

# MAPP Summit 2014 – Attendee Bios

## Current Students: MAPP 2015

### **Mostafa Altalibi**

Most of my career I've spent working with children, adolescents and teens. I started as a dental fellow at the Montreal Children's Hospital where I dealt with both normal children and severely physically and mentally disabled and disadvantaged teens. Next I established a paediatric clinic at the Native Reserve in Bigstone, Alberta. Recently I've graduated as an orthodontist and am working at Greater Calgary Orthodontics in Alberta. My interest in positive psychology stemmed from a casual conversation with a friend. After serendipitously stumbling on the field, I planned on using it to help boost the resilience and self-esteem of my patients concurrently throughout orthodontic treatment. The goal is to give my patients a beautiful smile, and a fabulous reason to show it off!

### **Naomi Arbit**

Naomi currently works in the Center for Comprehensive Wellness in pediatric oncology at Columbia University Medical Center, where she combines her clinical skills as a yoga teacher with extensive academic expertise to design mind/body and health behavior change interventions for children and young adults undergoing treatment for cancer. Driven by a lifelong passion for research and studying behavior, Naomi first studied environment and economics at McGill University in Montreal, after which she earned an MA in bioethics at NYU and an MS in nutrition and applied physiology at Columbia. She is currently a PhD candidate in behavioral nutrition at Columbia and is planning to incorporate positive psychology research into her doctoral dissertation and future research projects. Naomi is eager to learn the principles and applications of positive psychology in order to design and disseminate effective positive interventions for changing behavior and enhancing wellness in vulnerable populations.

### **Rosalinda Ballesteros**

Proud mother of two boys, Germán (10 years old) and Manuel (6 years old), enjoying being 40 and happily married to Hugo Gutiérrez. Rosalinda Ballesteros (PhD) was recently named Vice President for High School programs at Universidad Tecmilenio in Mexico. Currently overseeing the wellbeing of 15,000 young people, 2,000 teachers and about 130 administrators in 30 locations around Mexico. Expert in curriculum planning and teacher training. Rosalinda is also the Academic Advisor for "Peace begins with Children," a Nonprofit peace building organization that teaches Mexican K12 teachers about peace culture. At the beginning of her professional career she helped develop a robust International Program Office for Tecnológico de Monterrey, the most prestigious private university in Mexico. She had the opportunity to travel around the world and got interested in helping people communicate better. Avid teacher with 17 years of experience at college undergraduate and graduate levels. In the future she wishes to implement Positive Education programs in Mexico.

### **Donna Baumann**

Donna Hemmert Baumann has been an executive in the Internet industry since 1994, driving marketing programs; forming strategic, multimillion-dollar partnerships; and leading high-tech companies. She has worked with large and small companies, but is passionate about entrepreneurial ventures—especially those she founded. Donna is the former CEO of OptiView Technologies, a Web content acceleration company. Donna has also served in leadership positions at Roku Technologies, one of the original peer-to-peer companies; Internet pioneer Netscape Communications; and PSINet, the first commercial ISP. She is currently CMO at Intelishift Technologies, a data center services company. Donna is a co-founder

of Positive Business DC, a 500-member organization dedicated to informing and inspiring leaders across the Metro DC region to increase well-being in the workplace. Donna is an advisor to two DC startups; is a member of Mindshare, an invitation-only organization for CEOs in DC; and is a member of Founder Corps, a mentoring organization managed by experienced founders. Donna loves to spend time with her 2 children and husband, enjoys traveling, and she is always on board to try new adventures.

### **Kate Bowen**

Kate has a background in engineering and has worked in technology consulting and leadership development for the past five years in New York City. Her most recent experience, as well as her passion, includes working with clients on the softer business skills such as engagement, communication, leadership, and emotional intelligence. Kate hopes to use her MAPP to enhance her own understanding these softer skills, and then bring her newfound learning into the technology and engineering sectors. Kate hopes to see engineering curriculums and technology companies embrace interpersonal skills and positive psychology training as key ingredients to flourishing in both the business world, and in life. She is currently working and living in Atlanta where she hopes to develop these kinds of training programs within the engineering school at Georgia Tech, her alma matter.

### **Andrew Brady**

Andrew's journey was set in motion at just 7 years old when his father became a leadership development coach. Early on, he strived to study and practice leadership at every opportunity: taking behavioral assessments, being the captain of his sports teams and becoming an Eagle Scout. As an Applied Economics and Management major at Cornell University, he continued to broaden his study of leadership in the Business Opportunities in Leadership and Diversity program and by serving as president of his fraternity. Since following in his father's footsteps at The XLR8 Team in 2012, Andrew has built on his father's methodologies to help leaders create business cultures that enable all stakeholders to flourish. He looks to deepen his coaching through an understanding of brain research and by applying positive psychology principles. Andrew is also involved with several nonprofits focused on creating opportunities for students in the struggling Rochester City School District.

### **Sheng-Ling Chang**

Sheng-Ling just graduated from the master program CMHS (Counseling and Mental Health Service) at Penn this year. Sheng-Ling is from Taiwan. She graduated with a BA from the National Taiwan University and majoring in History in 2011. To see more of the world, she went to the London School of Economics and Political Science in the UK to study economic history from 2011 to 2012. During this learning time, she also traveled to many countries in Europe to open her mind. As a result of a special personal experience during her life in Europe, she shifted her academic direction to psychology. Sheng-Ling wants to help people solve common mental health problems such as depression and anxiety and increase feelings of well-being in people's lives. Sheng-Ling is interested in all subjects related to mental health, such as counseling, positive psychology and human development. She is also very concerned about how good mental health can help students do better in school. Positive psychology in education will be one direction in which her future studies will take her.

### **Mandy Clark-Jesewitz**

Mandy currently works for Allstate Insurance Company as the Lead Nutrition & Movement Performance Coach for a culture of wellbeing initiative called Energy for Life – a holistic approach to human energy management and well-being (i.e. physical, emotional, mental, and spiritual). She is board certified in sports dietetics and has held positions at the University of Notre Dame, Princeton University, and Michigan State University as a clinical and sports dietitian and researcher. Mandy earned her Bachelor

of Science in Nutrition – along with a minor in Kinesiology - from Penn State University and a Master’s of Science in Nutrition from Texas A&M University. Prior to working for Allstate for the last four years, Mandy had her own private practice focusing on performance nutrition and eating disorder treatment. Mandy is fascinated by holistic health and dreams to help people and organizations change the way they think about and approach wellbeing.

### **Jennifer Cory**

Jennifer Cory is a psychotherapist in private practice in Red Bank, NJ. She works with individuals, couples and families facing a wide array of mental health and life issues, including: end of life, grief/bereavement, traumatic loss, health, and relationship challenges. Jennifer holds a master’s degree in clinical social work from Columbia University, and a bachelor’s degree from Monmouth University, where she graduated summa cum laude. She is the mother of three: Jessica who lives and works in Asheville, NC; Michael who is a senior at neighboring Drexel University; and Austin, who is a sophomore at Virginia Tech. She recently became grandmother to one, Oskar! Jennifer and her husband, Rocco, reside in New Jersey, and spend much of their time at the beach, paddle boarding with their beloved bulldog, Duke. Jennifer hopes to combine her MAPP education with her interest in building resilience strategies for those facing chronic/progressive illnesses, to increase coping skills and improve quality of life.

### **Flora da Silva**

Flora Victoria is the founder and the Vice-President of Sociedade Brasileira de Coaching, leading company in coaching training segment. Founded in 1999, the company has trained 10.000 coaches. A pioneer in positive coaches training in Brazil, she has trained 1.000 positive coaches since 2011. President of SBCoaching Corporate, a company specialized in high performance solutions to boost leadership and business growth. Founder of The Institute of Coaching Research and the Brazilian Scientific Coaching Magazine the first coaching scientific publication in Brazil. With several graduations and specializations, such as Corporate Governance, MBA, Marketing and Computer Science, Flora has combined, through her career, theoretical and practical knowledge in the development of training, courses and solutions. Her current purpose is to help people, companies and communities to flourish through positive psychology applied to coaching, creating a world people want to be in and belong to. Flora Victoria, 45, is married and lives in Sao Paulo, Brazil.

