



MAPP Alumni Newsletter - February 2009

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A note from MAPP Alumni Vice President, Louis Alloro

Topic: MAPP Alumni Web Sites

Dear Friends,

It is with great pleasure that I write you announcing the formal rollout of a social networking solution for us MAPP alumni on Ning: <http://MappCommunity.ning.com/> and the development of another exciting web-based tool for connecting us to the larger world through PENN/LPS.

Welcome to NING

After some hiccups and detours, we have decided against having a customized site built in favor of using a tool that has been widely employed by well over 100,000 social networks. About a third of our organization has served as pilot users to test the usability of Ning and report high user satisfaction. Therefore we plan to use **NING as our social networking solution and commit to stay with it for at least 1-2 years.**

We will be sending you an email invitation directly from Ning within the next few days. *Please sign on, create a profile, and begin connecting.* I think you'll agree that Ning is a good place for us to organize, meet, discuss, share, and collaborate.

There are six SIGs already formed on Ning: Positive Education, Coaching, Organizations, Mind-Body, Lawyering and the Good Life, and the Book Club – all waiting for you to join, explore, and populate. There's a place for pictures and for blogs and a forum for discussions. You can create additional interest groups. We're hoping that this will take the place of the infinite emails that go back and forth, so please commit to checking in regularly. (FYI- there are ways to control settings so that you do not need to receive notifications in your email box.) If you have questions or comments, please contact me or Kathryn Britton, who will collate a list of FAQs based on your questions under the "notes" section on the site. Let us know if you need a tutorial.

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The Positive Psychology Commons: Reaching out to the rest of the world

While the alumni board is committed to using Ning as a solution to foster our immediate and local needs for social networking, Penn and LPS are developing a tool that we can use for creating wider learning communities called the “Commons Project.” The Positive Psychology Commons, part of the larger Penn LPS Commons, will be used for creating learning communities that extend outside MAPP. The vision is for the PP Commons to serve as a clearinghouse for all things Positive Psychology. This will be a great place for us to have a presence in the world, allowing us to create and lead learning circles in our areas of interest and locate research updates. It will also offer noncredit Positive Psychology courses; the first one is being developed by Tal Ben Shahar and is slated to be offered by March 17.

As the Positive Psychology Commons unfolds, it may eventually provide social networking capabilities that duplicate what we are using on Ning. We may gradually move over if people find it easier to network on one site. More information will be forthcoming, including opportunities to volunteer with the creation of this exciting project.

With Much Appreciation

Finally, I wish to thank our pilot group of testers who worked tirelessly to evaluate different social networking options for us—some of you working on this for the past few years. You know who you are and you’re invaluable to our alumni organization. It has been a pleasure working with you, my colleagues and friends, to push this ship positively forward. Thank you.

As I write you this note, my heart fills with gratitude for everything MAPP—a true blessing in my life. And it’s amazing how *my* days always get better with a reconnection to MAPP friends. So, if any of you are traveling in and around NYC, please let me know. I’d love to have you over for some “caw-fee”. Until then, I hope this note finds you well. . .and smiling.

See you on Ning!
Louis

Recent Positive Happenings

State of Positive Psychology Call with Marty Seligman, December 2008

In a rare opportunity to hear Marty Seligman speak live to the Alumni Association, we were treated to the latest news on four of Marty's current initiatives in positive psychology. On December 15, 2008, he shared with those on his twice-yearly conference call details on *Positive Education*, *Positive Health*, *Positive Neuroscience* and his latest initiative with the U.S. Army, *the Positive Warrior*, following each segment with a brief Q&A.

David Pollay '06 was among nearly 50 alums on the call and said "Calls with Marty are awesome. We are very fortunate to be able to hear 'the hot off the press' updates." All the exciting details of Marty's news, notes and an mp3 recording have been posted on the MAPP Ning site (<http://mappcommunity.ning.com/>) under the State of Positive Psychology Page.

NEXT CALL: May 2009, date and time TBA in March. Don't miss this benefit available only to MAPP alumni to listen in and get your questions answered live by Marty.

