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EMPLOYMENT AND EDUCATION

- 2018 – Now ESADE, Barcelona, Associate Professor
- 2017 – 2018 Hitotsubashi Business School, Tokyo, Visiting Professor
- 2014 – 2016 INSEAD. Visiting Professor
- 2013 – 2017 University Pompeu Fabra, Barcelona. Assistant Professor
- 2010 – 2013 Harvard University, Post-doctoral researcher. Director: Prof. Daniel Gilbert
- 2008 – 2010 University of British of Columbia, Visiting Ph.D. student. Director: Prof. Elizabeth Dunn.
- 2006 – 2010 University of Liège, Ph.D. in Psychology. Director: Prof. Michel Hansenne.
- 2006 – 2007 University of Liège, DEA in Psychology, PGD (Summa cum laude).
- 2003 – 2005 University of Liège, MA in Psychology, PGD (Summa cum laude).
- 2000 – 2003 University of Liège, BA in Psychology.

PUBLICATIONS

Articles

1. Collins-H. K., Hagerty, S. F., Quoidbach, J., Norton, M. I., & Brooks, A. W. (2022). Diversity in social portfolios predicts well-being. *Proceedings of the National Academy of Sciences*, 119, e2120668119.
2. Pirla, S., Taquet, M., & Quoidbach, J. (2022). Measuring affect dynamics: An empirical framework. *Behavior Research Methods*. Advanced Online Publication.
3. Weingarten, E., Duke, K., Liu, W., Hamilton, R. W., Amir, O., Appel, G., Cerf, M., Goodman, J. K., Morales, A. C., O'Brien, E., Quoidbach, J. & Sun, M. (2022). What makes people happy? Decoupling the experiential-material continuum. *Journal of Consumer Psychology*. Advanced Online Publication.
4. Catapano, R., Quoidbach, J., Mogilner, C., & Aaker, J. (2022). Financial resources impact the relationship between meaning and happiness. *Emotion*. Advanced Online Publication.
5. Busseri, M., & Quoidbach, J. (2022). The structure of everyday happiness is best captured by a latent subjective well-being factor. *Journal of Research in Personality*, 96, 104177.
6. Kapogli, E., & Quoidbach, J. (2021). Stranger or a clone? Future self-connectedness depends on who you ask, when you ask, and what dimension you focus on. *Current Opinion in Psychology*, 43, 266-270.

