at:  
<https://sustainableearth.biomedcentral.com/articles/10.1186/s42055-022-00047-y>
- March 2022 **Abel, E.**, & Wilson, A. E. The power of a perspective: Implicit theories of happiness predict reactions to positive psychological interventions. Manuscript in revision, to be submitted to the *Journal of Positive Psychology*, 1-26.
- February 2022 **Abel, E.**, Reimer-Watts, K., Coulombe, S., & Reimer, M. The crossroads of sustainability and well-being: Investigating factors of employee well-being in a green office building. Manuscript in revision, to be submitted to the *Journal of Environmental Psychology*, 1-29.

- August 2018 *Masters Thesis: Boundaries of Fostering Happiness: Implicit Theories of Happiness Predict Reactions to Positive Psychological Interventions*  
Supervisor: Dr. Anne E. Wilson, Available at: <https://scholars.wlu.ca/etd/2103/>
- November 2017 MacIntyre, P. D., MacKay, E., Ross, J., **Abel, E.** (2017). The emerging need for methods appropriate to study dynamic systems: Individual differences in motivational dynamics. In L. Ortega & Z. Han (Eds.), *Complexity Theory and language development: In celebration of Diane Larsen-Freeman*. Amsterdam: John Benjamins.
- August 2017 *Masters Dissertation: A Qualitative Exploration of How Clothing Boosts Positivity*  
Supervisor: Dr. Kate Hefferon
- April 2016 *Undergraduate Thesis: Affective Reactions to Meaningful Photos: An Idiodynamic Approach to a Positive Psychological Intervention.*  
Supervisor: Dr. Peter MacIntyre
- August 2015 MacIntyre, P. D., Gregerson, T., & **Abel, E.** (2015) The courage to be a language learner. *Humanizing Language Teaching* 17(4). <http://hlmag.co.uk/aug15/mart03.htm>

### Refereed Conference Presentations

- February 19, 2022 “The Road to Happiness is Paved with Bullshit: Who Gravitates to What Kinds of Self-Help Advice?” Poster Presented at the Society for Personality and Social Psychology Convention, Virtual Convention.
- February 12, 2021 “Plucking Meaning from Thin Air: When Does Inspirational Bullshit Foster Creative Insight?” Poster Presented at the Society for Personality and Social Psychology Convention, Virtual Convention.
- February 28, 2020 “Call of the Void: Examining Attitudes Towards and Creative Interpretations of Inspirational Bullshit” Poster Presented at the Society for Personality and Social Psychology Convention, New Orleans, LA, USA.
- February 27, 2020 “Creative Transformations: Examining Interpretations of Inspirational Bullshit” Data Blitz Presented at the Society for Personality and Social Psychology Convention Happiness and Well-Being Pre-Conference, New Orleans, LA, USA
- April 26, 2019 “Ignorance is Bliss: Examining Predictors of Responses to Inspirational Bullshit” Poster Presented at the 3<sup>rd</sup> Annual Lazaridis School of Business & Economics Marketing Research Symposium  
Awarded Best Poster Prize- 1<sup>st</sup> Place, Valued at 500 CAD
- February 9, 2019 “Attitudes Towards Inspirational Bullshit: Examining Predictors of Responses to Vacuous Versus Evidence-Based Positive Thinking” Poster Presented at the Society for Personality and Social Psychology Convention, Portland, OR, USA
- February 7, 2019 “Happiness Beliefs Predict Happiness Behaviours: The Role of Implicit Theories of Happiness in Positive Psychological Intervention Engagement” Poster Presented at the Society for Personality and Social Psychology Convention Happiness and Well-Being Pre-Conference, Portland, OR, USA
- May 24, 2018 “Implicit Theories of Positive Psychological Interventions: How Changeability Beliefs May Impact the Success of Well-Being Activities” Poster Presented at The Canadian Positive Psychology Association Conference, Toronto, ON
- June 16, 2016 “Affective Reactions to Meaningful Photos: An Idiodynamic Approach” Poster Presented at The Canadian Positive Psychology Association Conference, Niagara Falls, ON
- May 13, 2016 “Meaningful Photos: An Idiodynamic Approach, A Positive Psychology Thesis” Presented at Science Atlantic Psychology, at the Université de Moncton, NB

