



Acts of Kindness

Vale Chris Mackey

Our hearts are heavy as we write this tribute to our mentor and friend, *Chris Mackey*. Tragically, Chris passed away last week – still in the prime of his career and with so much more to give. A quick search of our *My Manifesto* manuscript revealed that Chris' name appears 14 times throughout the book – a testament to the profound influence he had on our journey.

From Page 264, Justin reflects on the synchronicity of meeting Chris and Sue Mackey.

*“This support came in the way of Chris and Sue Mackey. The Mackeys had decided to enrol their youngest, Ellie, into GGS and it just so happened that Ellie and our eldest, Sam, were in the same year level. I didn't know Chris or Sue, but a chance meeting at the Welcome to Middle School BBQ for parents on the school oval early in 2013 was the first of what would turn out to be many, many conversations. Chris is one of Geelong's leading clinical psychologists and has remained at the forefront of positive psychology for many years. **I had found the support I was looking for.**”*

Chris (and Sue) were steadfast supporters of us as individuals and of our endeavours with *My Manifesto*. From the early days, Chris and Sue were among the first people we shared our vision with. Sitting in the comfort of their home, we spent several hours discussing ideas, asking questions, and absorbing their invaluable advice. We left those meetings energized and affirmed by their belief in us, which gave us the confidence to continue on our path.

A year or two later, Chris graciously accepted our invitation to be the guest speaker at the official launch of *My Manifesto*. Another year or two after that, he kindly contributed a testimonial for the launch of our book:

“With My Manifesto, Justin and Sue offer an original and practical method to draw on some of the more substantial strategies from positive psychology to hone one's sense of meaning and purpose. The clarity and conciseness of the structure they provide will help the reader gain the most return from the effort they put into the exercises. Justin and Sue's authenticity and positive collaboration shine throughout. I strongly recommend this book to those interested in further self-knowledge or a clearer life direction.”

—**Chris Mackey**, author of *The Positive Psychology of Synchronicity*

We hold the utmost admiration for Chris Mackey—for his gentle yet strong presence, his care and guidance, and his generosity of time and wisdom. Chris made a significant difference in our lives and in the development of *My Manifesto*, and we will always treasure his friendship and support. We also feel privileged to remain connected to the wonderful Mackey family, and we offer our deepest support to Sue, Joanna, Rowan, and Ellie now and always.



Thank you, Chris, for guiding countless individuals on their journey of healing and growth.
Thank you, Chris, for empowering communities and families to flourish.
Thank you, Chris, for fostering greater understanding and awareness in our world.

And thank-you, Chris, for your many Acts of Kindness to us.

With love,
Justin Robinson and Sue Wong



A treasured photo with Chris and Sue Mackey taken in August 2024.