7. Gregory, A., Quoidbach, J., Haase, C.M., & Piff, P. (2021). Be here now: Perceptions of uncertainty enhance savoring. *Emotion*. Advanced Online Publication.
8. Yudkin, D. A., Gantman, A. P., Hofmann, W., & Quoidbach, J. (2021). Binding moral values gain importance in the presence of close others. *Nature Communications*, 12, 2718.
9. Quoidbach, J., Dercon, Q., Taquet, M., Desseilles, M., de Montjoye, Y. A., & Gross, J. J. (2021). Happiness and the propensity to interact with other people: Reply to Elmer (2021). *Psychological Science*, 32, 960-965.
10. Taquet, M., Quoidbach, J., Fried, E., & Goodwin, G. (2021). Mood homeostasis before and during the COVID-19 lockdown among students in the Netherlands. *JAMA Psychiatry*, 78, 110-112.
11. Quoidbach, J., Gilbert, D.T., & Wilson, T.D. (2020). Your life satisfaction will change more than you think: A comment on Harris and Busseri (2019). *Journal of Research in Personality*, 86, 103937.
12. Reiff, J. S., Hershfield, H. E., & Quoidbach, J. (2020). Identity over time: Perceived similarity between selves predicts well-being ten years later. *Social Psychological and Personality Science*, 11, 160-167.
13. Taquet, M., Quoidbach, J., Gross, J., Saunders, K., Goodwin, G. (2020). Mood homeostasis, low mood, and history of depression in two large populations samples. *JAMA Psychiatry*, 77, 944-951.
14. Weidman, A., Sun, J., Vazire, S., Quoidbach, J., Ungar, L., & Dunn, E. (2020). (Not) hearing happiness: Predicting fluctuations in happy mood from acoustic cues using machine learning. *Emotion*, 20, 642-658.
15. Palmeira, M., Spassova, G., Quoidbach, J. (2020). You're not yelping your case: The unexpected social consequences of word of mouth. *European Journal of Marketing*, 54, 419-447.
16. Quoidbach, J., Taquet, M., Desseilles, M., de Montjoye, Y.-A., & Gross, J. (2019). Happiness and social Behavior. *Psychological Science*, 30, 1111-1112.
17. Quoidbach, J., Sugitani, Y., Gross, J., Taquet, M., & Akutsu, S. (2019). From affect to action: How pleasure shapes everyday decisions in Japan and the U.S. *Motivation and Emotion*, 43, 948-955.
18. Olderbak, S., Wilhelm, O., Hildebrandt, A., & Quoidbach, J. (2019). Sex differences in facial emotion perception ability across the lifespan. *Cognition and Emotion*, 33, 579-588.
19. Quoidbach J., Mikolajczak, M., Gruber, J., Kogan, A., Kotsou, I., & Norton, M.I. (2018). Robust, replicable, and theoretically-grounded: A response to Brown and Coyne's (2017) commentary on the relationship between emotion diversity and health. *Journal of Experimental Psychology: General*, 147, 451-458.
20. Lu, J., Quoidbach, J., Gino, F., Chakroff, A., Maddux, W., & Galinsky, A. (2017). The dark side of going abroad: How broad foreign experiences increase immoral behavior. *Journal of Personality and Social Psychology*, 112, 1-16.
21. Taquet, M., Quoidbach, J., Desseilles, M., de Montjoye, Y.-A., & Gross, J. (2016). Hedonism and the choice of everyday activities. *Proceedings of the National Academy of Sciences*, 113, 9769-9773.
22. Trampe, D., Quoidbach, J., & Taquet, M. (2015). Emotions in everyday life. *PLoS One*, 10: e0145450. doi:10.1371/journal.pone
23. Quoidbach, J., Mikolajczak, M., & Gross, J. (2015). Positive Interventions: An emotion regulation perspective. *Psychological Bulletin*, 141, 655-693.

24. Quoidbach, J., Dunn, E., Hansenne, M., & Bustin, G. (2015). The price of abundance: How a wealth of experiences impoverishes savoring. *Personality and Social Psychology Bulletin*, *41*, 393-404.
25. Bustin, G., Jones D. N., Hansenne, M., & Quoidbach, J. (2015). Who does Redbull give wings to? Sensation seeking moderates sensitivity to subliminal advertisement. *Frontiers in Psychology*, *6*, 00825.
26. Quoidbach, J., Gruber, J., Mikolajczak, M., Kogan, A., Kotsou, I., & Norton, M. (2014). Emodiversity and the emotional ecosystem. *Journal of Experimental Psychology: General*, *143*, 2057-2066.
27. Croft, A., Dunn, E., & Quoidbach, J. (2014). From tribulations to appreciation: Experiencing adversity in the past predicts greater savoring in the present. *Social Psychological and Personality Science*, *5*, 511-516.
28. Taquet, M., Quoidbach, J., De Montjoye, Y.-A., & Desseilles, M. (2014). Mapping collective emotions to make sense of collective behavior. *Behavioral and Brain Sciences*, *37*, 102-103.
29. de Montjoye, Y. A., Quoidbach, J., Robic, F., & Pentland, A. S. (2013). Predicting personality using novel mobile phone-based metrics. In *Social Computing, Behavioral-Cultural Modeling and Prediction* (pp. 48-55). Springer Berlin Heidelberg.
30. Quoidbach, J., & Dunn, E.W. (2013). Give it up: A strategy for combating hedonic adaptation. *Social Psychological and Personality Science*, *4*, 563-568.
31. Anik, L., Aknin, L., Norton, M., Dunn, E., & Quoidbach, J. (2013). Prosocial bonuses increase employee satisfaction and team performance. *PLoS One*, *8*, e75509. doi:10.1371/journal.pone.0075509.
32. Gruber, J., Kogan, A., Quoidbach, J., & Mauss, I. B. (2013). Happiness is best kept stable: Positive emotion variability is associated with poorer psychological health. *Emotion*, *13*, 1-6.
33. Quoidbach, J., Gilbert, D., & Wilson, T. (2013). The end of history illusion. *Science*, *339*, 96-98.
34. Bustin, G., Quoidbach, J., Hansenne, M., & Capa, R. (2012). Personality modulation of (un)conscious processing: Novelty seeking and performance following supraliminal and subliminal reward cues. *Consciousness and Cognition*, *21*, 947-952.
35. Nélis, D., Kotsou, I., Quoidbach, J., Hansenne, M., Weytens, F., Dupuis, P., & Mikolajczak, M. (2011). Increasing emotional competencies leads to higher well-being, better subjective health, enhanced relationship quality, and increased employability. *Emotion*, *11*, 354-366.
36. Nélis, D., Quoidbach, J., Hansenne, M., & Mikolajczak, M. (2011). Measuring individual differences in emotion regulation: The Emotion Regulation Profile-Revised (ERP-R). *Psychologica Belgica*, *51*, 49-91.
37. Quoidbach, J., & Dunn, E.W. (2010). Personality Neglect: The unforeseen impact of personal dispositions on emotional life. *Psychological Science*, *21*, 1783-1786.
38. Quoidbach, J., Dunn E.W., Petrides, K.V., & Mikolajczak, M. (2010). Money giveth, money taketh away: The dual effect of money on happiness. *Psychological Science*, *21*, 759-763.
39. Mikolajczak, M., Quoidbach, J*, Vanootighem, V., Lambert, F., Lahaye, M., Fillée, C., & de Timary, P. (2010). Cortisol awakening response (car)'s flexibility leads to larger and more consistent associations with psychological factors than car magnitude. *Psychoneuroendocrinology*, *35*, 752-757.