## Public Forum Presentations

- January 17, 2022 "Inspiring Conversations: Music for Mental Health: New Habits for 2022"  
Invited Speaker at WLU Alumni Webinar Series, Wilfrid Laurier University, ON  
<https://www.laurieralumni.ca/s/1681/15/news-events.aspx?sid=1681&gid=2&pgid=4045>  
Link to Webinar Recording: <https://vimeo.com/showcase/8931926/video/668323279>
- August 2021 "Investigating Human Factors in the Evolv1 Green Office Building: A Photovoice Study"  
Exhibit Presented at THEMUSEUM in Kitchener, ON, and at the Evolv1 Building in Waterloo, ON.  
Online Exhibit: <https://www.sustainablewaterlooregion.ca/evolv1-program/photovoice/>  
Press Article: <https://www.wlu.ca/news/spotlights/2021/sept/online-exhibit-built-by-laurier-phd-researchers-explores-how-workers-think-and-feel-inside-green-office-building.html>
- March 5, 2020 Conference Organizer and Planner, Interdisciplinary Research Symposium, Wilfrid Laurier University, ON
- 2019-2020 Workshop Organization & Facilitation
- *July 24, 2020*: "Effective Impression Formation: Navigating conferences and online interactions in Academia" Presented by Esther Abel
  - *October 24, 2019*: "Elevator Pitch Lunch & Learn Workshop" Presented by Esther Abel
  - *August 28, 2019*: "Art of the Effective Debate" Debating Skills Workshop Presented by Esther Abel & Victoria Parker
- May 2019 Conference Organizer, Funding Manager, & Host, Waterloo-Western-Wilfrid Laurier Social Psychology Conference, Wilfrid Laurier University, ON
- May 15, 2019 "Ignorance is Bliss: Examining Predictors of Responses to Inspirational Bullshit"  
Poster Presented at The Waterloo-Western-Wilfrid Laurier Conference, Wilfrid Laurier University, ON
- August 8, 2018 "Boundaries of Fostering Happiness: Implicit Theories of Happiness Predict reactions to Positive Psychological Intervention"  
Guest Presentation at the CBU Summer Research Presentation Series, Cape Breton University, NS.
- May 31, 2018 "The Power of Perspective: Implicit Theories of Emotion Predict Reactions to Positive Psychological Interventions"  
Data Blitz Presented at The Waterloo-Western-Wilfrid Laurier Conference, University of Waterloo, ON.
- March 22, 2018 "The Power of Perspective: Implicit Theories of Emotion Predict Reactions to Positive Psychological Interventions"  
Poster Presented at The Wilfrid Laurier Thesis Conference
- June 8, 2016 "Flow: Basics and Current Research"  
Presented by: Esther Abel at the CBU Summer Research Presentations Series, Cape Breton University, NS.
- March 24, 2016 "Affective Reactions to Meaningful Photos, A Positive Psychology Thesis"  
Presented by: Esther Abel at the CBU Research Month Presentation Event
- March 21, 2016 "Meaningful Life Moments Are Ambivalent Emotionally"  
Presented by: Esther Abel at the CBU SnapShot Thesis Event
- September 23, 2015 "The Science of Happiness: What It Is and How to Manufacture It"  
Presented by: Esther Abel & Dr. Peter MacIntyre at The Cooperative Study Club.
- September 22, 2015 "The Science of Happiness: What It Is and How to Manufacture It"  
Presented by: Esther Abel & Dr. Peter MacIntyre on CBC Radio One, *The Mainstreet Cape Breton with Wendy Bergfeldt* Radio Show.
- July 22, 2015 "Smile or Die: Positive Psychology Summer Research"  
Presented by: Esther Abel at the CBU Summer Series Student Research Presentations.
- March 27, 2015 "Positive Psychology Cafe"  
Presented by: Dr. Peter MacIntyre & Esther Abel at the CBU Psychology Cafe Presentation Series.

