

Curriculum Vitae

Ofer I. Atad, Ph.D.

Senior Lecturer, Peres Academic Center

Research Interests: Coaching psychology, compassion and self-compassion, positive psychology, emotional intelligence, future self, goal attainment, occupational health, and well-being.

Research Summary: Author of 14 peer-reviewed journal articles, 3 book chapters, and 11 manuscripts under review. Research includes randomized controlled trials and longitudinal prospective studies investigating coaching psychology, compassion and self-compassion, emotional intelligence, future self, goal attainment, occupational health, and well-being. Publications have appeared in *The Journal of Positive Psychology*, *Journal of Happiness Studies*, *Consulting Psychology Journal*, and *Coaching: An International Journal of Theory, Research and Practice*.

Education

Doctor of Philosophy (Ph.D.), in Organizational Behavior - Recanati School of Business Administration, Tel Aviv University, Israel - 2015.

Master of Science (M.Sc.), in Coaching Psychology - the University of Sydney, Australia - 2009.

Master of Science (M.Sc.), in Business (Information Systems & Technology) - Recanati School of Business Administration - Tel Aviv University, Israel - 2001

Bachelor Degree (B.A.) with Honor in Behavior Sciences - Ben-Gurion University, Israel - 1996

Publications

Thesis

Ph.D. (2015), *Job demands and the metabolic syndrome: The role of negative affective states and occupational, personal and behavioral resources*, Tel-Aviv University.

M.Sc. (2001), *Career Orientations Among Army Information System Personnel: Examination of the Antecedents and Consequences*, Tel-Aviv University.

Articles Published in Refereed Journals

Atad, O. I. & Russo-Netzer, P. (2026). When Does Future Self-Continuity Translate into Goal Attainment? The Joint Moderating Roles of Pragmatic Prospection and Instructional Context. *Self and Identity*, 25(5), 525-554. (IF=2.2, Q1). <https://doi.org/10.1080/15298868.2026.2673818>

Atad, O. I., Russo-Netzer, P. (2026). Two Pathways to Digital Flourishing: How Meaning and Positivity Orientations Shape Online Behavior and Well-Being. *Information*, (17)2, 156. (IF=4.3, Q2). <https://doi.org/10.3390/info17020156>

- Russo-Netzer, P. & **Atad, O. I.** (2025). Embodied Meaning-Making: A Sensory-Based Intervention to Foster Psychological Well-Being. *The Journal of Positive Psychology* (IF=3.6, Q1). <https://doi.org/10.1080/17439760.2025.2601574>
- Atad, O. I.**, Spence, G. & Grant, A. M. (2025). Development and psychometric evaluation of the Hebrew version for the Solution-Focused Inventory (SFI-H). *Consulting Psychology Journal*, 78(2), 91–111. (IF=1.8, Q3). <https://doi.org/10.1037/cpb0000307>
(Editor's Choice, American Psychological Association)
- Russo-Netzer, P. & **Atad, O. I.** (2024). Activating Values Intervention: An Integrative Pathway to Well-Being. *Frontiers in Psychology*, 15, 1375237 (IF=4.232, Q1). <https://doi.org/10.3389/fpsyg.2024.1375237>
- Atad, O. I.**, & Toker, S. (2023). Subjective Workload and the Metabolic Syndrome: An Exploration of the Mediating Role of Burnout and the Moderating Effect of Physical Activity. *The International Journal of Stress Management*, 30(1), 95-107. (IF=4.368, Q1). <https://doi.org/10.1037/str0000270>
- Atad, O. I.**, & Russo-Netzer P. (2022). The effect of Gratitude on Well-being. Should We Prioritize Positivity or Meaning? *Journal of Happiness Studies*, 23, 1245-1265. (IF=4.087, Q1). <https://doi.org/10.1007/s10902-021-00448-4>
- Grant, A. M., & **Atad, O. I.** (2022). Coaching Psychology Interventions vs. Positive Psychology Interventions: The Measurable Benefits of a Coaching Relationship. *The Journal of Positive Psychology*, 17(4)532-544. (IF=4.290, Q1). <https://doi.org/10.1080/17439760.2021.1871944>
- Atad, O. I.**, & Grant, A. M. (2021). Evidence-based Coaching as a Supplement to Traditional Lectures: Impact on Undergraduates' Goal Attainment and Measures of Mental Well-Being. *The International Journal of mentoring and Coaching in Education*, 10(3), 249-266. (IF=1.8, Q2). <https://doi.org/10.1108/IJMCE-05-2020-0024>
- Atad, O. I.**, & Grant, A. M. (2020). How does coach training change coaches-in-training? Differential effects for novice vs. experienced 'skilled helpers'. *Coaching: An International Journal of Theory, Research and Practice*, 14(1), 3-19. (IF=2.0, Q2). <https://doi.org/10.1080/17521882.2019.1707246>
- Atad, O. I.**, & Caspi, D. (2020). Exercise and Perceived Quality of Life among Frail Older Adults. *Quality in Ageing and Older Adults*, 21(1), 29-38. (Q3). <https://doi.org/10.1108/QAOA-08-2019-0047>
- Atad, O. I.**, & Yanuv, A. (2020). Exploring the link between physical activity settings and the level of perceived health and quality of life among older adults. *The Spirit of Sport*, 6, 41-56. (Hebrew).
- Atad, O. I.**, Caspi, D. (2017). Physical Activity and Quality of Life among Frail Elderly in assisted living in Israel. *Gerontology & Geriatrics: journal of aging studies*, 44(2), 23-45. (Hebrew).
- Atad, O. I.**, Galily, Y. & Grant A. M. (2013). Life coaching in Israel: An overview of Israel's burgeoning life-coach industry. *International Journal of Evidence Based Coaching and Mentoring*, 11(2), 112-123. (IF= 0.9, Q3). <https://doi.org/10.1177/174183051301100209>