40. Quoidbach, J., Berry, E., Hansenne, M., & Mikolajczak, M. (2010). Positive emotion regulation and well-being: Comparing the impact of eight savoring and dampening strategies. *Personality and Individual Differences, 49*, 368-373.
41. Quoidbach, J., Wood, A., & Hansenne, M. (2009). Back to the future: The effect of daily practice of mental time travel into the future on happiness and anxiety. *Journal of Positive Psychology, 4*, 349-355.
42. Nelis, D., Quoidbach, J., Mikolajczak, M., & Hansenne, M. (2009). Increasing emotional intelligence: (How) is it possible? *Personality and Individual Differences, 47*, 36-41.
43. Quoidbach, J., & Hansenne, M. (2009). The impact of trait emotional intelligence on nursing team performance and cohesiveness. *Journal of Professional Nursing, 25*, 23-29.
44. Quoidbach, J., Mottet, C., & Hansenne, M. (2008). Personality and mental time travel: A differential approach to auto-nocuous consciousness. *Consciousness and Cognition, 17*, 1082-1092.
45. Mikolajczak, M., Nelis, D., Hansenne, M., & Quoidbach, J. (2008). If you can regulate sadness, you can probably regulate shame: Associations between trait emotional intelligence, emotion regulation and coping efficiency across discrete emotions. *Personality and Individual Differences, 44*, 1356-1368.

Selected Pipeline

1. Pirla, S., & Quoidbach, J. (under review). Happiness without a financial safety net: Low income predicts emotional volatility.
2. Di Stasi, M., Templeton, E., & Quoidbach, J. (in prep). Zooming out on bargaining tables: Conversation dynamics predicts negotiation outcomes.
3. Pirla, S., Navarro, D., & Quoidbach, J., (in prep). More than a feeling: Emodiversity improves decision-making.
4. Di Stasi, M., & Quoidbach, J. (in prep). Asking more open-ended questions increase personal gains in negotiation.
5. Kaya, S., Norton, M.I., & Quoidbach, J. (in prep). Emodiversity enhances consumption.

R-Package

PowerAD: Power analysis for static and dynamic measures of affect.

