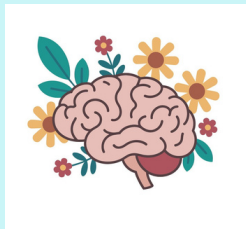
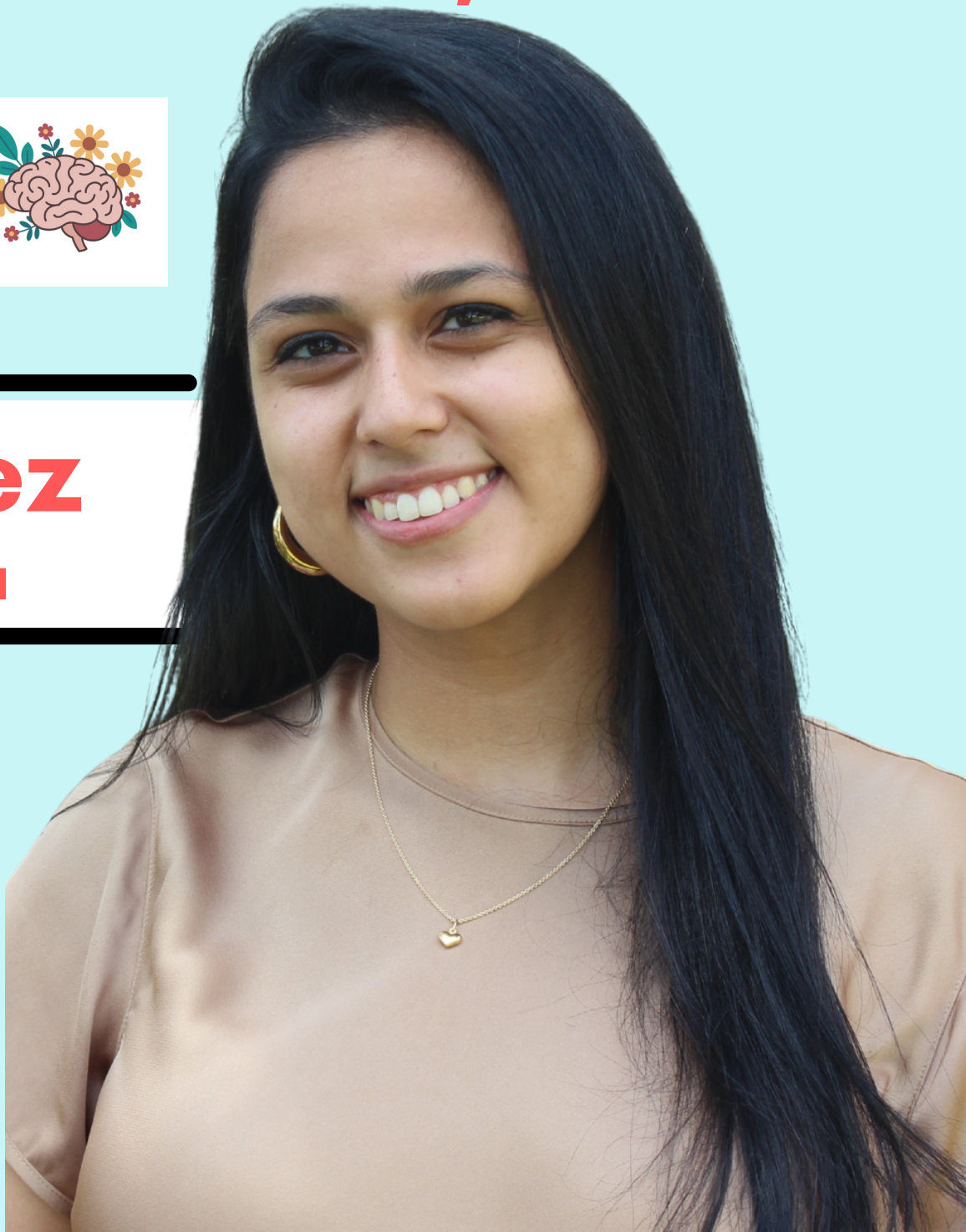


PSYCHOLOGY

THRIVING THROUGH IDENTITY: CULTURAL STRENGTHS, WORK, AND WELL-BEING



Gianella Perez
University of Florida



Monday, November 10
3:30 PM | RNS 150

This lecture draws on Psychology of Working Theory and critical consciousness to examine how cultural identity and systemic forces shape access to meaningful work, social mobility, and well-being. Using a strengths-based lens, I highlight how cultural identity and community belonging can foster critical consciousness, which supports vocational, physical, and mental wellness. These insights can guide educational and clinical interventions that promote individual and collective health.