## Work Experience

June 2022-Ongoing	<u>Wilfrid Laurier University Brantford Campus</u> , <i>Positive Psychology Certificate</i> , Editor/Updater
Sept-Dec 2021	<u>Wilfrid Laurier University</u> , Contract Teaching Faculty Instructor for PS389: Positive Psychology Course
Sept 2020- Sept 2021	<u>WLU Lazaridis School of Business and Economics</u> , Project Manager and Research Assistant
June 22, 2020	Guest Lecturer for PS374: Applied Social Psychology- “Applying Social Psychology to the Good Life”
September 2019- Jan 2022	<u>Evolv1</u> Organization, Researcher & Project Lead
April 2019- April 2020	<u>Wilfrid Laurier University Graduate Student Association</u> , Research Committee Chair & Waterloo Campus Constituency Representative
February 18, 2019	Guest Lecturer for PS374: Applied Social Psychology- “Applying Social Psychology to the Good Life”
January 2019-August 2019	<u>Big Brothers Big Sisters Waterloo Region</u> , Program Evaluation Consultant
March 2018 – May 2018	<u>Plasticity Labs</u> , Content Consultant
March 1, 2018	Guest Lecturer for PS270: Social Psychology- “Sources and Consequences of Prejudice”
2018- 2020	<u>WLU Lazaridis School of Business and Economics</u> , Exam Proctor
2017-2020	<u>Wilfrid Laurier University</u> , Undergraduate Final Exams, Graduate Proctor
2017-2019	Wilfrid Laurier University Graduate Teaching Assistant <ul style="list-style-type: none"><li>• Fall 2017: PS370, Research in Social Psychology with Dr. Justin Cavallo</li><li>• Winter 2018: PS286, Sport Psychology with Dr. Amy Gayman</li><li>• Fall 2018: PS370, Research in Social Psychology with Dr. Karin Archer</li><li>• Winter 2019: PS374, Applied Social Psychology with Dr. Anne Wilson</li><li>• Fall 2019: PS295, Research Methods in Psychology Lab Instructor with Dr. Roger Buehler</li><li>• Winter 2020: PS374, Applied Social Psychology with Dr. Anne Wilson</li><li>• Spring 2020: PS374, Applied Social Psychology with Dr. Graeme Haynes</li><li>• Fall 2020: PS374, Applied Social Psychology with Dr. Anne Wilson</li><li>• Winter 2021: PS374, Applied Social Psychology with Dr. Anne Wilson</li><li>• Winter 2022: PS296, Introduction to Statistics with Dr. Max Gwynn</li></ul>
April 2017 - June 2017	Volunteer Graduate Research Assistant with Dr. Kate Hefferon
Sept 2012 - April 2016	<u>CBU Psychology Society</u> , Member 2012-2016, Co-President 2015-2016
June 2015 - April 2016	<u>CBU</u> Peer Success Coach/Student Ambassador
September 2015 - December 2015	<u>CBU Jennifer Keeping Accessibility Centre</u> , Tutor
September 2015 - December 2015	<u>CBU Jennifer Keeping Accessibility Centre</u> , Test Proctor and Test Scribe
Sept 2015 - Dec 2015	Cape Breton University Undergraduate Teaching Assistant <ul style="list-style-type: none"><li>• Winter 2015: CBU Statistics II Teaching Assistant for Dr. Shannon Ezzat.</li><li>• Fall 2015: CBU Research Practicum Lab Instructor and Teaching Assistant for Dr. Peter MacIntyre</li></ul>
May 2015 - July 2016	CBU Undergraduate Research Assistant with Dr. Peter MacIntyre.
September 2014 - April 2015	<u>CBU Student Representative Council</u> , School of Science and Technology Representative
June 2014 - October 2014	CBU Volunteer Health Psychology Research Assistant with Dr. Sue Korol.

## Volunteering, Facilitation, Community Work

January 2021	WLU Social Psychology Department Hiring Committee, Graduate Student Coordinator
2019-2020	Society for Personality and Social Psychology (SPSP), Peer Advisor
September 2019- April 2020	Wilfrid Laurier University Graduate Student Association, Wellness Committee Member
September 2018-April 2020	WLU GSA Healing Space: A Graduate Peer Support Group, Facilitator
January 2019-August 2019	Big Brothers Big Sisters Waterloo Region, Program Evaluation Consultant
November 2015	CBU Psychology Department Promotions Committee, Representative
October 2015	Let's Talk Science: Spooky Science, Psychology Department Coordinator
September 2015	Cape Breton Victoria Regional School Board Heritage Fair, Coordinator
June 2015 - August 2015	CBU Psychology Department Hiring Committee, Psychology Student Representative <ul style="list-style-type: none"><li>○ Tenure Track Position Hiring, 2015</li><li>○ Term Position Hiring, 2015</li></ul>
March 2015	CBU 101, School of Science and Psychology Department Representative
March 2015 & April 2016	Women in Science Event, Psychology Department Representative and Career Presenter
May 2014 & 2015	Mall of Science Exhibition <ul style="list-style-type: none"><li>○ Psychology Organizer and Personality Psychology Presenter, 2015</li><li>○ Psychology Organizer and Sensation/Perception Presenter, 2014</li></ul>
March 2014 & 2015	Cape Breton Victoria School Board Regional Science Fair, Judge, Evaluator of Health Science and French Awards

## Certificates

June 2022	Community-Based Social Marketing Certificate Details Available at: <a href="https://cbsm.com/">https://cbsm.com/</a>
September 2020	Graduate Certificate in University Teaching Foundations
July 22, 2019	Arts-Based Research Methodology Course, Laurier Summer Institute for Research Methods, Completed 1-Day Course.
May 2016	Certificate in Psychology Research Methods Details Available at: <a href="http://cbucommons.ca/psych_dept/?p=502">http://cbucommons.ca/psych_dept/?p=502</a>
November 2015, March 2020	Canadian Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics (TCPS 2: CORE)
2013 – 2014, 2014 - 2015	CBU Dean's List/Honours Society

## Languages

English – Fluent

French – Fluent

- 2012 Nova Scotia Integrated French Certificate
- 2012 Diplôme d'études en langue française (DELFL), Level B1