### **Karen Deppa**

In the midst of a career devoted to fire prevention advocacy, working with fire departments and fire prevention officials, I discovered positive psychology, was smitten – and felt “called” to its practice. As my desire for a career shift and more meaningful work increased, so did my determination to figure out how this passion could play a role. With a MAPP degree, I will explore how concepts and interventions based in positive psychology principles can be introduced into fire service behavioral health programs to address and prevent the psychological ill effects of firefighting that include post-traumatic stress, depression, substance abuse and suicide. My husband and I live in Brookeville, Maryland, with our blended family: my two sons, his daughter, a flock of sheep, two draft horses, a donkey, and three cats. Gardening and cooking large meals for family and friends help to keep me grounded and balanced.

### **Sid Efromovich**

Hello everyone, I’m Sid. I was born and raised in São Paulo, Brazil, and moved out in 2005. Along this time, I have lived in 5 continents and learned a few languages. I settled in New York in 2010 and don’t plan on moving, I love the subway! I work full-time as a sugar trader and on my spare time I facilitate a Happiness Workshop. While my job is quite sweet, I do plan on gravitating to more smile spreading in

the years to come - MAPP is part of that process. This past year has been exciting, I checked off four items in my bucket list: go skydiving, hug Amma, run a half marathon and watch a World Cup game live. One fun fact is that I met my girlfriend in a flash mob while dancing to "Baby Got Back."

### **Simon Flynn**

Simon is passionate about positive psychology and aspires to use the MAPP as a platform for developing applications in both business and education. Simon is especially interested in how positive psychology can be used to help students and executives develop a performance mindset. Simon previously worked at Goldman Sachs in London and Brazil and at a global insurance broker in London and Milan. He has taught English in Argentina and Behavioural Finance in Senegal and has coached students from all over the world to achieve their potential on the GMAT. Simon holds an MBA from INSEAD, where he studied on the France and Singapore Campuses and at Wharton as an exchange student. Simon is a keen (but slow) Ironman triathlete.

### **Mark Fox**

Upon graduation from Hamilton College, I attended Penn's School of Veterinary Medicine and graduated in 1981. I worked with my father, also a veterinarian, for 7 years and then purchased the practice from him when he retired, and enjoyed small veterinary practice for twenty-five years. I retired when my wife was diagnosed with Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease. I was her caretaker until she passed away three years later. This was the saddest and most taxing period of my life. Ironically, it was my wife's illness that drew me to positive psychology. I read two of Dr. Seligman's books for emotional support during her illness and then I attended the 2nd Positive Psychology Congress in Philadelphia. Although I no longer practice veterinary medicine I continue to own the three clinics. I'm excited about applying the principles of positive psychology to my practices and helping my staff flourish. I'm active in the YMCA and believe the great community programs they offer can be enriched with the ideas from positive psychology. I have three children, two boys and one girl.

### **Tricia Fox**

Born in Aberdeen, Scotland, I moved every three to five years around the world. I currently live in Austin, TX with my fiancé, Dave, and our dog, Allie. I graduated from Naropa University with a B.A. in Music and joined a nonprofit, Purple Songs Can Fly, where I wrote and recorded songs with pediatric cancer patients. Since then, I have been blessed to continue this work through multiple nonprofits and present on the powerful impact of creativity and mindful listening. After facilitating over 150 songs, I have found the powerful and positive impact songwriting can have on a person and their well-being. I hope to inspire a generation of singer-songwriters to use their gifts to help others as well as encourage "non-musicians" to tap into their creativity and find their voice.

### **Erin Hearn**

Erin Hearn serves as the Manager of Road to College (RTC) Special Programs for Uplift Education Charter Network in Dallas, TX. In this role, she oversees the RTC curriculum, the volunteer program, and college visits. Erin intends to contribute to the urban educational reform movement to include holistic development of non-cognitive skills to help scholars reach their highest potential and fulfill their personal definition of happiness and success. Prior to working in education, Erin served as a fulltime volunteer at Habitat for Humanity. She also worked as a data analyst with a focus on corruption for SAI Global and as a Community Organizer for the MASSPIRG. She has traveled to Haiti and Peru to learn about grassroots organizing and peasant empowerment movements. Erin graduated with a BA in Psychology from Penn State in 2006. She is also an avid yoga practitioner.

**Martha Knudson**

Martha Knudson is the General Counsel of a leading real estate management company, providing legal over-site on all aspects of the company's national operations. Prior to taking her current position, Martha was a litigation partner at a large firm in Salt Lake City, Utah. A natural problem solver, she believes that authenticity is powerful in changing outcomes, and that leveraging what is "right" is as important as correcting what is "wrong." While her post-MAPP career goals have yet to solidify, she is interested in positivity resonance, positive education, and using the science of positive psychology to make lasting changes to the landscape of how young lawyers are prepared for the profession.

**Simon Leow**

I graduated from the National University of Singapore in Applied Mathematics. I went on to serve in the Ministry of Education, Singapore for 8 years, rising through the ranks to become the vice-principal of a junior college. My interest in the genuine well-being of a person has motivated me to venture away from an education system that only places high emphasis on academic achievement. I am an avid traveler. In my younger years, I backpacked through Europe and across China, through the Silk Road. In recent years, one important journey was in India, particularly the meditation retreat in Dharamsala, which stimulated my interest in mindfulness. I left full time employment in 2012 and have since been engaging in freelance educational consultancy. This gave me the time to travel extensively and to volunteer in a village school in Thailand. This also provided me the invaluable space to reflect on the purpose of life and led me to discover positive psychology.

**Ron Levene**

I have spent the majority of my professional career as an entrepreneur having my share of both successes and failures. I sold my last venture about six years ago and decided to spend more time with my family, my wife of fifteen years, who works full time, and three kids ages 12, 10 & 10. I have been spending my work time with entrepreneurs in start up environments, helping them pull together the products, processes, and people to engage with customers and build business. Some succeeded and some flamed out, but in all of them I learned that the people and psychology of the team was critical. Most recently I have taken a position with Syracuse University as an instructor for their Institute for Veterans and Military Families teaching entrepreneurship and small business principals to US military personnel who are transitioning out of active duty.

**LeeAnn Mallorie**

LeeAnn Mallorie, founder and CEO of Living in Motion, is a dynamic facilitator of conversation, movement and culture change. Her passion is teaching leadership sustainability and embodiment practices to busy leaders who want to Thrive. A dancer since the age of two, LeeAnn believes that lasting change starts in a leader's physical body, and has inevitable ripple effects in the communities and organizations they serve. In her previous role as an Executive Coach and trainer at Learning as Leadership, she served clients like Nasa, Shell Oil, M&T Bank, Capital One, Lexis Nexis, Edna McConnell Clark Foundation, and the US Naval Air Systems Command. LeeAnn holds an MA in Personality and Social Psychology from UIUC. Currently, she is completing her Master Somatic Coaching Certificate from the Strozzi Institute, and is part of the fall 2014 cohort in the MAPP program at UPenn. She is also a Certified Nia Technique & Dancing Freedom facilitator.

**Cory Muscara**

I am a 24-year-old recent graduate from Allegheny College. Shortly after graduation, I spent six months in silence practicing mindfulness meditation as a Buddhist Monk in Southeast Asia. Since returning, I

have been growing my business called the Long Island Center for Mindfulness and Coaching, where I teach mindfulness meditation—specifically, Jon Kabat Zinn’s program called Mindfulness-Based Stress Reduction—and work as a Duke Integrative Health Coach. I am looking to combine the areas of mindfulness, coaching, and positive psychology to offer services in the form of consulting, workshops, and retreats that enhance a person’s well-being. Ideally, I would like to assist young adults in identifying what it would mean to live a fulfilling life, and then equip them with the tools and resources to meet that vision.

### **Begonia Ochagavia**

Begonia is an Organizational Psychologist from the Pontifical Catholic University of Chile, with a Minor in Entrepreneurship Management. For the last two years she has worked as the Culture and Group Experience Director at Start-Up Chile, a Chilean governmental program which seeks to turn Chile into the entrepreneurship and innovation hub of Latin America. Begonia is also the Director of the NGO MotivaChile, which helps vulnerable high school students to find their calling and motivates them to pursue it. She is passionate about art and theatre, and believes them to be the most pure expression of a person’s inner self. She is an energetic, motivated and people-oriented professional. Begonia enjoys nothing more than putting a smile on someone’s face and every day she aims to be the change she wants to see in the world.

### **Andrea Ortega Bechara**

Andrea is a full time organisational development consultant at Universidad Del Sinú, a university founded by her grandfather in which, along with other family members, she strives to expand on his legacy. She designed and currently assists with the implementation of an organisational culture program that seeks to enhance organisational performance. She also teaches a class in Leadership development. Andrea currently works along with other colleagues in the design of a leadership in action program intended to increase awareness about poverty, and engage students with aiding disadvantaged sectors in her city. Andrea wants to use positive psychology in the education domain in order to help institutions and individuals to flourish. Andrea graduated Summa Cum Laude as a lawyer from Pontificia Universidad Javeriana. She has a Master’s degree in Organisational and Social Psychology from the London School of Economics and Political Science, and a B.S in Philosophy from Université Paul Valéry Montpellier III.