Books

1. Kotsou, I., Farnier, J., Shankland, R., Mikolajczak, M., Quoidbach, J., & Leys, C. (2022). *Développer les compétences émotionnelles en 8 séances*. Paris: Dunod.
2. Quoidbach, J. (2013). *Comment augmenter votre bonheur ?* Paris: Dunod.
3. Quoidbach, J. (2010). *Pourquoi les gens heureux vivent-ils plus longtemps ?* Paris: Dunod.
 - Quoidbach, J. (2014). *행복한 사람들은 무엇이 다른가*. Seoul: THENAN Contents Group.
 - Quoidbach, J. (2013). *幸福常青藤*. Beijing: PHEI.
 - Quoidbach, J. (2012). *Felicamente - Perché le persone felici vivono più a lungo?* Padova: San Paolo.
 - Quoidbach, J. (2012). *Glückliche Menschen leben länger: Experimentelle Streifzüge in die Psychologie der Lebensführung*. Heidelberg: Springer-Spektrum
 - Quoidbach, J. (2012). *De ce traiesc mai mult oamenii fericiți*. Bucharest: House of guides.

4. Mikolajczak, M., Quoidbach, J., Kotsou, I., & Nélis, D. (2009). *Les compétences émotionnelles*. Paris: Dunod.

Book Chapters and Other Publications

1. Anik, L., & Quoidbach, J. (2013). The bonus employees really want, even if they don't know it yet. *Harvard Business Review*.
2. Quoidbach, J., & Dunn, E.W. (2013). Affective forecasting. In H. Pashler (Ed.), *Encyclopedia of the Mind*. New York: Sage.
3. Quoidbach, J. (2012). Prédire ce qui nous rendra heureux : Les projections affectives. In S. Brédart (Ed.), *Identité et cognition*. Bruxelles: DeBoek.
4. Quoidbach, J. (2012). Approche positive de la régulation des émotions. In M. Desseilles & M. Mikolajczak (Eds.), *Traité de la régulation émotionnelle*. Bruxelles: DeBoek.
5. Quoidbach, J. (2009). Les émotions positives: A quoi servent-elles et comment les savourer ? In J. Lecomte (Ed.), *Introduction à la psychologie positive*. Paris : Dunod.

SELECTED SCIENTIFIC COMMUNICATIONS

1. Di Stasi, M. & Quoidbach, J. (2022). Asking more open-ended questions increase personal gains in negotiation. Talk at the 2022 Association for Psychological Science Annual Convention, Chicago, USA.
2. Pirla, S. & Quoidbach, J. (2022). Happiness without a financial safety net: Low income predicts emotional volatility. Talk at the 2022 Wellbeing Research and Policy Conference, Oxford, UK.
3. Di Stasi, M. & Quoidbach, J. (2021). Conversation dynamics predict negotiation outcomes. Talk at the 34th Annual Conference of the International Association for Conflict Management, Virtual on Zoom.
4. Quoidbach, J. (2020). A question of timing: Happiness and everyday choices. Invited talk at University of Chicago Booth School of Business, Chicago, USA.
5. Quoidbach, J. (2020). A question of timing: Happiness and everyday choices. Talk at the 7th Annual Happiness and Well-Being Preconference of the Society for Personality and Social Psychology, New Orleans, USA.
6. Quoidbach, J. (2019). Happiness and Social Behavior. Talk at the Society for Affective Science, Boston, USA.
7. Quoidbach, J. (2016). Everyday decisions. Talk at the Choice Symposium, Lake Louise, Canada.
8. Quoidbach, J. (2015). Hedonism and the choice of everyday activities. Talk at the 27th annual convention of the Association for Psychological Science, New York, USA.
9. Quoidbach, J. (2015). When more is less. Talk at the 16th meeting of the Society for Personality and Social Psychology, Long Beach, USA.
10. Quoidbach, J. (2014). Savoring the present to cope with the unpredictable future. Talk at the 15th meeting of the Society for Personality and Social Psychology, Austin, USA.

