



MAPP Alumni Newsletter - December 2009

Features:

- Inside This Edition, page 2
- From the Alumni President and Board, page 3
- Savoring the Summit, page 4
- From MAPP Directors: James Pawelski & Debbie Swick, page 5
- Recent Positive Happenings, page 6
- Positive Professors, page 8
- APP after MAPP, page 10
- MAPP International, page 11
- SIG Updates, page 13
- *News You can Use*, page 15



mapp
Alumni

Penn Master of Applied Positive Psychology

Inside this edition:

Within this last edition of 2009 (and the first for our new board!), you will find our regular newsletter features populated with highlights from MAPP Summit '09:

- Dana Vellios '09 provides an overview from the perspective of a new MAPP graduate. (page 4)
- Lee K Bohlen '08 has collected some of our summit highlights within “Recent Positive Happenings, MAPP Alumni Panels,” with overviews from the panel organizers. (page 6)
- Caroline Miller '08 shares her energetic expertise in the publishing world in “APP After MAPP”, featuring one of the summit “how to” sessions. (page 10)
- Elaine O'Brien '08 contributes a summary of MAPP favorite Chris Peterson's plenary talk as well as some of Chris's follow-up thoughts on his latest endeavors and the future of positive psychology. (page 8)
- Elaine also shares with us a very recent international event, the *Imagine Nepal Summit*, featuring the much-appreciated David Cooperrider as well as the always cherished thoughts of Marty Seligman. (page 11)
- In addition, enjoy the welcome from our new Alumni President, Dave Shearon '06 (page 3); be sure to find your fit within our SIGs (Special Interest Groups, page 13): and explore “News You Can Use” (page 15) for helpful resources of alumni email addresses, free conference call set-up , and your alumni board contact information.

Briefly stated, the mission of our newsletter is to inform, to inspire, and to connect - in a quick snapshot of MAPP activity with information on where to find more (usually on our ning website). The snapshot is made most vivid with the voices of alumni from all years and all manner of experience. We therefore encourage all of you to share your stories, the stories of your classmates, positive psychology events, and simply any information that can help us stay informed, connected, and inspired. Our next edition will be out in February. Please feel free to contact me soon with your ideas.

Peace and continued connection to you, your family and friends worldwide,
Virginia Millar '08 & Our Newsletter Team
Editor

ginnyum@aol.com



mapp
Alumni

© Penn Master of Applied Positive Psychology



A note from our new MAPP Alumni President Dave Shearon

Topic: Flourishing MAPP Relationships in the Upcoming Year

Dear Fellow Alumni:

First, I am honored to serve as President of the MAPP Alumni Association. Three years ago, after my very first MAPP class, I published a blog post in which I noted how impressed I was with my classmates. Later in my MAPP year, I responded to a comment on my blog with some thoughts about what I then perceived to be the value of the MAPP degree; included within were relationships - both with the leading researchers who have taught in the program and with my classmates (a pretty formidable group!). Two years after graduation, relationships had moved to number one on my list of MAPP benefits. Today, further strengthened in this belief through the opportunity to know MAPPians from all the classes, I believe we can work together to open doors for each other and those who will join us in the future. I am asking for your help in figuring out how to make this happen!

Here are two of the areas that I think will be instrumental in moving us forward. What are the best ways to accomplish them? What else should be added to the list?

I. Better information about each other: Can we find a way, perhaps on Ning, to make more complete biographical information about ourselves available? Can we make it searchable? I know there's lots I don't know about even the folks I know best. Who knows when something in your background might be the connection another MAPP alum needs to create a connection or open a door. For example, I have a history as a National Archery Association Level 2 Coach and a good connection with the current President of the NAA. Could that help someone? Maybe. No way to know if the information is not available! We need your thoughts and expertise in this realm.

II. Shared wisdom from our efforts so far: What has worked and what has not? How have those of us with positions in an organization been able to use those positions to engage positive psychology? What obstacles have we encountered? Which have we overcome and how? What principles can be derived from our experiences? I would like to see some small groups of alumni with similar experiences working together to share their stories and distill the best guidance possible there from.

Our priorities this year also include continuing the important initiatives that previous boards have started so well, and focusing on areas like increased access to and information about key research. If you'd like to help with any of these efforts, or with any other aspect of our shared experience, please let us know. Let's help each other succeed in new and important ways this year!

