

JORDI QUOIDBACH, Ph.D.

ESADE Business School
Dept. of People Management and Organization
Avenida de Torreblanca, 59
08172 Sant Cugat
Spain

☎ (+34) 64 84 24 736

@ jordi.quoidbach@esade.edu

🌐 www.quoidbach.org

EMPLOYMENT AND EDUCATION

2018 – Now	ESADE, Barcelona, Associate Professor
2017 – 2018	Hitotsubashi University ICS, Tokyo, Adjunct Associate 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 (* = equal contribution)

1. Quoidbach, J.*, Taquet, M.*, Desseilles, M., de Montjoye, Y.-A., & Gross, J. (2019). Happiness and social Behavior. *Psychological Science*, in press.
2. Weidman, A., Sun, J., Vazire, S., Quoidbach, J., Ungar, L., & Dunn, E. (2019). (Not) hearing happiness: Predicting fluctuations in happy mood from acoustic cues using machine learning. *Emotion*, in press.
3. Olderbak, S., Wilhelm, O., Hildebrandt, A., & Quoidbach, J. (2018). Sex differences in facial emotion perception ability across the lifespan. *Cognition and Emotion*, in press.
4. 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 emodiversity and health. *Journal of Experimental Psychology: General*, 147, 451-458.

5. 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.
6. Taquet, M.*, Quoidbach, J.*, Deseilles, 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.
7. Trampe, D.*, Quoidbach, J.*, & Taquet, M.* (2015). Emotions in everyday life. *PLoS One, 10*: e0145450. doi:10.1371/journal.pone
8. Quoidbach, J., Mikolajczak, M., & Gross, J. (2015). Positive Interventions: An emotion regulation perspective. *Psychological Bulletin, 141*, 655-693.
9. 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.
10. 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.
11. 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.
12. 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.
13. Taquet, M.*, Quoidbach, J.*, De Montjoye, Y.-A.*, & Deseilles, M.* (2014). Mapping collective emotions to make sense of collective behavior. *Behavioral and Brain Sciences, 37*, 102-103.
14. 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.
15. Quoidbach, J., & Dunn, E.W. (2013). Give it up: A strategy for combating hedonic adaptation. *Social Psychological and Personality Science, 4*, 563-568.
16. 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.
17. 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.
18. Quoidbach, J., Gilbert, D., & Wilson, T. (2013). The end of history illusion. *Science, 339*, 96-98.
19. 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.
20. 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.
21. 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.

22. Quoidbach, J., & Dunn, E.W. (2010). Personality Neglect: The unforeseen impact of personal dispositions on emotional life. *Psychological Science*, 21, 1783–1786.
23. 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.
24. 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.
25. 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.
26. 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.
27. Nelis, D., Quoidbach, J., Mikolajczak, M., & Hansenne, M. (2009). Increasing emotional intelligence: (How) is it possible? *Personality and Individual Differences*, 47, 36-41.
28. Quoidbach, J., & Hansenne, M. (2009). The impact of trait emotional intelligence on nursing team performance and cohesiveness. *Journal of Professional Nursing*, 25, 23-29.
29. Quoidbach, J., Mottet, C., & Hansenne, M. (2008). Personality and mental time travel: A differential approach to auto-noetic consciousness. *Consciousness and Cognition*, 17, 1082-1092.
30. 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.

Books

1. Quoidbach, J. (2013). *Comment augmenter votre bonheur ?* Paris: Dunod.
2. 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.
3. 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.
6. Quoidbach, J. (2009). La régulation des émotions positives. In M. Mikolajczak, J. Quoidbach, I., Kotsou, & D. Nélis (Eds.), *Les compétences émotionnelles*. Paris: Dunod.
7. Quoidbach, J. (2009). Vers un développement durable des compétences émotionnelles. In M. Mikolajczak, J. Quoidbach, I., Kotsou, & D. Nélis (Eds.), *Les compétences émotionnelles*. Paris: Dunod.
8. Mikolajczak, M., & Quoidbach, J. (2009). L'utilisation des émotions. In M. Mikolajczak, J. Quoidbach, I., Kotsou, & D. Nélis (Eds.), *Les compétences émotionnelles*. Paris: Dunod.

SELECTED SCIENTIFIC COMMUNICATIONS

1. Quoidbach, J. (2016). Everyday decisions. Talk at the Choice Symposium, Lake Louise, Canada.
2. 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.
3. Quoidbach, J. (2015). When more is less. Talk at the 16th meeting of the Society for Personality and Social Psychology, Long Beach, USA.
4. 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.
5. Quoidbach, J. (2013). When more is less: Money, experiences, and savoring the little things. Invited talk at HEC-Paris, France.
6. Quoidbach, J. (2013). When more is less: Money, experiences, and savoring the little things. Invited talk at INSEAD, Fontainebleau, France.
7. Quoidbach, J. (2013). The end of history illusion. Talk at the 14th meeting of the Society for Personality and Social Psychology, New Orleans, USA.
8. 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.
9. 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.
10. Quoidbach, J. (2012). The price of awesomeness: How a wealth of experiences impoverishes savoring. Invited talk at Carnegie Mellon University, USA.
11. Quoidbach, J. (2012). The end of my history. Invited talk at Judgment and Decision Making Speaker Series, Harvard University, USA.

12. Quoidbach, J. (2012). Emotion diversity and the emotional ecosystem. Invited talk at the Harvard Business School, USA.
13. 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.
14. Quoidbach, J. (2011). Money giveth, money taketh away. Invited talk at Warwick University, England.
15. Quoidbach, J., & Dunn, E.W. (2011). Positive emotion regulation. Invited talk at Northeastern University, Boston, USA.
16. 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.
17. Quoidbach, J., & Kostou, I. (2009). La psychologie du bonheur: Les apports pratiques de la psychologie positive. Invited talk at the Belgian Psychologists Federation, Brussels.
18. Quoidbach, J. (2009). Mental time travel into the future and happiness. Invited talk at the University of British Columbia
19. 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.
20. 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.
21. Quoidbach, J., & Hansenne, M. (2007). Trait emotional intelligence and workteam performance. Paper presented at the 10th European Congress of Psychology, Prague, Czech Republic.
22. 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.
23. 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

2018	Best 40 under 40 Business Professor (Poets & Quants Ranking)	
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

- 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."
- The New York Times. July 11, 2014. "Why you probably save too little or too much for retirement?"
- Financial Times. May 19, 2013. "The Pursuit of Happiness in the Workplace."
- The New York Times. January 3, 2013. "Why You Won't Be the Person You Expect to Be."
- CNN. September 17, 2012 "For kids, it's better to give than receive."
- Men's Health. September 2012. "Strip Away Money Stress."
- The New York Times. July 7, 2012. "Don't Indulge. Be Happy."
- The Washington Post. August 2011. "What's better than a bonus? Prosocial incentives — the bonus you give away."
- 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

Associate Editor

- Psychologica Belgica

Ad Hoc Reviewer

- 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
- 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)
- Happiness Management (HEC Liège; Level: Executive Education)
- Negotiation (Barcelona School of Management & INSEAD; Level: Graduate and MBA)
- Management Decision Making (INSEAD; Level: MBA;)
- Psychology and Business (Universitat Pompeu Fabra; Level: Undergraduate)
- Human Ressources 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'Etre Heureux"
- Consulting: The Red Cross, Capgemini, France Television, M6 Television, Française des Jeux, LVMH, P&G, Fondation Schmidheiny...