Stauffer Symposium at Claremont Graduate University, CA, January, 2009

"Applying the Science of Positive Psychology to Improve Society" was the subject of this sold-out symposium that featured some of the world's top Positive Psychologists. MAPP professors Chris Peterson, Barbara Fredrickson, and David Cooperrider gave updates on their latest research and findings. Marty Seligman gave opening remarks via video and spoke about four current endeavors: Positive Physical Health, Positive Neuroscience, Positive Social Science and Positive Education. Our MAPP community was well-represented by attendees from all four classes, as well as our own Debbie Swick!

The esteemed Claremont Graduate University hosts included Mihalyi Csikszentmihalyi, who was awarded \$250,000 as the recipient of this year's Clifton Strengths Prize. Dr. Csikszentmihalyi also gave a presentation called "The Mind and Evolution: The Future of Positive Psychology." Here he covered 2 million years in 30 minutes - no small feat. A fan and friend of Dr. Csikszentmihalyi, actress and positive activist, Goldie Hawn was also in attendance. Hawn has been working in Mindfulness Education for children via her Hawn Foundation. Check this link for an article about the symposium: **Positive Psychology: Positive Psychology: Hard Core 'Happiness' Nerds -- and Goldie Hawn:**

http://www.huffingtonpost.com/kari-henley/positive-psychology-hard_b_160687.html. Kathryn Britton '06 also wrote three summary articles about the symposium for PPND: <http://pos-psych.com/news/kathryn-britton/20090130825>.

This inspirational event was far-reaching in its scope and offered opportunities to focus on our passion for Positive Psychology and applying strengths, virtues, and optimal living to reverently improve ourselves and society.

"The value of an idea is in its usefulness." - William James

A Word from James and Debbie:

“This is human development. It takes 2-5 years.”

“It takes a long time for positive psychology to become part of the school culture.”

“The first year is MAPP Immersion (being a student). The year after MAPP is discovering which areas resonate with us and delving into deeper processing. Year three and beyond is when we are grounding ourselves in PP and applying it to our lives professionally and personally.”

-MAPP Alumni discussing their post-MAPP application of positive psychology

Remember the vision for applying positive psychology you wrote about in your application essay? Its power was one of the key reasons you were selected as a MAPP student. Visions are fascinating things, aren't they? They inspire us, sometimes remaining rock-solid and keeping us focused, sometimes shifting along the way and keeping us creatively alert, sometimes taking us in completely unanticipated directions. And they unfold at different rates, rarely following the timeframe we initially had in mind, often times lingering, lingering, lingering and then when we least expect it, taking us swiftly into the stratosphere.

Each of you is on a unique journey, with your vision unfolding along lines similar to ones you had originally anticipated (like Louis Wray), with your vision significantly expanding (like Caroline Miller), or with your vision taking you in delightful new directions (like Christine Duvivier and Maggie Wachter.) Some of you are feeling like your vision is unfolding embarrassingly slowly (or has all but disappeared), others are feeling like you are blasting off into the stratosphere, and most of you are feeling something in between. We just want to remind you to embrace your journey. Work hard, take breaks, put things down, come back to them, be you...and don't expect your journey to be identical to that of the person you sat beside in your MAPP classes. Know that we believe in each one of you (still!) and that we are here to support and celebrate no matter what timetable your vision might be on.

In case you're missing having homework, here is one small assignment we have for you. Please save these two dates:

- June 18-21, 2009: World Congress on Positive Psychology** (including a first-time-ever gathering of students and graduates of all post-graduate programs in positive psychology—including Penn MAPP, UEL MAPP, Claremont Ph.D., Universidad Iberoamericana diplomado, and more!)
- October 23-25, 2009: Second Annual MAPP Summit**

The Congress and the Summit are times when we can pause in our respective journeys and come together to renew old friendships, meet new students and alumni, share where our journey has been taking us, learn the latest from faculty and special speakers—all without having to turn in a single paper! That's serious tonnage!