With gratitude to our past outstanding boards and much hope for the coming year,
Dave Shearon, MAPP '06



Savoring the Summit

By: Dana Leigh Vellios '09

The 2009 MAPP Summit may have been just an adapted class onsite for MAPP.5, but to MAPP.1 through MAPP.4 it served as a welcomed chance to recharge our positive psychology batteries with exciting new research and shared ideas of best practices with our fellow alumni. After traveling from near and far, many gathered Friday, October 23rd at the Positive Psychology Center for individual class socials to catch up on life's inevitable updates.

Saturday began in Cohen Hall with Professor Chris Peterson speaking on Character Strengths, and doing exactly what makes MAPP so magical - stopping to give us the most up-to-date research and discuss hot topics under focus through the lens of character strength.

After a short trek to Huntsman Hall and a very familiar Au Bon coffee break, we all settled in and heard from Alumni in the break-out panels on Business or Education, depending on what topic suited us best that morning. We spent time hearing overviews of best practices, before question and answer sessions ensued with engaging and eloquent discussion.

After an always scrumptious and convivial MAPP lunch, Alumni met to discuss current MAPP Alumni business. The agenda included thanking our outgoing Executive Board, headed by Eleanor Chin, for a job well-done and welcoming the newly-elected Board which will be lead by President Dave Shearon '06. We also brainstormed our future directions.

Eager students again, we all walked back through the pathways of Penn's campus enjoying sporadic rays of sunshine and the beautiful changing fall leaves to attend a Panel Discussion with Marty, Chris, James, and Debbie. Marty discussed his latest thoughts on the positive psychology pillars and how positive accomplishment is taking a more substantial role in his theory.

Mappsters from all classes then filed into the Cohen Terrace Room for Alumni Poster Sessions, and the always elegant and expansive MAPP receptions where we mingled, shared thoughts, and questioned the poster presenters on their work.

Sunday began with Mihaly Csikszentmihalyi speaking about Flow and what happens to create the experience of Flow. What a treat to spend time analyzing Flow from the lead researcher who brought us the construct during MAPP!

We then walked back to Huntsman for our last set of Alumni panels and one more cup of Au Bon coffee. The session included Alumni Panels on Coaching and Physical Wellbeing. Both gave way to hopeful thoughts of change as we prepared for our final session together.

After one more lunch together, spent discussing highlights of the weekend, we entered into one of the true hallmarks of MAPP - class with Marty. He spoke alongside Dominic Randolph, of the Riverdale Country School, about Positive Education and the framework of the ideas through which positive education is being implemented. Professor Angela Duckworth also made a welcomed appearance, discussing grit and how she has partnered with Dominic to engage grit in students.

With batteries recharged to continue our varied voyages toward increasing the total tonnage of happiness in the world, MAPPsters said their farewells. However, we know we can continue connecting, exchanging ideas, and creating change until next year, when we reunite again as the unstoppable force that we seem to be.

A Word from James and Debbie:

The Penn MAPP Summit was another mountaintop experience! It was great to see so many of you again. Many of the current students noted that the best thing about the Summit was alumni! Take a moment to savor the quotes below from students responding to the evaluation form question “What did you enjoy most about the Summit?”

- *Seeing how the learning comes shining through in previous alumni and how enthusiastic and energetic they all are.*
- *Opportunity to meet alumni*
- *It was great to meet MAPP students from other years. I enjoyed being in the presence of greatness.*
- *I enjoyed the poster session/reception to network with Alumni. It was a great experience and I really enjoyed the networking opportunity and hearing about all of the experiences the alumni had when going through the MAPP program and all the experiences they have had since graduation.*
- *It is really great that you put effort into creating and building the community.*
- *It was good to get to connect with some of the past students, feel part of a bigger community and also to hear how people are applying what they have learned.*
- *Loved meeting the alumni and finding out about their experiences and application of Positive psychology in various settings.*
- *First and foremost, getting to meet the alums. They are a talented and fun bunch with tremendous ideas. Second, hearing all of their wonderful ideas helped to pique my interest in certain areas and gave me ideas for my own business.*
- *I enjoyed hearing from a diverse group of alumni about how they are applying positive psychology in their respective fields. I walked away feeling energized and inspired by their stories and success.*

Let's continue to build the energy! We are currently looking for candidates for the MAPP class of 2011! Do you know of anyone you think might make a good MAPPster? Please help us get the word out by encouraging them to visit www.pennpositivepsych.org and to apply by March 1, 2010. Thanks!