11. Quoidbach, J. (2013). When more is less: Money, experiences, and savoring the little things. Invited talk at HEC-Paris, France.
12. Quoidbach, J. (2013). When more is less: Money, experiences, and savoring the little things. Invited talk at INSEAD, Fontainebleau, France.
13. Quoidbach, J. (2013). The end of history illusion. Talk at the 14th meeting of the Society for Personality and Social Psychology, New Orleans, USA.
14. Quoidbach, J. (2012). The price of awesomeness: How a wealth of experiences impoverishes savoring. Talk at the 16th meeting of the European Conference on Personality, Trieste, Italy.
15. Norton, M.I., Dunn, E.W., Aknin, L.B., Anik, L., & Quoidbach, J. (2012). How prosocial spending improves your own happiness – at the office and at home. Paper presented at the Association for Psychological Science, Chicago, IL.
16. Quoidbach, J. (2012). The price of awesomeness: How a wealth of experiences impoverishes savoring. Invited talk at Carnegie Mellon University, USA.
17. Quoidbach, J. (2012). The end of my history. Invited talk at Judgment and Decision Making Speaker Series, Harvard University, USA.
18. Quoidbach, J. (2012). Emotion diversity and the emotional ecosystem. Invited talk at the Harvard Business School, USA.
19. Quoidbach, J. (2012). The price of awesomeness: How a wealth of experiences impoverishes savoring. Talk at the 13th meeting of the Society for Personality and Social Psychology, San Diego, USA.
20. Quoidbach, J. (2011). Money giveth, money taketh away. Invited talk at Warwick University, England.
21. Quoidbach, J., & Dunn, E.W. (2011). Positive emotion regulation. Invited talk at Northeastern University, Boston, USA.
22. Quoidbach, J., & Dunn, E.W. (2010). The price of awesomeness: Evidence for an experience-stretching process. 11th meeting of the Society for Personality and Social Psychology, Las Vegas, USA.
23. Quoidbach, J., & Kostou, I. (2009). La psychologie du bonheur: Les apports pratiques de la psychologie positive. Invited talk at the Belgian Psychologists Federation, Brussels.
24. Quoidbach, J. (2009). Mental time travel into the future and happiness. Invited talk at the University of British Columbia
25. Quoidbach, J., Berry, E., & Mikolajczak, M. (2009). Positive emotion regulation and well-being: Comparing the impact of eight savoring and dampening strategies. 1st Conference on Changing Emotions, Brussels, Belgium.
26. Quoidbach, J., Nélis, D., Mikolajczak, M., & Hansenne, M. (2008). Measuring individual differences in emotion regulation: The Emotion Regulation Profile-Revised (ERP-R). 14th European Conference on Personality, Tartu, Estonia.
27. Quoidbach, J., & Hansenne, M. (2007). Trait emotional intelligence and workteam performance. Paper presented at the 10th European Congress of Psychology, Prague, Czech Republic.

28. Quoidbach, J., Nélis, D., Mikolajczak, M., & Hansenne, M. (2007). Emotional intelligence: Development and validation of a typical performance Emotional Regulation Profile (ERP-Q). Paper presented at the annual meeting of the Belgian Association for Psychological Science, Louvain-la-Neuve, Belgium.
29. Quoidbach, J., & Hansenne, M. (2006). The impact of emotional intelligence on workteam performance and cohesiveness. Paper presented at the 13th European Conference on Personality, Athens, Greece.

HONORS AND AWARDS

2022	Teaching Excellence Awards MBA Full-time	(ESADE)
2021	BBVA Leonardo Grant	(\$40,000)
2020	BBVA Research Grant	(\$80,000)
2019	Fundación Ramón Areces Research Grant	(\$40,000)
2018	Best 40 under 40 Business Professor	(Poets & Quants)
2017	Ramon y Cajal Fellowship	(\$500,000)
2016	Ministerio de Ciencia e Innovación	(\$95,000)
2014	Ministerio de Ciencia e Innovación	(\$95,000)
2014	Marie Curie Fellowship (Beatriu Pinos Grant)	(\$100,000)
2013	WBI.WOLRD Excellence Grant	(\$5,000)
2011 – 2014	Belgian National Fund for Scientific Research Fellowship	(\$120,000)
2011 – 2012	Belgian American Education Foundation Research Grant	(\$35,000)
2010 – 2011	French Community of Belgium Post-Doctoral Scholarship	(\$50,000)
2010	University of Liege Travel Grant	(\$9,000)
2009	University of Liege Travel Grant	(\$3,000)
2008	Belgian National Fund for Scientific Research Travel Award	(\$1,000)
2007	Belgian National Fund for Scientific Research Travel Award	(\$1,000)
2006 – 2010	French Community of Belgium Doctoral Scholarship	(\$120,000)