MAPP Calendar of Events

February

- Feb. 13 Book Club Discussion: *NonZero* by Robert Wright, 3PM EST
Call-in number: (712) 580-8025 (Midwest); 622336.
- Feb. 16 Teleconference with Marcial Losada of famed “Losada Line,” 12:00 to 1:00 PM. Evite link:
<http://www.evite.com/pages/invite/viewInvite.jsp?inviteId=ELPUGTIVORHTJEKXXHKT&li=iq&src=email>
- Feb. 19 Organization SIG call, 12 noon EST, Call-in number: 218-936-7979, passcode 622336.
- Feb. 21 Southern California PP Regional Group Meeting, San Diego. Topic: Social Intelligence

March

- Mar. 4 Positive Health Distinguished Speakers Series, first meeting. Presented by Robert Wood Johnson Foundation, Pos. Psych. Center, & Penn Medical School. 11:45 am - Professor Sir Michael Marmot (Whitehall Study)
- Mar. 5 Alumni Association Board Meeting, 4 PM EST
- Mar. 8 Deadline to submit abstract for “Power and its Influences,” conference at James Madison University
<http://www.jmu.edu/forlang/powercall.html> (See News You Can Use, page 16)
- Mar. 11 Ed SIG call: “Social-Emotional Learning,” 7 PM EST, call-in number TBA
- Mar. 18 Coaching SIG call: “Group Coaching,” hosted by Christine Duvivier ‘07, 9 AM EST, call-in number TBA
- Mar. 19 Joint Book/Education/Organization SIGs Movie Discussion: *Taare Zameen Par*, 7 PM EST, call-in no. TBA
- Mar. 20 “Coralling Your Strengths: A Horse-Assisted Positive Psychology Workshop.” Three-day event, San Diego area, contact Karen Garman ‘07, kgarman3@earthlink.net
- Mar. 22 London PP Regional Group Dinner Meeting, details TBA; contact Emma Judge ‘06, emma@positiveorg.com

April

- Apr. 8 Ed SIG Call with Isaac Prilleltensky: “Positive Communities,” 7 PM EST, call-in number TBD
- Apr. 15 Coaching SIG Call: “Evaluating Coaching,” hosted by Margaret Greenberg ‘06, 8PM EST.
- Apr. 16 Joint call with Organization SIG/Book Club: Making the Impossible Possible: Leading Performance: The Rocky Flats Story, 12:00 Noon, EST.
- Apr. 22 Positive Health Distinguished Speakers Series, 2nd meeting. Presented by Robert Wood Johnson Foundation, Pos. Psych. Center, & Penn Medical School. 11:45 am - Professor Nortin Hadler.

May

- May 13 Ed SIG Call: “Next Steps for Geelong Grammar School,” Matthew White, Director Positive Education, GGS, 7 PM EST
- May 17 Penn MAPP ‘09 Reception & Graduation Ceremony, Philadelphia
- May 18 University of Pennsylvania 2009 Graduation Ceremony, Franklin Field (MAPP ‘08 grads will be listed on the program!) <http://www.upenn.edu/commencement/>
- May 20 Coaching SIG Call, “Pos. Psych. & Neuroscience,” hosted by Denise Clegg ‘08, 8 PM EST
- May 21 Organization SIG Call, 7 PM, topic TBA.

June

- June 18-21 First IPPA World Congress in Philadelphia. <http://www.ippanetwork.org/world-congress.html>

SIG Updates (MAPP Special Interest Groups)

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

MAPP Book Club

By popular demand, the MAPP Book Club is trying a couple of new things! To engage and connect with as many alumni as possible, the Book Club will begin scheduling some of its meetings with other SIGs. We are also experimenting with a Movie discussion - This may evolve into its own SIG, or we may alternate books and movies as part of the Book Club. Only time will tell. Here are the upcoming events:

- February, Friday the 13th, 3:00 PM EST: NonZero by Robert Wright. Call-in number: (712)580-8025 (Midwest); 622336.