*Fondly wishing all the best to our MAPP family in the New Year,
Debbie & James*

Recent Positive Happenings: MAPP Alumni Panels share their work in four major fields

Contributed by Lee K Bohlen '08

This edition's "Positive Happenings" couldn't help but highlight our richly informative Summit Alumni Panels. MAPPsters from all years shared their recent positive psychology applications within their respective fields. What follows is but a brief snapshot of the speakers and their topics. Look for more information in the specific interest areas on Ning or contact a presenter for further sharing and discussion!

Coaching Panel

The coaching panel, organized by **Lee K Bohlen '08**, life coach and executive trainer, offered tips for new coaches and exercises for coaches in practice. Some highlights include:

Caroline Miller '06 Performance Coach, Motivational Speaker and Author of *Creating your Best Life: The Ultimate Life List Guide*. Responding to the frequently asked question: "What's the difference between coaching and therapy?" Caroline shared that therapy asks "why" questions and coaching asks "what" questions. She stressed the importance of staying in the coaching arena during a call.

Deb Giffen '07 Master Certified Coach and Wharton Leadership Educator: Deb shared her Daily Dozen Positive Intervention. It is comprised of jotting down three quick items in four categories, once a day, in order to: (a) keep you focused on the positive, (b) clarify your challenges, (c) express gratitude and (d) create positive outcomes.

Eleanor Chin '08 Executive Coach, Clarity Partners Coaching and Consulting. Eleanor shared a strengths intervention that she uses when working with small business teams. One participant states their top strengths and describes an activity they don't like doing. The other team members brainstorm ways to improve the enjoyment of the task using the participant's strengths.

Steve Safigan '09 Certified Coactive Coach, *Foundations One* personal growth seminar leader: Steve noted that when we start our coaching sessions with "What would you like to be coached on today?" it is often translated by the client to "What problem are you facing today?" Instead, he suggests, keep the opening question in the positive strengths-focused framework.

The Physical Well-Being Panel

The Physical Well-Being panel was organized by **Derrick Carpenter '06**. Derrick recently returned from the UK where he presented his signature leadership-training program—teaching participants team rowing strategies.

Panelist, **Gloria Park-Perin '06**, is a doctoral candidate in Kinesiology with a specialization in Exercise and Sport Psychology at Temple. We all missed Gloria who was under the weather during the Summit.

Suzie Pileggi '08, a health writer and coach is working with people on nourishing their bodies and souls by making better food and lifestyle choices. Suzie has a feature on healthy marriages in the upcoming issue of *Scientific American Mind* and hiked over 100 miles of the Camino de Santiago de Compostela this summer, successfully applying positive psychology in the process.

Marie-Josée Salvas '07 a performance trainer, talked about how applying positive mind-body experiences in the workplace improves productivity. Due to the rapid rise in healthcare costs businesses are starting to pay attention to the need for corporate wellbeing. MarieJ also discussed wellbeing for employees and employers, as preventative during challenging economic times.

Elaine O'Brien '08 loves working in the fitness industry. She also highlighted the importance of promoting physical activity through the life span. She talked about the significance of music in exercise adherence, Green Exercise, and how building sociability and meaning components foster a sense of positive community and organizational cohesiveness.

The panel was grateful to wonderful, **Louisa Jewell '09** for stepping in as moderator.



Recent Positive Happenings (continued)

Business Panel

Panel moderator **Louisa Jewell '09** and panelist **Shannon Polly '09** both facilitators, organizational consultants and trainers have designed and delivered a series of workshops on the topic of positive management both in Canada and the US. They spoke about the fact that there has been a huge demand for workshops focused on the positive.

Daniel Bowling '09 is an organizational consultant and instructor for MAPP '10 at Penn. Dan spoke about the fact that we should not shy away from using the term 'positive psychology' in business as it becomes increasingly familiar to business people.

Arthur Fullerton '08 is a writer, a public speaker, and a strengths-based organizational consultant. Arthur spoke about the fact that he works with organizations to focus more on strengths.

Richard Le '07 is working on becoming a certified coach and facilitator for employees who are transitioning into new careers. He is applying Positive Psychology internally at Humana creating a resilience and strengths-based program.

Senia Maymin '06 is the Publisher and Editor-in-Chief of Positive Psychology News Daily, and Assistant Instructor to Martin Seligman. She emphasized the importance of understanding what problems we can solve for clients before proposing positive psychology as the solution to everything and that most clients are interested in productivity.