Book Chapters

Atad, O. I., Russo-Netzer, P. (In press). Meaning, purpose, and flourishing: Values as the core of well-being. In A. Gilliland & A. Giraldez-Hayes (Eds.), *Coaching with Values in Positive Psychology: Evidence-Based Frameworks for Practitioners and Educators*: Routledge.

Russo-Netzer P. & **Atad, O. I.** (2026). Well-Being in the Time of COVID: The Case of Israel. In J. Vos, P. Russo-Netzer & S. Schulenberg (Eds.), *COVID-19 and Beyond: Psychological, Existential and Therapeutic Perspectives on mental health and meaning* (pp. 200-220): University Professors Press.

Atad, O. I., Smith, W., & Green, S. (2021). Coaching as the missing ingredient in the application and training of positive psychological science. In W. Smith, I. Boniwell & S. Green (Eds.), *Positive Psychology Coaching in the Workplace* (pp. 41-60): Springer.

Manuscripts Under Review

Atad, O. I., Russo-Netzer, P. & Grant, A. M. (2025). Learning to Coach: The Role of Goal Orientation in Perceived and Observed Skill Development. *Submitted to Coaching: An International Journal of Theory, Research and Practice* (IF=2.7, Q2).

Russo-Netzer P. & **Atad, O. I.** (2025). 'Walking the Talk': Effects of a Brief Values-in-Action Intervention on Well-Being. *Submitted to The International Journal of Applied Positive Psychology* (IF=2.9, Q1).

Atad, O. I., Russo-Netzer, P. & Grant, A. M. (2025). Emotional Intelligence Development Following Coaching: Evidence from a Randomized Study. *Submitted to Current Psychology* (IF=2.7, Q1).

Russo-Netzer P. & **Atad, O. I.** (2026). Holding Meaning Flexibly: A Configurational Perspective on Adaptation and Well-Being. *Submitted to The Journal of Positive Psychology* (IF=3.6, Q1).

Atad, O. I. (2026). Coachee Self-Compassion and Goal Attainment: A Prospective Study. *Submitted to Coaching: An International Journal of Theory, Research and Practice* (IF=2.7, Q2).

Solodoha, E. & **Atad, O. I.** (2026). Who Am I Becoming? Future Self-Continuity and the Formation of Entrepreneurial Identity. *Submitted to International Journal of Entrepreneurial Behavior & Research* (IF=5.1, Q1).

Ben Natan, M. & **Atad, O. I.** (2026). Associations between Self-Reflection, Insight, and Burnout among Nursing Students: The Moderating Role of Peer Social Support. *Submitted to International Journal of Educational Development* (IF=2.6, Q1).

Atad, O. I. (2026). When Control Becomes Pressure: Perceived Work Control as a Double-Edged Moderator of Workload and Depression Among Managers. *Submitted to Scandinavian Journal of Psychology* (IF=2.0, Q2).

Atad, O. I. (2026). Objective and Perceived Workload Predicting Burnout Over Time: The Buffering Role of Self-Efficacy. *Submitted to Occupational Health Science* (IF=2.4, Q2).