SELECTED MEDIA MENTIONS

- o The New York Post. October 18, 2022. "Talking to strangers as well as family and friends makes you happier."
- o The New York Times. April 02, 2021. "Why We Romanticize the Past?"
- o Business Insider. August 15, 2016. "Psychologists spent a month tracking the moods of 28,000 people, and what they did when they were the happiest surprised them."
- o Forbes. February 28, 2015. "The Latest Science On Whether Money Can Buy Happiness."
- o The New York Times. July 11, 2014. "Why you probably save too little or too much for retirement?"
- o Financial Times. May 19, 2013. "The Pursuit of Happiness in the Workplace."
- o The New York Times. January 3, 2013. "Why You Won't Be the Person You Expect to Be."
- o CNN. September 17, 2012 "For kids, it's better to give than receive."
- o Men's Health. September 2012. "Strip Away Money Stress."
- o The New York Times. July 7, 2012. "Don't Indulge. Be Happy."
- o The Washington Post. August 2011. "What's better than a bonus? Prosocial incentives — the bonus you give away."
- o U.S. News. January 2011. "People neglect who they really are when predicting their own future happiness."

- The Huffington Post. December 2010. "Forecasting Our Emotions: Why Are We So Bad at It?"
- Scientific American. August 10, 2010. "Can Money Buy Happiness?"
- The New York Times. August 8, 2010. "But will it make you happy?"
- The Huffington Post, June 10, 2010. "The Perils of 'Having It All'."
- The Chronicle of Higher Education. June 9, 2010. "How Money Ruins Chocolate."
- Psychology Today. June 1, 2010. "Who Most Enjoy the Small Things in Life?"
- CBC Radio News, February 23, 2010. Interview on "Money and Happiness."
- The Globe and Mail. February 22, 2010. "Wealthy people don't savor the little things in life."
- Psychology Today. April 14, 2009. "Increasing emotional intelligence, decreasing procrastination."

SERVICE, TEACHING, AND CONSULTING EXPERIENCES

Reviewing (or Editing)

Proceedings of the National Academy of Sciences | Emotion | European Journal of Personality | European Journal of Social Psychology | International Journal of Aging and Human Development | International Journal of Nursing Studies | International Journal of Psychology and Counseling | Journal of Economic Psychology | Journal of Experimental Social Psychology | Journal of Personality and Social Psychology | Journal of Positive Psychology | Journal of Research in Personality | Journal of Social and Personal Relationships | Motivation and Emotion | Personality and Individual Differences | Perspectives on Psychological Science | PLoS One | Psychologica Belgica | Psycho-Oncology | Psychological Reports | Psychological Science | Quarterly Journal of Experimental Psychology | Social Psychological and Personality Science | Human Resource Management Journal | Trends in Cognitive Science

Teaching

- Negotiation (ESADE; Level: MBA & Executive Education)
- Team Decision Making (ESADE; Level: Executive Education)
- People Management (ESADE; Level: Master)
- Research in Organizational Behavior (ESADE; Level: PhD)
- Negotiation Tactics (Luxembourg School of Business; MBA & Executive Education)
- Management Decision Making (INSEAD; Level: MBA)
- Psychology and Business (Universitat Pompeu Fabra; Level: Undergraduate)
- Human Resources Management (Universitat Pompeu Fabra; Level: Undergraduate)
- Research Methods (Universitat Pompeu Fabra; Level: Ph.D.)

TV and Consulting

- TV show: Host of the M6 Television coaching TV series "J'ai Décidé d'Être Heureux"
- Consulting: LVMH, Procter & Gamble, Red Cross, Capgemini, France Television, M6 Television, Française des Jeux, Fondation Schmidheiny, Hewlett Packard, Almirall...