Overall there was lots of discussion on how effective the positive psychology "brand" is in marketing to corporations and professional firms. The panel reached a general consensus that the 'brand' should be used selectively. When asked what topics in positive psychology are most in demand, panelists replied resilience and strengths and that clients were most interested in applying positive psychology to improve employee engagement and productivity.

Many thanks to Lee K, Elaine, Louisa, & Sherri for providing these overviews of some fascinating discussions!

Positive Psychology in Education Panel

The Education Panel was organized by **Sherri Fisher '06** who is a principal of three education-related businesses. She offers workshops, consulting, and coaching integrating best practices in education with positive psychology research.

John Yeager '06, Director of the Center for Character Excellence at Culver Academy, a college-preparatory boarding school in Indiana told about the multi-year process to establish a sustainable and integrated strengths-based approach to support the school's mission, including the training of all school stakeholders - administrators, teachers, staff, students, and parents.

Dana Vellios '09, Elementary School Counselor, has written a developmental guidance counselor's K-5 curriculum in the areas of Character Strengths, Positive Emotions, Gratitude and Optimism with lesson plans. She has also brought aspects of positive psychology to her school as a whole, including implementing a "random acts of kindness" school-wide initiative, and starting a Positivity Club which tries out a new positive intervention each month. Dana will offer a staff workshop in December.

Sasha Heinz '06, third year doctoral candidate in developmental psychology at Teachers College, Columbia University, serves as a Director of Planned Parenthood Federation of America and The Heinz Endowments in Pittsburgh, PA. Sasha's work, both at Columbia and in Pittsburgh, is primarily focused on understanding the pathways that lead to school achievement and translating high-quality research into evidence-based philanthropic giving and policy making.

Gabe Paoletti '09, Retreat Director at Camden Catholic High School in Cherry Hill, N.J., created a leadership class which teaches positive psychology principles to students who then use these principles to create retreats for their fellow classmates. He also is in the process of creating various other positive psychology retreats for outside groups.

A complete recording of the panel may be found on Ning in the Education Group:

<http://mappcommunity.ning.com/group/EducationSIG/forum/topics/chalk-talk-and-recording-from>

mapp
Alumni

© Penn Master of Applied Positive Psychology

Positive Professors: Chris Peterson's Talk at the MAPP Summit

By Elaine O'Brien '08

On October 24, 2009, Chris "People Matter" Peterson showed why he is this month's "Positive Professor." In speaking about "The Future of Positive Psychology" at the MAPP Summit, Chris gave an intimate and personal talk on a cornucopia of important points related to our emerging and "in demand" field of study. His talk highlighted his ongoing work, future directions, and a reminder of our own responsibility to our field. Here, Elaine O'Brien '08 summarizes his plenary words as well as some follow-up ideas shared by Chris.

Currently teaching 225 students in a Positive Psychology course at the University of Michigan, Chris believes that future directions of Positive Psychology include neuroscience (the inward) and culture and cultural psychology (the outward). He discussed plasticity of the brain, compared to the earlier "black box" model, and the John Templeton Positive Neuroscience program and awards.

<http://www.posneuroscience.org/awards.html>.

Chris emphasized the importance of wellness promotion and is a member of the Robert Wood Johnson Foundation Steering Committee. In discussing the Positive Health Initiative funded by the foundation, he defined its two focus areas. The first is more modest and academic, related to predictors of mortality and morbidity. He discussed some need for improvement within this realm demonstrated by such paradoxes as universities studying stress, but not taking the indicated steps to lower it.

The second form of positive health relates to the value of the Japanese concept of "ikigai:" having meaning and purpose in life, with connotations of joy about being alive. This

healthy passion for living is a quality prevalent among centenarians, and is associated with longevity. Chris discusses "Ikigai and Mortality" in this *Psychology Today* blog:

<http://www.psychologytoday.com/blog/the-good-life/200809/ikigai-and-mortality>

Chris shared his enthusiasm about University of Michigan's concordance with the latter form of the initiative through a themed semester on "what makes life worth living", that includes a football halftime show celebration commemorating the 50th year anniversary of the creation of the proactively positive Peace Corps. It was at Michigan in 1960 that President Kennedy gave the speech that inspired the agency.

http://www.peacecorps.gov/index.cfm?shell=resources_for_mer.fiftieth Peterson's quiet exuberance was evident as he spoke about this important historic "hometown" milestone at the University of Michigan.