### **Joana Paglia**

Hello, my name is Joana Paglia. I am 25 years old. I studied Business Administration at UFM, a libertarian university in Guatemala. As an undergraduate student, I loved my economic courses due to the emphasis they give to individual choice and responsibility. Perhaps this was due to my aching interest for all things that shape human behavior. After graduating, I was involved in developing a ‘Conscious Business’ program and soon became familiar with the world of coaching. Working with amazing people, I learned a lot about the importance of purpose and values in your professional career. Last year I had the opportunity to dive into another fascinating world, the world of social work. I worked as the Volunteer Program Manager for a new Guatemalan NPO called ‘Fundakids’ and what I have learned about human resilience and the value in helping others has forever changed my perspective about life and purpose.

### **Donna Payne**

Donna Payne is a certified executive coach, strategic planner, business developer and facilitator who is recognized for her ability to build sustainable trusted partnerships to achieve business results. As a senior vice president for Child Health Corporation of America (now Children’s Hospital Association),

Donna devoted her career to implementing shared visions and developing new business services for senior executives and physicians in pediatric academic medical centers. She received her certification as an executive coach in 2009 from the Hudson Institute of Coaching and brings 30 years of executive and leadership experience to coaching and consulting. Today's environment requires leaders to expand their capacity to lead, inspire, have clarity of purpose and achieve better results. As a partner, advisor and co-strategist, Donna's focus is helping individuals and teams build capacity for sustainable change, effectiveness and resilience.

### **Steve Roberts**

Grew up in South Bend, Indiana, then onto Hillsdale College in Michigan with BA in Chemistry and Biology, then directly onto University of Michigan for Medical School, completing my orthopedic training residency at University of Louisville by 1978. Since that time have lived in Birmingham, AL with an orthopedic practice as part of clinical faculty at UAB and then onto private practice. Primary area of focus has been on complex fracture trauma management, hand surgery and peripheral nerve surgery. Family member experiences with the current medical psychiatric system show the need to bring those positive psychology concepts into the process to change from learned helplessness system. With completion of first hand training in a cognitive/social remediation program, CET, my vision is to connect other systems in development and facilitate their integration. I look forward to the unique MAPP program cohort selection process with different generations and different life experiences.

### **Robert Rosales**

After 20+ years at leading financial institutions in Geneva, New York, Zurich, and Panama, I am aware of the pre-eminence of the human factor in business and believe that a positive transformation is most needed. Financial firms do many things well. Creating work environments that support virtuous practices while allowing employees to flourish is not one of them. I believe the profile of excellence for the managers of the 21st century requires both technical and emotional abilities. Thus, the need to train leaders on the skills of well-being in order for them to be catalysts for constructive and sustainable solutions. Positive psychology offers valuable solutions for business by focusing on the strengths that can lead to well-being and success in today's world. My vision is to combine my experience, skills, and the knowledge acquired at the MAPP to help bring about virtuous and more productive workplaces where employees can flourish.

### **Michaela Schoberova**

I grew up in Czechoslovakia (now Slovakia) where I studied psychology and management in times of large social change. In 2001, I moved to the US to study HR and Organizational Behavior at Cornell. Since graduation, I have been working in HR at Colgate-Palmolive Company in New York, Switzerland and Germany, mostly in the areas of people development and change management. Currently I do HR for the Customer Service & Logistics function globally, working on a large transformation initiative. My professional goals include partnering with business leaders to create healthier and more mindful organizations and to improve people's engagement at work. I would also like to shape the Human Resources profession to increase focus on wellbeing and realizing of Human potential. I live in Brooklyn, NY where I enjoy a diverse group of friends, biking, modern art and dance, and looking at Manhattan from a distance :)

### **Daphne Scott**

Daphne Scott is an executive leadership coach, the Director of Leadership Development at Athletico Physical Therapy and a creative mastermind. As well as being a highly credentialed and published Physical Therapist, she is also a credentialed executive leadership coach. Some of her passions include

creating and co-hosting her weekly podcast, The Super Fantastic Leadership Show and writing on the topics that blend consciousness and leadership in her weekly blog found at [www.daphne-scott.com](http://www.daphne-scott.com). Daphne was called to positive psychology through her experience of recognizing the impact that the context of thriving and fulfillment has to empower people's lives and in particular, her own.

### **Danny Southwick**

Danny Southwick is an Executive Producer with Ora.tv, an online media and entertainment company. He is currently working on two shows that will be released in 2015 on the Ora.tv platform. Danny graduated from Utah Valley University with a B.A. in English Literature. He is currently an M.B.A. candidate at the University of California at Irvine. His long term professional aspirations are related to the creation of inspirational and informative content, which will primarily be featured on digital platforms. Danny is also a quarterback in the Arena Football League for the Portland Thunder.

### **David St. George**

I live in the Finger Lakes of Upstate NY with my wife of 28 years. I am an FAA Pilot Examiner for all pilot certificates and manage East Hill Flying on the Ithaca Airport. This organization teaches flying at cost (for over 60 years) and was recognized with the National Flight Training Excellence Award in 2012. I have previously started, run and sold several businesses with a focus in the visual arts and design and maintain websites and native applications on all platforms. The focus of my studies during MAPP is to develop and teach a spectrum of psychological tools to empower pilots and flight crews with greater resilience. Two recent high visibility airline crashes, Air France 447 and Colgan 3407, clearly illustrate the failure of human functioning under pressure or during emergencies I teach Aviation Safety at a local college and hope to immediately integrate insights of the MAPP program into the curriculum.

### **Joshua Steinfeldt**

My name is Joshua Steinfeldt and I've been a professional coach in San Diego since 2009. My work has been largely in the field of Health and Wellness, however I'm passionate about helping people from all walks of life realize their potential. Over the last 5 years I've had the wonderful opportunity to coach hundreds of individuals all over the globe. Along the way I've accumulated over 5,500 hours of coaching experience, a number of certifications, and some key insights about the human condition and behavior change. I also am a faculty member for Real Balance Global Wellness Services where I train Wellness Coaches internationally. Going into the MAPP program I would like to focus specifically on the intersection between Positive Psychology and Wellness and examine how the character strength of bravery may play a role in lasting change. To find out more about me you can also visit [www.masteryourstrengths.com](http://www.masteryourstrengths.com)

### **Paddy Steinfort**

As a High Performance Coach in the biggest professional sport in Australia, Paddy is at the cutting edge of mental conditioning programs in elite performance environments. He works with athletes and coaches to improve mental toughness and resilience and has already produced tangible results at the highest level. Paddy's unique combination of experiences as an athlete, physiotherapist, and professional leadership coach - across multiple elite sports fields including football, basketball, rugby, and Olympic soccer - combine to give him a unique perspective on the training of psychological strengths under intense pressure. Having experienced the extreme highs and lows of competing at the top as a professional footballer himself, and also seen the influence athletes can have on both adults and children alike, Paddy aims to not only train the athletes for their own benefit but also promote them as champions of the benefits and messages positive psychology in the community.

**Shannon Thompson**

Hello, my name is Shannon Thompson. I'm a Canadian student from Vancouver, British Columbia. I recently completed my Bachelor's degree in Psychology from Thompson Rivers University, and am very excited to begin the MAPP program. For most of my life I've been heavily involved in the equestrian sport of Three Day Eventing. I'm an international level rider and coach. However, the purpose of my education has been to begin a career in performance psychology, a field which I believe MAPP will greatly contribute to. My intention is to work with achievers in numerous areas, and use the positive psychology skills I learn at MAPP to help people achieve their goals. I'm also interested in research regarding the relationship between well-being and striving.

**Danny Torrance**

I graduated from UC Irvine in the spring of 2012 with a B.A. in Psychology and Social Behavior and minors in Philosophy and Management. I worked as a cognitive development trainer my first year out of college and then moved to Philadelphia to pursue a job in social work. Currently, I am a case manager in a non-profit organization, where I coordinate services that enable individuals with disabilities to live independently in their homes and communities. Following the completion of the MAPP program, I plan to use my knowledge of positive psychology in the social work field as a licensed clinical social worker. However, I am certain that my career goals will evolve as I learn more about the field.