In the final chapter of *Authentic Happiness*, Marty said “[NonZero] has become the springboard to my thinking about how to find meaning and purpose.” How’s that for an endorsement!?! Our own Kathryn Britton ‘06 is going to generally lead the call. (Thank you Kathryn!) She reviewed NonZero for PPND here: <http://pos-psych.com/news/kathryn-britton/200811071121> For another summary, here is Robert Wright on TED: http://www.ted.com/index.php/talks/robert_wright_on_optimism.html

- March, Thursday the 19th, 7:00 PM EST: Movie Discussion with Business & Education SIGs: Taare Zameen Par. Call in # TBA

This is a film from India about a boy with dyslexia, the challenges he faces, and how one teacher approaches things differently than everyone else. Very moving and powerful. Ryan M. Niemiec, author of *Positive Psychology at the Movies* and commenter on PPND will join the discussion. *Film can be purchased at* <http://books.barnesandnoble.com/search/results.aspx?WRD=Taare+Zameen+Par>, it can also be rented on Netflix.

- April, Thursday the 16th, 12 Noon EST: Book discussion with the Organization SIG Making the Impossible Possible: Leading Performance: The Rocky Flats Story by Cameron and Lavine. Call in # TBA

Of special focus will be resiliency and the elements of the Rocky Flats story that support resiliency in organizations. <http://www.amazon.com/Making-Impossible-Possible-Extraordinary-Performance/dp/1576753905>

Email Sean Doyle ‘07: JohnSeanDoyle@aol.com March and April call-in numbers to be announced; check group sites on Ning.

SIG Updates Continued

Coaching SIG

The Coaching SIG meets on the 3rd Wednesday of each month. The most recent call on Job Crafting with Justin Berg is available until March 6, 2009 at:

<http://www.freeconference.com/RecordingDownload.aspx?R=6680816&C=684&E=713095>.

Upcoming calls include the following:

- March 18 at 9:00 am EST- Group Coaching - hosted by Christine Duvivier
- April 15 at 8 pm EST - Evaluating Coaching - Hosted by Margaret Greenberg
- May 20 at 8 pm EST - Positive Psychology and Neuroscience - Hosted by Denise Clegg
- June 17 at 8 pm EST - Nano Tools for Coaches - Hosted by Deb Giffen
- July 21 at 8 pm EST - Positive Community Building and Relationship Skills - Hosted by Sherri Fisher

Email debgiffen@gmail.com. Conference call numbers change due to recording feature and will be announced one week prior. Check Coaching SIG page on NING

Education SIG

The Education SIG is planning to meet regularly on the second Wednesday of each month at 7 pm EST. The recent call with Mark Linkins of the Geelong project is available at:

<http://www.freeconference.com/RecordingDownload.aspx?R=6612167&C=675&E=183730>

Upcoming events include:

- March 11 - Allison Holzer of Yale University will talk about the work she's doing with Mark Brackett on Social-Emotional Learning.
- March 19, 7:30 pm EST - Special Joint Event! Ed SIG and Book Club meet for discussion of movie, Taare Zameen Par.
- Wed., April 8 - Isaac Prilleltensky, PhD, a Community Psychologist from University of Miami will talk to us about how to build positive communities.
- Wed., May 13 - Matthew White, PhD, Director of Positive Education at Geelong Grammar School, will talk to us about next steps for the GGS project.

Emails: sherri@studentflourishing.com, Louis Alloro at louisalloro@mac.com Call numbers will be announced prior. Check Ed SIG page on NING

SIG Updates Continued

Mind-Body SIG (Sports SIG)

The Mind Body SIG is excited to begin monthly calls in March. We will aim to meet during the last full week of every month.

- Please visit <http://www.when2meet.com/?13512-sRwa3> to select times you are available for a call during the last week of March. We expect to record and disseminate our calls for anyone who can't make it.
- We would like for regular SIG calls to highlight a presenter followed by a Q&A session. We are looking for suggestions for both topics and presenters. If you would like to present a topic yourself (or a series of topics) or if you have a recommendation for a professor, colleague, friend, or guru who might be interested, please email Derrick. Don't worry about what does or does not fit under the umbrella of "Mind Body"; we'll take all suggestions now and define our group as we go. We have great potential as a community!

Email Derrick Carpenter '07 derrickc@alum.mit.edu

Possible new SIG??? - Several of us have been tossing around the idea of coordinating a trip to climb Mt. Kilimanjaro, probably for the fall of 2009. It would be a different kind of "MAPP Summit" you might say! Look for a note with more details and asking for interested people! Questions? Email Derrick derrickc@alum.mit.edu

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. The Organization SIG draws on a wide experience base, all linked through a shared education in Applied Positive Psychology (MAPP).