Chris also highlighted the need to "rethink the natural homes" of positive psychology. Such innovation is illustrated by the ongoing work with the U.S. Army resiliency project, where 1.1 million U.S. soldiers will be trained in the Penn Resiliency Program methodology. The U.S. Army is also joining forces in collaborating on the Positive Health project.

Peterson further described the future direction of these natural homes to be at "conjunctions" - "between" other people, and "among" large groups. Chris stated,

(Continued on next page)



mapp
Alumni

© Penn Master of Applied Positive Psychology

Positive Professors, continued from previous page

“The importance of this framework is in the ‘among’ to move beyond the one-on-one psychotherapy model, which has been uncritically appropriated for Positive Psychology interventions. Group interventions are more efficient and may be more effective.”

Culturally-appropriate group interventions are also considered to be of primary importance in Peterson’s thoughts on the future direction of positive psychology. Peterson considered the implications of Geert Hofstede’s work on culturally-specific acceptance of power distribution within a community (“Power Distance”), along with individuality versus collectivism, masculinity versus femininity, uncertainty avoidance index, and long-term versus short-term orientation. Chris reminded us that, “Culture is not a thin veneer on human nature; it *is* human nature,” and challenged us again to consider appropriate positive group interventions as part of our Positive Psychology repertoire.

A final key point of the talk was to remind all of us to consider the responsibility that we bear as practitioners, promoters, and hopefully the embodiment of positive psychology. Chris noted, “Character is the part of personality that matters. Character building is hard work; *there are no quick fixes.*” He added that, “The role of mentors and role models - other people - is critical here.” There was a sweet moment during his MAPP Summit talk, hearing Chris speak about “having your best friend at work” and seeing a large screen of his Aristotelian friend, collaborator, and now fellow University of Michigan professor, brilliant Nansook Park, projected next to him.

Chris pointed out that positive psychology interventions are not “one size fits all” for the 6,692,030,277 people in the world. He also discussed the difficulty of change, and how our friends and family expect us to be as we are. He talked about The Golden Rule, urged us to not be complacent, to try new things, be inventive and creative, and stressed that the need for positive psychology outweighs the support.

Referencing Gladwell’s, *Outliers*, Chris talked about the Beatles and how they got really good after performing night after night in strip clubs in Hamburg, Germany, and logging thousands of hours playing together. Like the Beatles, Chris is really good at what he does. He inspires with his wit, wisdom, generosity, kindness, compassion, character, and caring. Chris challenged audience members to practice, get strengths-based feedback, get debriefed and, “Find your Hamburg.”

Finally, Chris believes that “the most important - and realistic - change in how positive psychology might contribute to the world in the future is that we will include strengths and assets as part of our vocabulary.”



This regular newsletter feature was also the focus of one of our Summit break-out sessions, a collection of “how-to” workshops in which alumni shared their experience and expertise in specific applications of our sound positive psychology concepts. In this piece, **Caroline Miller '06**, author of the highly successful *Creating Your Best Life: The Ultimate Life List Guide* and numerous other books, has encapsulated her lively and extremely informative session on getting published. Caroline's latest book explores the intersection of the science of goal accomplishment with the science of happiness. Enjoy her generous tips and bring out the book in you!

How to Publish a Book: Ten Critical Steps

by Caroline Miller, MAPP '06

1. Bring something fresh and different to the market. Know your competitors; know why the world SHOULD hear what you have to say.
2. Get the book, *How To Write A Book Proposal*, by Michael Larsen. It's the Bible of the publishing world.
3. You will need an agent to be considered by a major publisher, so ask authors you know if their agent is accepting new clients. Troll the internet for agencies; look at books in your field and identify agents mentioned in the Acknowledgments. Take a risk and call them!
4. Consider self-publishing because lead-time from concept to publishing with major publishers can be two years or more. It's a respected and quick way to go to market fast.
5. Map out your book in advance: Table of Contents, names, number and content of chapters. Write two sample chapters to get a feel for your voice. Agents or publishers will demand this in order to consider you.
6. Get an accountability coach to help you with the proposal process. Most potential authors die on the vine at this point because they become discouraged.
7. Build your brand. Publishers want to know why they should invest in you, so they often visit a potential author's website to see how “sellable” they are. A well-done website that is part of your brand is in your best interest.
8. Subscribe to “HelpAReporterOut” at www.helpareporter.com. Answer every query that is sent out (three times a day email blasts) that pertains to your brand. You will position yourself as an expert.
9. Create sacred times when you will write, don't wait for inspiration to hit. I had to do drastic things to write two books in 18 months- my kids got me all week, my husband got them all weekend. It worked, and no one died.
10. Don't take on co-authors unless you need to. A MAPP degree is very valuable, and there may be people trying to use you to help themselves get published, so be careful.