**Katie Wallace**

I am Katie Wallace from Fort Collins, Colorado. I've worked at employee-owned, purpose-driven New Belgium Brewing Co. for 10 years and hope to pair the theoretical knowledge I gain in the MAPP program with my applied experience to help re-humanize business. I am currently the Assistant Director of Sustainability and "Purveyor of the Good Life" at New Belgium Brewing Co. where I architect and implement the strategic direction of NBB's sustainability efforts, facilitate collaborative problem-solving, and teach our business model to company leaders across the globe. I operate from the philosophy that companies are successful when their coworkers are having fun and feeling secure, connected, and empowered. Outside of work, I love playing outside, practicing yoga, adventuring across the world, riding bicycles, and being with friends, family, and inspiring people like you!

**MAPP 2006****Kathryn Britton**

Kathryn H. Britton is a business coach, educator, and author with the personal mission is to put the research findings from positive social sciences into the hands of the public to help people increase personal and organizational well-being. Her understanding of workplace dynamics comes from 30 years of experience in large organizations and graduate-level training. For the US Navy and IBM, she worked as a software engineer, inventor, mentor, and team leader. In 2006, she earned the Master of Applied Positive Psychology degree at the University of Pennsylvania. She coaches professionals through career transitions and teaches a graduate-level course on managing project teams in the Project Management Department of the Clark School of Engineering at the University of Maryland. She is a regular contributor to Positive Psychology News Daily, where her articles cover workplace issues such as motivation, resilience, creativity, strengths-based management, collaboration, and change.

**Sherri Fisher**

Sherri Fisher, MAPP '06, MEd, Director of Learn & Flourish, and leader in the field of positive education applications is an education management consultant and coach, workshop facilitator/speaker and author. She designs creative strengths and research-based learning, productivity, and change solutions

for individuals, families, communities and the education space. Sherri is the first learning specialist in the world to have UPenn's MAPP degree; she is co-author of the popular positive education book SMART Strengths: Building Character, Resilience and Relationships in Youth, has written over 50 articles for and contributed to two collections for Positive Psychology News. She is writing her second book. Ask what it's about!

### **Margaret Greenberg**

Margaret is an executive coach, speaker, and co-author (with Senia Maymin, MAPP '06), of PROFIT FROM THE POSITIVE: Proven Leadership Strategies to Boost Productivity and Transform Your Business (McGraw-Hill, professional business division, August 2013). She is also the owner of The Greenberg Group, an OD coaching and consulting firm she founded in 1997, after a fifteen year career in corporate HR. Greenberg coaches Fortune 500 executives (primarily in the financial services sector), and their teams to achieve more than they ever thought possible. She is also the "Positive Work" columnist for Live Happy magazine and a regular contributor to Positive Psychology News.

### **Nicholas Hall**

Nicholas Hall, MAPP is the director of the Stanford University Graduate School of Business Behavioral Lab. He has published in the Journal of Organizational Behavior with Chris Peterson, Nansook Park, and Martin Seligman. He has done HR consulting on worker satisfaction and engagement, and sits on the strategic advisory board of Omnis Risk Management Tools.

### **Sasha Heinz**

Sasha is a doctoral candidate in developmental psychology at Columbia University where she is currently writing her dissertation on bidirectional effects in the association between maternal depression and child problem behavior. In addition to doctoral work at Columbia, Sasha is a Director of The Heinz Endowments in Pittsburgh, PA and an advisory board member of the Mount Sinai Parenting Center in New York City. Most importantly, she and her husband, Chris, are parents of two children, Jack and Sloan.

### **Caroline Miller**

Caroline is a performance coach, author, educator and motivational speaker whose clients span the world. Her fifth book, Creating Your Best Life (Sterling 2009) is an outgrowth of her MAPP capstone project, and is the first mass market, self-help book to bring an evidence-based approach to the connection between flourishing and goal accomplishment. Caroline is regularly featured in the media and has appeared on over 100 radio and television shows in the last twenty years, as well as on the covers of newspapers and magazines. She was the first applied positive psychologist on satellite radio (XM radio), created the premium goals track for the online game "Happify," and she teaches "Coaching and Positive Psychology" at the University of Texas School of Organizational Management. Starting in 1988 she has written a number of best-selling books that have been translated into many languages, including "My Name is Caroline," "Bright Words for Dark Days," "Feeding the Soul" and "Positively Caroline."

### **Douglas Turner**

Doug oversees the talent management function for Balfour Beatty Construction Services - US (BBC), including: executive development, talent strategy, executive coaching, and succession planning. Doug also is the talent liaison with BBC's global headquarters in London.

## **MAPP 2007**

### **Sean Doyle**

Sean is a poet, lawyer, university professor, microadventurer and consultant. In his law practice, Sean specializes in high conflict negotiations and has assisted clients in navigating over 10,000 disputes. He also has secured asylum for torture victims, defended individual's privacy rights and lobbied for stronger child protection laws. Sean works with law firms and companies on leadership development and with individuals on how they want to live their lives, and in finding meaning in life and work. Give Hope, Do Good, Live Fully.

### **Marie-Josée Shaar**

Marie-Josée Shaar spent the last 14 years studying, testing, coaching, and teaching smart health habits, both nationally and internationally. She developed the Smarts and Stamina health promotion model, which limits the amount of self-discipline needed to develop and maintain healthy habits. She now trains wellness professionals and other health enthusiasts in how to use that model, and in positive psychology skills. MJ's book Smarts and Stamina: The Busy Person's Guide to Optimal Health and Performance hit the Amazon Healthy Living Bestseller List only 3 weeks after its launch, and many times since - both in the USA and in Canada. In recent years, MJ has facilitated wellness workshops for Fortune Companies and governmental institutions alike. She has offered trainings in renowned wellness and coaching organizations, including WellCoaches, Mentor Coach, Principal Wellness and the Cardiovascular Institute of Philadelphia. She has taught in various universities including McGill University (Canada), University of Pennsylvania (USA) and University of East London (UK). But don't think she'll be lecturing to you! MJ is a graduate of the National Speaker Association's Professional Public Speaking Academy, so she knows how to make her presentations engaging, memorable, and fun!

### **Kaori Uno**

Kaori Uno is a visiting scholar at the Positive Psychology Center and has been working with important information resources on positive psychology in an effort to make them widely available to a Japanese audience. Some of her past achievements include the development and completion of the Japanese version of the Authentic Happiness website and of the Japanese translation of Christopher Peterson's A Primer in Positive Psychology. Kaori also co-founded the association in Tokyo which she hopes to use as a platform in which to disseminate information about positive psychology especially to a non-academic audience. She has served as a lecturer at Hitotsubashi University Graduate School of International Corporate Strategy.

## **MAPP 2008**

### **Louis Alloro**

Lou-is [n. loo-is] A-loro [uh-lohr-o], M.Ed., MAPP is a change-agent working with individuals and networks in systems to enable positive evolution. He is one of the first 100 people in the world to earn a Master of Applied Positive Psychology from the University of Pennsylvania. There, he published a framework for how communities evolve called Social-Emotional Leadership. This thesis work has been piloted in a city-wide well-being initiative in Cleveland, OH and will expand to Philadelphia, PA later this year. The work is to find, leverage, connect and build psychological muscle in SOcial-eMOtional (SOMO) leaders, who are the influential change-agents within networks in systems. In coming together to learn to think expansively, SOMO leaders become more effective facilitators to innovate differently in business, healthcare, education, etc. and most importantly: get different results. Alloro is a Fellow at George Mason University's Center for the Advancement of Wellbeing, owns a private consultancy

founded in New York, NY, and is a founder and Director of the Certificate in Applied Positive Psychology (CAPP) program, a 6-month personal and professional journey into the science of flourishing. When he's not working on cool culture change and mind expansion initiatives, he can be found learning, beaching, exercising, eating, or playing with his puggle, Rocco.

### **Scott Asalone**

Scott is a business consultant, entrepreneur, author, speaker, and unofficial beach bum. Scott's passion and continual study is about helping people achieve their personal greatness both in business and in their personal lives. His most recent book, *Pathways to Greatness*, is being re-edited in preparation for broader circulation. Over the past year, through his consulting company, ASGMC, Inc., Scott circled the globe offering workshops on creating emotional connection with clients and his consulting firm is now engaged in workshops on unleashing personal greatness. Scott recently opened a small independent bookstore in Asbury Park because of his passion for the written word and to create a place where successful and would-be authors exchange ideas.

