The Theme of Social Living: Managing the Challenges of Relationships

"Social relationships are both the foundation and the theme of the human condition: We are born into relationships, we live our lives in relationships with others, and when we die, the effects of our relationships survive in the lives of the living."

– Berscheid, 1999

The relational nature of human life is the source of our greatest joys and our greatest challenges. Successfully navigating relationships requires understanding other people’s minds, regulating our own and others’ emotions, managing conflict, and supporting each other to live well. Successful relationships also require our partners do the same. How do biased perceptions help and harm our relationships? Are negative emotions and conflict always bad? Why do our relationships make us healthy and happy, but also promote harmful behaviour and social attitudes?

In this inaugural lecture, Professor Nickola Overall will describe how relationship science at the University of Auckland is answering these (and other) questions to overcome the challenges of relationships and bring out the best, rather than the worst, in us.

5.15pm Refreshments
Level 2 Reception Area, Building 302

6pm Lecture
Wednesday 6 November
Large Chemistry Lecture Theatre
Ground Floor, Building 301, 23 Symonds Street

Please register at nickolaoverall.eventbrite.co.nz