Finally, ENJOY the process! Writing brings me great joy. Anyone who believes they have a book inside them probably feels the same. Welcome it as a challenge and a joyful part of your day.

Good luck to everyone, and write more!

Positively MAPP International

Imagine Nepal: The First World AI Conference, featuring David Cooperrider & Marty Seligman

By Elaine O'Brien '08

"Namaste

I honor the place in you in which the entire universe abides.

I honor the place in you, which is of love, of truth, of light, and of peace.

When you are in that place in you, and I am in that place in me,

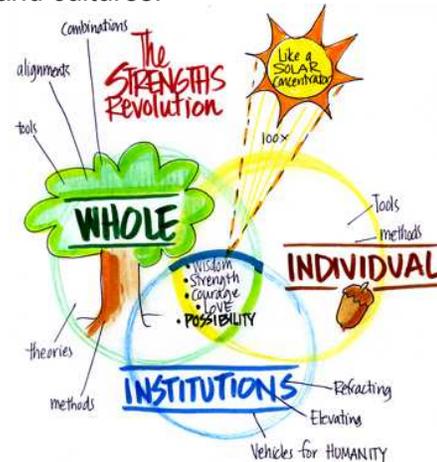
We are one..."

Honoring, and sharing a vision of peace, freedom, reconciliation, healing and health were themes of the First World Appreciative Inquiry Conference. Ideas around building purposeful and powerful bonds to help us flourish as a world were also part of the global conversation, as nearly 400 delegates from 40 countries came together to make history and write a constitution in Nepal.

Before David Cooperrider's opening address, Dhruba Achararya, Imagine Nepal, highlighted the face-to-face and online conference global activities at this momentous event, November 16-19, 2009 in Kathmandu. Dhruba's remarks were followed by a local dance honoring the Life of the Earth, the 5 Elements: fire water, earth, wood, metal, and the Gods and Goddesses.

David Cooperrider reminisced about his early experiences with the people of Nepal in planning this event 5 years ago. David, founder and chair of the Fowler Center for Sustainable Value, works to advance exceptional business innovation and social entrepreneurship around global issues of our day. David promotes equal imagination and empowerment around socially responsible business as a force for peace in high conflict zones.

At the heart of the 2009 World AI Conference was an exploration of the factors that promote global health, peace and welfare. David spoke humbly, of how AI has helped people come together for the greater good, crossing many boundaries, even those of nations and cultures.



David discussed that we are on the verge of a global shift in which there is a renewal of optimism and hope. David addressed the “astonishing surge of interest in coming together as a human family.”

He discussed the possibility of convergence around a world vision - people coming together to build a sustainable world. Online attendees were not able to hear Marty Seligman live but we did get a “play by play” on text chat from Sue James, one of the wonderful conference organizers. Marty addressed the topics of Positive Health, Positive Neuroscience and Positive Education. He talked about the traditional “deficit model” of schools and the importance and value of teaching about wellbeing: resilience, strengths, and meaning. Marty spoke of teaching “stand alone” positive psychology classes, but even more so that positive psychology is woven across all aspects of the curriculum.

Marty spoke about “51% flourishing” as a long-term goal of positive psychology: that by the year 2051, 51% of the world will be flourishing. Marty added that to reach this goal, we’ll need to do more than individual work, we need to understand large groups, corporations and nations. He suggested that for this, we look to people like David Cooperrider and AI to help us find the tipping point. David concurred that combining positive psychology and AI may be the way to make the 2051 Flourishing vision a reality. This was met with huge applause from the conference hall and around the globe. MAPP alumni participating in the conference online were, Louis Alloro ('08), and Elaine O'Brien ('08), and in Nepal, Adrienne Keane ('09).



powerful word, it means more than inspiring (leadership); it conveys that we are actively contributing by sharing with each other and learning from each other. In learning through sharing and sharing through learning, we can try make a difference and create a Positive Revolution.

Looking through the lens of AI can ignite our positivity, and broaden and build our possibilities. Let's continue to passionately discover, dream, and design a destiny of positive change for the greater good together.