### **Trecia Davis**

Trecia is a former parenting educator who has helped hundreds of parents learn positive parenting skills through her many courses and workshops. Trecia's passion to raise her three children in a positive and flourishing environment led her to the book *The Optimistic Child* by Martin Seligman, et al and to the MAPP program at PENN. Taking from her experience working with adult learners, she was trained in the Penn Resilience Program (PRP) by her former PENN advisor, Dr. Karen Reivich (*The Resilience Factor*). Trecia has had the privilege of working with Dr. Reivich as part of a team of trainers and facilitators teaching resilience skills to officers in the U.S. Army as part of the Army's Comprehensive Soldier Fitness Program.

### **Arthur Fullerton**

Arthur is a writer, a public speaker, and a strengths-based organizational consultant. He specializes in helping organizations identify their strengths and spend more of their resources doing the things they do well.

### **Elaine O'Brien**

Elaine is an expert in Adult Learning, Medical Wellness, and Group Dance Exercise. Elaine is a PhD student in Kinesiology: the Psychology of Human Movement and Graduate Teaching Fellow at Temple University. She is also an Assistant Instructor of Social Psychology at University of Pennsylvania. Elaine is a professional speaker, author, and international group dance-fitness presenter/trainer specializing in well being, human performance, sustainability, and medical wellness in action. She writes about Exercise is Medicine for the AMA/ACSM. Elaine authored a chapter for a medical school textbook on *Positive Health* by Dr. Marsha Snyder, M.D. "Positive Fitness, Movement, and Mindful Breathing." Elaine has presented on Positive Psychology, Positive Exercise Practices and Well-Being at IPPA World Congress, 2013, the Association for Applied Sport Psychology, 2013, Temple University, 2013, MAPP, 2013, and at the first China Positive Psychology Conferences, Beijing. Elaine recently launched Positive Fit Lab: <http://positivefitlab.wordpress.com/>

### **Suzann Pileggi**

Suzie is a freelance writer who specializes in the science of happiness and its effect on health. She writes for *Scientific American Mind*, the International Positive Psychology Association (IPPA), *Wisdom*, *Natural Health*, and others. Additionally, she's a certified health coach helping people make better food/lifestyle choices. Previously, Suzie directed PR campaigns for Fortune 500 clients as a VP at Weber Shandwick

Worldwide. She spearheaded the PR for The First World Congress on Positive Psychology and garnered coverage in USA Today, U.S. News & World Report, Time, Philadelphia Inquirer, and The Pennsylvania Gazette. Her proudest accomplishment is co-founding a sponsorship school with her mom in India for disadvantaged children.

## **MAPP 2009**

### **Susan Hwang**

Susan is a Principal at OnePlus Leadership, a boutique leadership development firm. Previously, Susan led a startup business unit and served as a member of the Senior Management Team at SNL Financial, a global financial research data technology company. She also established and managed SNL's Pan-European business from London, United Kingdom. Susan holds a BA as an Echols Scholar from the University of Virginia and an MAPP from the University of Pennsylvania. Susan's pro-bono work includes leadership consulting for nonprofits that support women and the arts. She is also actively involved with arts organizations that promote contemporary art.

### **Louisa Jewell**

Louisa Jewell is a Speaker, Author & Positive Psychology Expert. Louisa is the Founder and President of the Canadian Positive Psychology Association ([www.positivepsychologycanada.com](http://www.positivepsychologycanada.com)) and is a speaker and author. Louisa regularly speaks and delivers workshops and webinars to audiences from around the world and teaches positive psychology at the University of Toronto. Louisa has also been working with organizations for over 16 years to create positive and productive workplaces around the world. Louisa is a graduate of the ground-breaking Master of Applied Positive Psychology (MAPP) program at the University of Pennsylvania. Louisa was a contributing author to Positive Psychology News Daily, Huffington Post and is a contributor to the book Positive Psychology at Work (Wiley, March 2011) and the European Handbook of Positive Psychology (along with Dr. Martin Seligman). She has been featured in national media including Forbes, the Globe & Mail, Toronto Star, Chatelaine, Canadian Living, Ottawa Citizen and Toronto Sun. She is currently writing a book to be published in 2015. Louisa co-hosted a weekly radio show for three years on CIUT.FM where she interviewed a wide range of interesting guests on the topic of 'energizing organizations'. Louisa is passionate about her work and loves spending time with her husband, children and miniature Goldendoodle, Sammy. When she's not at work she's making trips to the farmer's market, feeding people and going out dancing with her friends.

### **Ebbe Lavendt**

Ebbe Lavendt is an authorized psychologist who is working on his PhD on positive psychology coaching. The last seven years Ebbe has been working as an organizational psychologist focusing on positive psychology, evidence-based coaching, personal development, work-life balance and stress. His website is a portal with links to positive psychology videos, radio programs, recordings of lectures, audiobooks, etc.

### **Shannon Polly**

Shannon is a leadership development consultant, facilitator and coach. Shannon has taught resilience to over 1500 U.S. Army sergeants and has been an assistant instructor in the MAPP program. She is a contributor to the book, Positive Psychology at Work (Wiley) and the European Handbook of Positive Psychology. She conducts appreciative inquiry summits all over the country. In addition, Shannon translates her experience as a professional actor to teaching presentation skills and executive presence. She has a degree from Yale College, the London Academy of Music and Dramatic Art, and a coaching

certification from the Georgetown Leadership Coaching program. She is also the co-founder of Positive Business DC, a non-profit/meetup in the DC area: [www.positivebusinessdc.com](http://www.positivebusinessdc.com).

### **Dana Vellios-Miller**

Dana Vellios is a Philadelphia area native. During graduate school, Dana worked as a Therapeutic Staff Supporter (TSS), which worked on behavioral goals for children with autism, oppositional defiant disorder, and other diagnoses. Dana then made the transition into counseling, and has been an Elementary Guidance Counselor for six years. Dana is now currently working on integrating positive psychology into her individual, small group, and school wide counseling strategies. Dana's future plans include integrating further developing her capstone of writing a developmentally appropriate guidance counselor curriculum in positive psychology and writing.

## **MAPP 2010**

### **Bridget Biggar**

Bridget works as an organisation capability consultant and engagement specialist. Recently returned from a 3 month interim assignment in Saudi Arabia, working with a major bank on their strategy communications and collaboration techniques. Previously Director of OD and People Transformation for one of the largest global professional accountancy bodies, ACCA. Since 2001 she has also been the agent for the original strengths-based instrument, Life Orientations (LIFO) in the UK and the Middle East, used in coaching, team building and organisation development based on the work of Fromm, Rogers, Maslow and Drucker. Currently a judge for the Great British Entrepreneur Awards, she has just been engaged as moderator for this award for next year, the International Trade, and GB Tech Awards. Over the summer for a client, Bridget revitalised an online job site for over 45s, writing extensively on the issue of talent gaps that can be filled by boomers. Bridget lectured at Warwick University Manufacturing Group on Improving Personal Performance and continues to lecture on performance management in the USA, Japan, the Middle East, and Australia, throughout Europe and in the UK. Finding a new, positive approach to performance management is her passion. Her work now focuses on engagement and productivity at an organizational level and maximizing individual and team potential. In September 2010, Bridget was appointed Director of Talent at All About Brands plc, joining the Board as an Executive Director where she pioneered an appreciative networking process to integrate 12 offices across 4 continents.

### **Leona Brandwene**

### **Jenn Hogan**

Jenn Hogan is a Manager with Deloitte Consulting in their Federal Human Capital practice in Washington, DC. She works with government agencies to develop their talent and inspire younger generations of leaders. She currently manages a leadership development program for Deloitte partners. She has led staff retreats, trainings and workshops in Washington, DC and in countries around the world, including India, South Africa, and Thailand. Jenn has a particular interest in "callings" and her capstone project looked at how individuals can find meaning and purpose in work. Before MAPP, Jenn spent five years working for the NYC Department of Education. She also served as a Peace Corps Volunteer in Ukraine and travels whenever possible. Jenn holds a Master in Public Administration (MPA) from Harvard University and earned her undergraduate degree from University of Virginia.

### **Vanessa King**

Vanessa King is an experienced leadership and organization development consultant based in London and working in Europe, Asia, the Middle East and the US, often in times of uncertainty. Her work focuses on helping organizations thrive through change, develop talent, and helping people to use their strengths and passions. In short, helping organizations get the most from their people and people to enjoy work and life more. Vanessa is known for creative thinking combined with practical implementation. Vanessa also leads on Positive Psychology and its applications for the charity, Action for Happiness, founded by Professor Lord Richard Layard. She has contributed to features on several BBC radio and TV shows and in the UK press. Vanessa continues to work with the University of Pennsylvania as part of its resilience training team.