Atad, O. I. & Solodoha, E. (2026). From Future Self to Career Intentions: A Process Model of How Future Self-Continuity Shapes Vocational Decision-Making. *Submitted to Career Development Journal* (IF=2.4, Q2).

Russo-Netzer P. & **Atad, O. I.** (2026). Sensing What We Overlook: A Brief Neglected-Sense Intervention to Foster Meaning, Vitality, and Psychological Well-Being. *Submitted to Applied Research in Quality of Life* (IF=2.7, Q1).

Presentations at Conferences

Atad, O. I. & Caspi, D. (October 15th, 2017). *Physical Activity and Quality of Life among Frail Elderly*. A poster presented at the Pathways to Healthy Longevity Conference, Ramat-Gan.

Atad, O. I. & Yanuv, A. (May 24th, 2017). *Comparing the Level of Quality of life, Self-efficacy, Autonomy and Relatedness among Older Exercisers Training in a group or with a Personal trainer*. A paper presented at the 4th Education for Physical Activity and Health Conference, Tel-Aviv.

Atad, O. I. & Caspi, D. (May 18th, 2016). *Physical Activity and Quality of Life among Frail Elderly*. A paper presented at the 3rd Education for Physical Activity and Health Conference, Tel-Aviv.

Atad, O. I. & Toker, S. (June 30th, 2015). *Job demands and the metabolic syndrome: The role of negative affective states and occupational, personal and behavioral resources?* A paper presented at the 36th Annual Conference of the Stress and Anxiety Research Society (STAR), Tel-Aviv.

Atad, O. I. & Toker, S. (April 16th, 2014). *Job demands and the metabolic syndrome: Which role do negative affective states and occupational resources play?* A paper presented at the 11th European Academy of Occupational Health Psychology (EAOHP) conference, London University, London.

Atad, O. I. & Toker, S. (January 7th, 2014). *Job demands and the metabolic syndrome: Which role do negative affective states and occupational resources play?* A paper presented at the Israel Organizational Behavior (IOBC) Conference, Tel-Aviv.

Atad, O. I. & Toker, S. (May 19th, 2013). *Job demands and the metabolic syndrome: Exploring the mediating role of negative emotions*. A paper presented at the APA: Work, Stress, and Health Conference, Los Angeles.

Atad, O. I. & Toker, S. (December 14th, 2010). *Unfolding the Intention-Behavior gap: Applying the Health Action Process Approach model to coaching psychology*. A paper presented at the SGCP 1st International Congress, City University, London.

Teaching

2023 – Present ***Psychology of Peak Performance***, Peres Academic Center, Graduate elective course.

2021 – Present ***The Manager as a Coach***, Tel-Aviv University, Graduate elective course.

2019 – Present ***Emotional Intelligence in the Workplace***, Peres Academic Center, Graduate elective course.

2019 – Present ***Experimental Learning***, Reichman University, Graduate mandatory course.

2018 – Present ***Executive Coaching***, Reichman University, Graduate mandatory course.

2017 – Present ***Coaching for Managers***, Peres Academic Center, Graduate elective course.

2017 – Present ***Positive Organizational Psychology***, Peres Academic Center, Graduate elective course.

2017 – Present ***Advanced Coaching for Managers***, Peres Academic Center, Graduate elective workshop.

Supervision of Graduate Students

Hanoch Miri, *The effect of participation in physical education classes on healthy and active lifestyle among adolescent girls in Israel*, M.Ed., Kibbutzim College, October 2018.

Yanuv Aya, *Comparing the Level of Quality of life, Self-efficacy, Autonomy and Relatedness among Older Exercisers Training in a group or with a Personal trainer*, M.Ed., Kibbutzim College, May 2018.

Caspi Dafna, *Physical activity and quality of life among the frail and elderly*, M.Ed., Kibbutzim College, July 2016.

Awards

APA Editor's Choice Award, *Consulting Psychology Journal*, 2026

Winner of the “***Best Ph.D. proposal***” award, Prof. Arie Shirom Fund (June 1st, 2014).

Second place winner of the Israeli Industrial Relations Research Association (IIRRA) competition for exceptional research papers (June 25th, 2015).

Excellence in teaching award, Peres Academic Center, 2015-2016, 2016-2017, 2017-2018, 2018-2019, 2020-2021, 2021-2022, 2022-2023, 2023-2024, 2024-2025.