The First World AI Conference organizers will keep the interactive event website live for six more months. This site offers archived conference information including keynote presentations, text discussions, presenter's shared library of resources, profiles of the delegates, photos, videos, and eventually pod casts of sessions.

The archived website captures illustrative artistic reviews of the keynote sessions in Nepal. These visuals by Christina Valenza and Diane Arsenian captured conference conversations and helped build communication and understanding though images:

Presenter Joep de Jong, CEO of organizational leadership firm Van Harte & Lingsma, spoke of "Begeistring" organizations in Europe. Loosely translated into English, "Begeistring" tells us how we allow ourselves to be in touch with our soul, in combination with our enthusiasm. "Begeistring" is a very



“A mind, once stretched by a new idea, never regains its original dimensions.”

~ Oliver Wendell Holmes

SIG Updates (MAPP Special Interest Groups)

The exciting activity within the SIGs continues to grow! Please explore these groups on the Ning site and feel free to join the many calls and online discussions!



MAPP Book Club

Read and discuss books using our background in positive psychology!

Our next book discussion will be of Prof. Philip Zimbardo's book *The Lucifer Effect: Understanding How Good People Turn Evil*. Greg Quinting '07 will be the discussion leader. Tentative date is April 15th, so start reading!

The Lucifer Effect discusses the results of psychology research on evil and challenges us to change how we deal with evil behavior. Positive outcomes from a discussion of the book seem possible. Might we make ourselves and our lives better by an effective, ideologically neutral and proactive, scientific examination of evil? We will uncover and critically examine some novel ways that Prof. Zimbardo suggests to not just cope with the darker side of human nature, but to do something about it that might elevate us. You stand to benefit by taking part in this book discussion, even if you do not find the time to read the book. If you do have time, start with the last chapter (sixteen) on resisting situational forces and celebrating heroism.

Check out the group on NING to see a suggested booklist, comments, and a poetry posting/discussion area. If there is a book you want to discuss, please pick a day and time, send out (and post on NING) a call-in number and let everyone know.

Ning Address:

<http://mappcommunity.ning.com/group/mappbookclub>
Email Sean Doyle '07: JohnSeanDoyle@aol.com

Education SIG

In the spirit of the very successful panel symposium, the EdSIG would like to plan a virtual symposium for January or February, depending on when the greatest number of people would be able to be presenters and participants. Interested MAPPsters can contact Sherri Fisher at sherri-fisher@verizon.net before December 15th to express interest in being a presenter. More info will follow once we have our panelists. Meanwhile we are experimenting with other virtual speaker formats that would allow you to be interviewed and recorded and then shared on Ning. Please share your input—the EdSIG works for you and our Positive Education community. We love your creative ideas!!

Ning Address:

<http://mappcommunity.ning.com/group/educationSIG>
Co-facilitators for this year are MAPP.4's Dave Bonner '09 and MAPP.1's Sherri Fisher '06. Emails: dbonner@klht.org
sherri-fisher@verizon.net

NEW!! Arts SIG

Poets, painters and thespians (Oh My!) and all other artists and lovers of the arts: This new SIG is the place for you! Details coming soon on NING. Contact Shannon Polly shannonpolly@gmail.com for more info.

mapp
Alumni

© Penn Master of Applied Positive Psychology

Mind-Body SIG (Sports SIG)

The Mind-Body SIG intends to become a forum to discuss positive psychology's relationship to such diverse topics as sports psychology, exercise, somatic interventions, meditation, and achieving our own health and wellness goals. Visit the group's site on NING to add discussions and view or post related articles.

Derrick Carpenter '07 led a Mind-Body SIG steering committee meeting during the MAPP Summit. Attending were Marie-Josée Salvas '07, Elaine O'Brien '08, Suzie Pileggi '08, and Jeremy McCarthy '09. Anyone else interested in leading and building momentum for the group should contact Derrick Carpenter '07 at derrickc@alum.mit.edu.

NING Address:

<http://mappcommunity.ning.com/group/mindbodysig/forum>



MAPP Adventure Club



Climbing/Hiking Updates:

The Adventure SIG has had a temporary change of plans. Several of the people who had intended to climb Kilimanjaro this winter are in the midst of their own adventures and life transitions. While this is great news for all involved, it makes the two week trip to Africa difficult. As such, we are going to start with a smaller target a little closer to home.

After the first of the year, we will be looking for weather-friendly dates for a three or four day hike on the Appalachian trail. Keep checking NING for updates. We would love to have you along!