### **Amy Rebele**

#### **Reb Rebele**

Robert “Reb” Rebele is a writer, speaker, and educator who studies the many ways people try to make their work and lives better – for themselves and for others. Reb earned his Master of Applied Positive Psychology (MAPP) degree in 2010 at the University of Pennsylvania, where he continues to teach as a guest lecturer, curriculum consultant, and assistant instructor. He spent his early career with the United States Mint and Kaplan, and more recently has worked on research and consulting projects for Google, JetBlue, Acumen, Warby Parker, and Teach for America. Reb has also been part of a resilience training team working with the U.S. Army. He frequently collaborates with Dr. Adam Grant of the Wharton School on research and application projects related to employee motivation, reciprocity styles, and helping behaviors in the workplace. Reb speaks to and teaches a diverse range of audiences – from writers and executives to educators and veterinary students – and his blogs on Psychology Today and The Huffington Post explore these and other related themes. He also works with the International Positive Psychology Association (IPPA) on programs to strengthen the global community of scholars and practitioners interested in the science of human potential.

#### **Lisa Sansom**

Lisa is a certified leadership coach who is also a skilled trainer, speaker and consultant. Her first career was as a high school French teacher. This means that Lisa still has a great passion for education, and that she is afraid of nothing. Lisa's second career, after completing her MBA, was in Organizational Development. Lisa worked on projects such as employee engagement, leadership competencies, 360 leadership assessments, leadership development, change management for different programs, and other topics that she found to be quite interesting. As a trainer, Lisa has presented to diverse corporate audiences on effective interpersonal communication, how to lead change, introduction to coaching skills, leading high performance teams and many other different leadership skills and traits. Lisa's third career, which is a very apt confluence of all that has come before, is as the owner of LVS Consulting. Lisa specializes in creating positive organizations through her speaking, training, coaching and consulting, working with individuals, teams, managers and leaders. Lisa incorporates positive psychology into all aspects of her work. Lisa is on the founding board of the Canadian Positive Psychology Association.

#### **Kathy Snyder**

Kathy Snyder is a teacher at Dow High School in Midland, Michigan. She teaches IB/AP psychology and advanced psychology. She also is the varsity cheerleading coach. While her capstone focus was on elementary staff morale, she continually works to integrate positive psychology into her daily world: classroom, athletic arena, and staff professional development. Kathy also serves as a board member for The ROCK Center for Youth Development which serves to improve the lives of youth in the community.

**Jan Stanley**

Enjoying my third career, this time as a positive psych practitioner, whose passion is the use of ceremony as a vehicle for well being. I teach ceremony classes to new celebrants and am a facilitator in the Penn MRT program with the US Army. Prior careers have included energy conservation engineer and learning and leadership development executive.

**Elena Volnova**

Co-founder and CEO of Dog Fashion Spa ([www.dogfashionspa.com](http://www.dogfashionspa.com)). Our company blog features articles on "pawsitive living" exploring the connection between dogs and people, promoting positive dog parenting and educating dog parents about positive psychology.

**Yukun Zhao**

After graduating from the University of Science and Technology of China, I went to the US and got Masters degrees in Chemistry and Computer Science. I worked as a computer engineer for ten years, but was always haunted by the questions of Meaning of Life and Science of Happiness. I applied for MAPP for intellectual curiosity, but the MAPP magic was bigger and more emotional and personal than I thought. After graduation, I decided to dedicate my life to disseminate positive psychology in China. Now I serve as the Administrative Director of the Positive Psychology Research Center at Tsinghua University, and the Special Representative to China of the International Positive Psychology Association. I organize conferences and events, deliver lectures, write books, design and implement programs, and started PhD in fall 2014. Positive Psychology will be one of the next big things in China.

**MAPP 2011****Patricia Andrade****Peter Berridge**

Positive Psychology and the MAPP program have enriched my coaching practice. My capstone was entitled, "From Coach to Positive Psychology Coach" and combines three areas of focus: cognitive-behavioral solution focused coaching, visual learning, and positive emotions (creating a positive micro-culture in the coaching session itself) in order to increase effectiveness of the coaching session. I also enjoy utilizing positive employee engagement surveys, Appreciative Inquiry, and visual strategic planning in creating more effective teams and organizations. By background, I live in Minneapolis and have an executive coaching practice, Shorebird Coaching & Consulting ([www.shorebirdcoaching.com](http://www.shorebirdcoaching.com)). I'm a certified coach through the Hudson Institute of Santa Barbara and Professional Certified Coach (PCC) through the International Coach Federation with more than 2400 hours of individual and group coaching. I have 20+ years of coaching and Human Resources experience, culminating as executive VP of Human Resources at Courage Center, a nationally respected nonprofit serving the needs of people with disabilities.

**Natalie Brain****Johannes Eichstaedt****Dan Faggella**

Dan still competes nationally in Brazilian Jiu Jitsu and is focusing on continuing to build his recently expanded Mixed Martial Arts facility in Wakefield, RI. With a focus on leveraging his passion for goal setting and skill acquisition, Dan writes for a number of combat sports magazines and speaks at MMA

gyms and colleges on the East Coast. His future plans involve high level consulting with the best combat sport athletes in the world, revolutionizing the effectiveness of combat sport training, and leveraging notoriety to market further information products - which will eventually be angled toward the business world (particularly sales). Dan plans to have a helicopter by age 30.

### **Cathrine Gyldensted**

I have an unrelenting goal to innovate news journalism and build thriving newsrooms through the precise methods of Positive Psychology research & positive interventions. I am currently working on spreading the word from this study and the concrete methods on how to build news journalism. Any contacts or concrete ideas on how make this happen are more than welcome! I have 12 years experience as a TV & Radio correspondent, published author, executive producer & investigative reporter. I just moved back to Europe after 4 years based out of Washington DC.

### **Marsha Huber**

#### **Rosanne Pagano**

Senior Technology & Marketing Professional with 10+ years leading enterprise technology strategies and omnichannel marketing campaigns for Fortune 50 companies and early stage software ventures. Significant experience in multi-year strategic roadmap development across various industries: retail, ecommerce, high-tech software, logistics, healthcare, radio, press and social media. Passionate about empowering teams to maximize on their combined signature strengths in order to: think critically, take risks and promote truly sustainable innovation.

#### **Stephanie Ramones**

Owner of Contigo Photography and working as filmmaker.

### **Tom Swanson**

#### **Corey Zadik**

Enterprise application developer with a previous background in education, writing, and editing. I am very interested in interactive, participation-based learning models. I also have a strong interest in leadership and effective management practices, especially those respecting the notion of emotional intelligence and the use of positive psychology.

#### **Carin Zinter**

One part COO, one part educator, and one part beekeeper, Carin Zinter enjoys wearing multiple hats. As former COO at The Daily Dot -- an online media start-up -- she was the trusted sidekick overseeing finance, legal, HR, sales, and myriad other functions. Prior to joining the Dot, Carin spent more than 15 years working in the educational services sector in every capacity from teacher to senior operations director. She maintains a presence in the education world by continuing to teach as a senior lecturer in management and communications at Western New England University. To keep life buzzing, Carin is a beekeeper who, through her business, C & C Orchards, provides raw, local honey to restaurants and pastry chefs in the northeast.

## **MAPP 2012**

### **Sara Bartels**

Sara Bartels, RD, CDN, MAPP (New York, NY) is a registered and certified dietitian with 7 years of research experience in diabetes education, cancer prevention and weight-loss behavior modification. She is creating the intersection between nutrition education/dietetic counseling and positive psychology and behavior modification. She is currently working as an independent consultant and Nutrition Education Manager for a NGO aiming to provide both access to healthy foods and positive nutrition education to low socioeconomic families in New York City.

### **Jenny Brennan**

### **Amy Holloway**

### **Dan Lerner**

As a coach, teacher, and speaker, Dan Lerner works with both established and high-potential musicians, athletes, and executives to leverage the advantage that a healthy psychological state can bring to their performance. Currently on the faculty at New York University (where he teaches “The Science of Happiness”) and the University of Pennsylvania, Dan will this year be a guest lecturer at West Point Military Academy, and at both the graduate and undergraduate programs at NYU’s Steinhart School of Culture, Education, and Human Development. Dan spent over a decade developing talent at International Creative Management, Columbia Artists Management, and at 21C Media Group, of which he was a co-founder, and has consulted for numerous Fortune 500 companies, coached an array of world-class performers, and is writing on a book about the process and mindset that leads to healthy, uniquely individual excellence.