NING Address:

<http://mappcommunity.ning.com/group/mappadventureclub>

Contact:

JohnSeanDoyle@aol.com

Organization SIG

The MAPP Organization Special Interest Group (Organization SIG) is chartered to advance the application of positive psychology in organizations; at the individual, team, and organization level.

NING Address:

<http://mappcommunity.ning.com/group/organizationsig>

If you have questions or would like additional information about the Organization SIG, please contact Gordon Parry at: gordon.parry@aristotlegroup.net.

Coaching SIG

The Coaching SIG will be on hiatus through the holidays, to resume in January. The group typically meets on the 3rd Wednesday of each month; upcoming dates to be determined & posted on Ning with call-in numbers announced one week prior. Previous call recordings are available in the Coaching SIG Group on NING.

<http://mappcommunity.ning.com/group/coachingsig> Email debgiffen@gmail.com

Free Conference Calling and Recording Service

For UPENN MAPP Alumni Association

Contributed by Eleanor Chin '08

<https://www.freeconference.com/home.aspx>*

(*NOTE: This is not the same as FreeConferenceCall.com)

Unreserved and Unrecorded Conference Calls:

We have a dedicated line and bridge number: (218) 936-7979; 622336. This is for conference calls without a reservation. These calls will not/cannot be recorded. Feel free to use this anytime, but know that while the odds are long, someone else could be planning on using it. This number is also a good back-up number in case there are problems with the reserved line.

Reserved and/or Recorded Conference Calls

To ensure availability of the conference line and to gain access to the ability to record, we recommend you choose the Reservation option:

<https://www.freeconference.com/home.aspx>

To access this option, you must log in using the following information:

Login Info: User ID: eleanorchin (not case sensitive); Password: mappalum

To record a call:

Go to "schedule" on the menu at the top

Select "Web-Scheduled Standard"

Click on "record this conference"

Follow the instructions.

Protocols for using the conference calling and recording service:

Please let Eleanor Chin '08 know when you are scheduling a call, so that we can avoid overlaps (echin@claritypartnerscoaching.com).

Also, as account holder, I get all the notices for scheduled meetings and recordings, so if I know it's yours, I can look out for the recording email and forward it to you. Usually the email comes within an hour of the call.

Please do not give out the login or password to anyone outside of MAPP Alumni Association and please do not use it for non-alumni business. All calls and phone numbers are listed on the conference call notices I get, so we can tell if anyone outside our group is using the service.

Please let Eleanor know if there are any problems with the service.

MAPP Alumni email directory for your use:

There is a MAPP Directory in a shared Google document that we can all view and update. This was created by Kathryn Britton '06 and Debbie Swick; invitations have been issued to all MAPP alumni, including the most recent graduates. Here's a link that will take you to the directory.

<http://spreadsheets.google.com/ccc?key=pqJB-6Jhn3cit-BORTA4-RA>

You have to log in to google documents with the email address used in the invitation. If this is Greek to you, contact Kathryn and she'll help you get connected to the directory, britton.kathryn@gmail.com Each of us has Collaborator access so that we can keep our own entry in the directory up to date. Please do not *Share with the World* or *Publish as a Web Page* -- since the document contains information that people may not want to share that broadly. Addresses from the document may be copied and pasted into emails; you can sort the list by class, by region, or the entire alumni group.

For more specific instructions and applications, see the 1st listing under the forum tab in ning:

<http://mappcommunity.ning.com/forum/topics/mapp-directory>

Next Newsletter:

Will be issued in February. This edition will include the always popular "Pulse Point" (class note-type) updates. We will contact all alumni using your Google doc email address to request your update. Let us know what you are up to! Check out the Feb. 09 edition for samples under the ning forum newsletter section,

<http://mappcommunity.ning.com/forum/topics/alumni-newsletter>



Alumni Association Board Contact Info:

- President: Dave Shearon, '06 Dave.Shearon@yahoo.com
- Vice President: Susan Hwang, '09 hwangsusan@gmail.com
- Secretary: Virginia Millar, '08 ginnyum@aol.com
- Treasurer: Sean Glass, '09 seanpglass@gmail.com
- 06 Rep: Kathryn Britton, britton.kathryn@gmail.com
- 07 Reps: Emiliya Zhivotovskaya, emiliyaz@aol.com and Derrick Carpenter, derrickcarpenter@gmail.com
- 08 Rep: Cathy Parsons, srokosz@execulink.com