### **Kayleigh Pleas**

Kayleigh Pleas is a wellness coach and yoga teacher. In her private coaching practice, Kayleigh employs scientifically proven methods from positive psychology, neuropsychology, nutritional science, and mind-body medicine to address the entirety of the human person—physical, mental, emotional, and spiritual. She has successfully guided hundreds of busy individuals towards optimal physical health, emotional balance, and happiness. In the yoga studio, Kayleigh teaches students to inhabit their bodies from a place of awareness and ease, effectively training the body as well as the mind for wellbeing. Kayleigh is also a sought-after speaker and workshop facilitator for corporations and schools. Her expertise spans a variety of topics: nutrition, mental resilience, motivation, and happiness.

### **Pat Schwartz**

Pat Schwartz is the Executive Director of PennSERVE, the Governor’s Office of Citizen Service. Ms. Schwartz is a Philadelphia native born and raised. She graduated from St. Joseph’s University with a Bachelor of Science degree in Education, and went on to teach for 11 years. She then joined the world of AmeriCorps as a program director of the Norris Square Neighborhood Project, located in the North Philadelphia section of the City. Norris Square Neighborhood Project is an arts and gardening organization, serving youth and adults in programs focused through the lens of Latino culture. After 5 years in this role, Pat started her own training consulting company, which she ran for 14 years. Additionally, she joined the staff of EducationWorks, another local non-profit organization that provides education services in high-need schools. There she served as the Training Director for four years. In 2004, Pat crossed the river into New Jersey to serve as the AmeriCorps Senior Program Officer for the NJ Commission for National and Community Service, a role she held for 10 years. During this time, she also

earned her Masters in Applied Positive Psychology from the University of Pennsylvania. These experiences enabled her to develop and strengthen the skills needed to take on the role of Executive Director of PennSERVE, a role that supports the well-being of the citizens of Pennsylvania through volunteerism and civic engagement.

### **Georgia Shreve**

My love of learning has taken me through Stanford, Brown, Columbia, and PENN, always studying new things. My creativity has led to numerous publications of my poetry and fiction. My study of music and composition has brought me to 4 concerts at Carnegie Hall, among many other performances of my work. My goal is to share the gift of creativity with others by coaching, consulting, and writing.

### **Mary “Bit” Smith**

### **Marsha W. Snyder**

Marsha W. Snyder, MD. MAPP. is a medical doctor, Board-certified psychiatrist, certified leader and practitioner of Appreciative Inquiry, with over 20 years experience in the care of physicians and other professionals who suffer from burnout or other forms of ill-being. Her expertise includes Positive Health and its application in the development of healthy, thriving, and compassionate doctors, ethical healthcare systems, and a healthy thriving population. Dr. Snyder has authored the book, "Positive Health: Thriving Population, Doctors, and Healthcare Economy". She has given many scholarly and educational presentations on physicians' health and positive health in the US and internationally. A former Chair of Psychiatry for a 4-hospital university healthcare network, Dr. Snyder currently provides expertise in the interface of medicine and positive health/positive psychology through consultation, education, program development and coaching.

### **Pamela Teagarden**

Finding new ways the world works when people are authentic. I began my career as an investment banker before I evolved into corporate behavior psychology. Sitting at the intersection of business and behaviors, my practice, Authentum, serves global companies by reframing engagement - as positive psychologists see it - to allow their financial goals to be intentionally ordered around the strengths of their employees, using new metrics that describe the 'authentic culture'. Practitioners may now link interventions more directly to profit. Another company, Architects of Business, offers entrepreneurs and investors a predictive, behavioral model to conceptualize strategic paths toward profitable success for the growth of each company or portfolio of investments. My global community, Corpus Operis, debates the next paradigm of innovative workforces, focusing on authenticity, diversity and innovation. Finally, since authenticity is a lever used to take diversity in leadership to the next level, I founded the Soluna Institute.

### **Dan Tomasulo**

Dan is an assistant instructor for Martin Seligman and recently co-published an academic article on the use of stories to promote positive interventions, with James Pawelski. He writes for Psychology Today as an expert on group therapy and authors the daily column, Ask the Therapist, for PsychCentral.com as well as their Proof Positive blog on practical applications of positive psychology. Recently honored by Sharecare as one of the top ten online influencers on the topic of depression he is also the creator of Interactive-Behavioral Therapy the Power of Positive Being experiential workshops. Confessions of a Former Child: A Therapist's Memoir is his latest book by Graywolf, and his plays Sticks, Stones and the R word, and Negatively Oriented Therapy won the 2010 and 2012 International play competition for RETHINK Theater Challenge, both premiered in New Zealand.

**David Yaden**

David Yaden studies the psychology and neuroscience of self-transcendence in both its secular and spiritual varieties at the Positive Psychology Center, with Dr. Andrew Newberg at Jefferson Hospital, and in UPenn's neuroscience department. He works to apply this research in end-of-life healthcare as a hospice volunteer, in his integrative health practice at Our Lady of Lourdes Medical Center, and in his healthcare consulting company. He is happy to say that his masters degree in positive psychology opened a number of doors both personally and professionally.

**MAPP 2013****Brooke Booth****Emily Brolsma****Lisa Buksbaum**

Lisa Buksbaum is a passionary, a visionary driven by great passion and action. Lisa has shared positive interventions with more than 250,000 pediatric patients and families in 196 hospitals around the world. Lisa has been the primary investigator for several empirical research projects measuring the impact of positive interventions that engage altruism and reciprocity to enhance patient well-being. Three experiences with death and illness in her family in a ten-month period motivated her to launch Soaringwords, a non-profit organization devoted to inspiring ill children and families to "Never give up!" Soaringwords embraces these children and their families by providing fun, creative and educational activities both in person and online which cultivate joy, hope, laughter and healing. Soaringwords is unique because it also motivates ill children and their families to "pay it forward." She gains her energy from swimming each morning, enjoying Zumba® Fitness (she is a licensed Zumba instructor) and connecting with people in meaningful ways.

**Jer Clifton****Katie Conlon**

Katie is a Coach, Trainer, and Consultant in the greater Washington, D.C. area, and founder of The Phoenix Nest. She works with the Center for Leadership and Organizational Change at the University of Maryland and develops curriculum for George Mason University's Center for the Advancement of Well-Being. She is a member of the faculty of the Flourishing Center's Certificate in Applied Positive Psychology (CAPP), and a regular contributing writer to Fulfillment Daily. In addition to her MAPP degree she also holds a masters in counseling and personnel services from the University of Maryland.

**Robert Easton****Jen Grace Baron****Deborah Hammons****Emilia Lahti**

Emilia Lahti is a researcher and mental toughness trainer whose work is focused on understanding how individuals can rise above challenges and come out of hardships with a newly discovered, profound sense of strength, purpose and adaptability. She is the co-author of Finland's most prominent positive

psychology website and co-founder of the Finnish Positive Psychology Association. Emilia wrote her MAPP master's thesis at the University of Pennsylvania on the Finnish construct of 'sisu' (denoting extraordinary determination in the face of extreme adversity) under the supervision of Dr. Angela Duckworth. Her goal is to unearth possible ways for the cultivation of this universal strength capacity, and also to ensure a culturally diverse vocabulary of the determinants of resilience and achievement (as well as the good life) within the dialogue of positive psychology. Emilia is also an outspoken anti-domestic violence advocate and avid systems thinker.

### **Emily Larson**

Emily Larson is a researcher and practitioner in the fields of education and public policy. Her overall goal is to create paradigm shifts in the education systems from focusing merely on academic achievement to creating a culture of well-being in school systems. Currently, she is living and working in London as the research assistant to James O'Shaughnessy, head of the global positive education movement. Prior to this, she had spent over a year working with schools in India and Nepal to introduce curriculum she developed based on positive psychology interventions. Emily completed her MAPP degree in 2013; the title of her capstone was "Increasing the Well-being of Disadvantaged Populations: A Meditational Analysis of Socio-economic Status and Well-being". While completing her MAPP degree, she was a researcher at the Positive Psychology Center for over a year working with Dr. Peggy Kern, PhD candidate Alejandro Adler, and PhD candidate Johannes Eichstaedt. Emily graduated magna cum laude from Grand Valley State University with a B.A. (honors) in psychology.

### **Chris Major**

### **Andrea Malmberg**

Andrea Malmberg was raised and continues to live on the land with livestock and real food in the western United States. She holds a Bachelor of Science in Agriculture and a Master of Science in Natural Resources from Washington State University and a Master of Applied Positive Psychology from University of Pennsylvania. After completing her studies in Zimbabwe and Argentina in 2007, Andrea became an Accredited Field Professional in Holistic Management. Over the last twenty years and in many different capacities, Andrea has helped people understand biological, sociological, and psychological phenomena so that they can make sound ecological, economic, and quality of life decisions. Currently she serves as the Director for the Savory Institute's Research and Knowledge Management's Initiative. With her husband Tony, Andrea has profitably run several land-based, value-added enterprises. Her work, as well as her hobbies are ways for her to show that agriculture can thrive both ecologically and economically while enhancing one's quality of life.

### **Jennifer Marino**

A Colorado native, Jennifer Marino attended the United States Naval Academy in Annapolis, Maryland. She was commissioned as a Second Lieutenant in the Marine Corps on May 22, 1998. She served as an active duty Marine for fifteen years, filling many roles, including: helicopter pilot, instructor pilot, Marine One advance travel coordinator, aide to the Chairman of the Joint Chiefs of Staff, and graduate student. Her combat experiences, personal and professional challenges, and one-on-one interactions with Marine combat veterans have sparked her interest in strengthening the resilience of service members and their families. She is passionate about offering healthy ways to manage stress, facilitate connection in relationships, and improve overall quality of life for veterans who are struggling to cope. She is thrilled to be a part of the MAPP community, and to use the incredible body of positive psychology information, tools, and resources to make a difference in the lives of veterans and their families. After retiring from active duty in August of 2013, Jennifer put her MAPP Capstone into action as

she biked across the country to honor fallen heroes and visit more than 50 Gold Star Families. She is now the Executive Director of Boulder Crest Retreat for Military and Veteran Wellness in Bluemont, Virginia.

**Emily Smith**

**Katie Snyder**

Business and Manufacturing leader utilizing positive psychology for thriving teams and professionals.

**Andrew Soren**

Andrew Soren, CPCC, MAPP, is a Toronto-based leadership coach and consultant, certified through the Coach's Training Institute (CTI). Passionate about meaning, culture and community, Andrew has worked in the corporate and non-profit sectors spanning the performing arts, philanthropy, corporate marketing and sponsorship, leadership development, culture change, coaching, and applied positive psychology. Currently, Andrew works for BMO Financial Group, a large North American bank, in their department of Talent Management. He is accountable for leadership and talent strategies, with a focus on high performance culture and employee engagement. When not at work or school, Andrew volunteers with a variety of Canadian arts organizations on fundraising and marketing strategies in the arts, is an avid city-builder, and volunteers with Camp Oochigeas – a camp for kids with or affected by childhood cancer.

**Jiaqi Wu**

Hi, my name is Jiaqi (pronounced like “Jackie”) Wu and I came from China. My first ten-year career shaped me a solid marketing executive and passionate organization leader in Fortune 200 consumer good companies (Procter & Gamble, PepsiCo, Sanofi Corp). I have witnessed the power of people when being led/motivated by inspiring and positive leaders and I have a firm belief that flourishing business is a constructed by flourishing individuals. I have completed my MBA at Stanford and MAPP at Upenn to fully enhance my business skills and search my soul in my most passionate area – human wellbeing. My dream is to combine my knowledge in both business and positive psychology to bring PP to more people and organizations through building engaging, effective, and sustainable activation platforms. My post-MAPP career is Program and Commercial Director at Octave wellness center, a pioneer for-profit organization in China to design and offer therapy, workshop and development courses for Chinese parents, individuals or organizations to unleash their best potential and live greater lives. I am responsible for lining up the best positive psychology, yoga and meditation resource in the world to create and implement locally relevant and effective programs for Chinese people. I look forward to collaborating with MAPP alumni to introduce leading theory/interventions in wellbeing field to China (and soon, Asia!)

**MAPP 2014**

**Katrina Calihan**

**Charles Cycon**

**Patricia De La Torre**

**Julie Haizlip**

Julie Haizlip is a physician with more than 10 years experience practicing Pediatric Critical Care and more than 5 years experience working in creating positive culture change in academic health care settings.

Her primary interests are in nurturing collaborative health care teams and promoting inter professional practice. Dr. Haizlip has several publications related to positive change in health care. Dr. Haizlip was the primary author of the article "The negativity bias, medical education, and the culture of academic medicine: why culture change is hard." which was awarded the ABIM Foundation Prize for Professionalism. She has also published and presented internationally on the adaptation of Appreciative Inquiry for Academic Health Care.

### **Jessica Hopkins**

Jess Hopkins is a twice certified Life Coach based in Los Angeles. Jess received a BFA with honors from NYU, earned an M.A. in Counseling Psychology and a Masters of Applied Positive Psychology from UPenn. As one of less than 50 certified Teen Wisdom coaches nationwide, Jess works with girls of all ages, ranging from pre-teen to young adult. Because the family system is an integral part of adolescence, Jess also works with parents, offering them tools and strategies for effectively supporting their girls. In addition, as a certified Life Purpose and Career Coach, Jess is passionate about supporting young adults in designing and living the future of their dreams. In addition to coaching girls nationwide, Jess speaks, writes, develops content and programming, and facilitates workshops for a variety of organizations and institutions. For more info, visit [www.MyCoachJess.com](http://www.MyCoachJess.com)

### **Harold Lee**

### **Abigail Mengers**

### **Travis Millman**

Travis Millman is a serial entrepreneur and innovative business leader who has worked extensively in digital media and educational technology. After completing a Rotary International Fellowship in Japan and graduating with high honors from Harvard College, Travis began his career at Sony Corporation. He subsequently worked at several Silicon Valley startups before moving back East to join Audible.com (now an Amazon.com company) as its founding VP of Business Development. Travis later co-founded or played senior executive roles at companies including Readia, Soliloquy Learning and EnglishCentral. Now, at Pearson, Travis is responsible for new business development and innovation for the company's Clinical Assessment division. He is on a mission to bring the benefits of positive psychology to mainstream education. Married, with a 5-and-a-half year-old son, Travis lives with his family in Pound Ridge, NY. He is an avid reader, frequent traveler, happy hiker, wanna-be cyclist, aspiring environmental activist and evolving oenophile.

### **John O'Connor**

### **Natalya Pestalozzi**

### **Luis Pineda**

Born and raised in Mexico although I've lived (for work and study purposes) in various countries. Love to travel (obviously), to connect with people and to practice some "unique" sports like scuba diving and boxing.

### **Larissa Rainey**

### **Shira Reicher**

**Michelle Reitzner**

**Linda Rufer**

**Dana Seale**

**Patrick Sweeney**

As the best-selling co-author of “Succeed on Your Own Terms;” a contributor to top-tier publications, including The New York Times and The Wall Street Journal; and a speaker who has engaged audiences at HSM in Brazil and the China Economic Forum, for me, it is all about creating, collaborating and connecting. I am driven to discover and share insights and stories that connect our hearts with our minds – creating optimism and opportunities, resulting in real change.

**Laura Taylor**

Hi all! I am a musical theatre performer and arts educator who is passionate about cultivating well-being in artists. I graduated from MAPP in 2014 and reside in New York City where I continue to pursue parallel careers and strive to incorporate positive psychology in my daily life. I am in the midst of developing a workshop to cultivate increased well-being and resilience in actors through character strengths and look forward to experiencing life as a MAPP alum!

**Paolo Terni**

Dr. Paolo Terni, MAPP, PPC is a Solution-Focused (SF) practitioner and independent researcher originally from Italy and now based in Sacramento, California. A self-employed consultant since 1997, Paolo Terni has successfully coached executives and managers in different industries and in different countries, with a focus on developing resilience and optimize performance in the midst of organizational change (OD projects). Paolo Terni has been a member of Solutionsurfers’ Faculty since 2010, and in that capacity he has been training and mentoring SF practitioners in Italy and in North America. A recent Master of Applied Positive Psychology (MAPP) graduate at U Penn, Paolo Terni has been conducting research under the supervision of Angela Lee Duckworth, Ph.D., and others, at the Positive Psychology Center. His main area of research interest is how prospecting (future-oriented thinking) can enhance goal achievement, grit and self-control; and how brief interventions can lead to work accomplishments and personal flourishing.

**Tracey Wilson**

**Susanna Wu-Pong**

Though my entire career has been spent in higher education in pharmacy, biomedical sciences and student development, my passion is to help others become the best possible versions of themselves. My specialty is program, individual and organizational development using positive psychology, strengths training and improving relationships. Together, we can improve our corner of the world.