All MAPP students and alumni are invited to participate. If you have an interest in the application of positive psychology to business and organizations, there are many ways to become involved.

Our **call schedule** for the next six months is as follows:

- February 19, 2009, 12 PM EST
- March 19, 2009, 7 PM EST (Movie discussion with Book and Education SIGs.
- April 16, 2009, 12 PM EST (Joint call with Book Club, Making the Impossible Possible: Leading Performance: The Rocky Flats Story)
- May 21, 2009, 7 PM EST
- June 25, 2009, 12 PM EST
- July 16, 2009, 7 PM EST

The dial-in number for the calls is 1-218-936-7979, passcode 622336.

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

Regional Group Updates

The Southern California Positive Psychology Learning Community continues to pioneer a vibrant model of regional group participation. It consists of four MAPP alumni plus four other professionals connected to the field of Positive Psychology. They meet on a monthly basis, rotating through a variety of southern California sites. Contact Karen Garman '07 (kgarman3@earthlink.net)

Their upcoming agenda includes the following:

- February 21, 2009: Meeting in San Diego, Topic: Social Intelligence
- April 18, 2009: Meeting in Los Angeles, Topic: Empathy Interventions

London, UK Regional Group

With an increasing number of MAPP alumni operating in Europe and UK we are seeking to establish ways for us to get to know each other, stay connected, and identify opportunities for collaboration. A first step in making this happen is an alumni dinner on Sunday March 22 in central London. For more information and meeting details, contact Emma Judge (emma@positiveorg.com).

Would you like to head or participate in a MAPP Regional Group?

Contact Class Rep Emma Judge'06 at emma@positiveorg.com.

MAPP INTERNATIONAL!

As our benevolent virus of Positive Psychology spreads round the world, so too are MAPP programs! We have brothers and sisters in the UK and now Mexico! Below, please find some links to further explore our exciting counterparts! (And also note that we now have a UK contingent within our "Regional Groups"!)

MAPP UK-

University of East London's School of Psychology is offering their MSc of Applied Positive Psychology (MAPP). Emma Judge '06 is one of the guest lecturers at the program together with a group of European thought leaders within Positive Psychology. The program which started in February of 2007 is UK's first available degree in the field of Positive Psychology.

For more information please see: <http://www.uel.ac.uk/psychology/programmes/postgraduate/positive-msc.htm>

MAPP Mexico

Universidad Iberoamericana in Mexico City launched the first non-English graduate program in Positive Psychology in November 2008. Both Debbie Swick and James Pawelski were advisers in the creation of the program which runs over 8 months and has a student body consisting of among others psychologists, engineers, nutritionists, business managers and journalists.

For more information please see the December issue of the IPPA newsletter or:

<http://www.diplomados.uia.mx/site/otono08/psicologia-d04.php>

Pulse Point: What is everybody up to???

Class of 2006

Kathryn Britton is co-teaching two courses on positive workplaces at the University of Maryland Project Management School, including independent study students drafting chapters for a textbook. She and Senia Maymin are making Positive Psychology News Daily a globally useful resource. Kathryn is working with a former IBM colleague on a book about effectively managing really large software projects. She's also written a paper, *Building Resilience for Hard Times* for people who are affected by layoffs. Kathryn's blog: <http://theanocoaching.wordpress.com>

Sulynn Choong is gaining credibility as a resource person and sometimes 'authority' on PP, integrating it into HR interventions and positive executive and personal coaching. She runs *Positive Living : Every day is a GOOD day* workshops and shares PP at various professional development conferences, parenting seminars, youth meetings etc. Finally, she's writing for publications, playing "Super-Mum," and being happy and cheerful as always. Wishing all MAPPsters a year of unthinkable possibilities!"

Margaret Greenberg continues to bring Positive Psychology to the executives and teams she coaches through her organizational development practice, The Greenberg Group (www.thegreenberggroup.org). She is co-authoring a book, *Profit From the Positive: What Every Business Leader Needs to Know From the New Science of Positive*

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Psychology, with MAPP 2006 classmate Senia Maymin (visit www.pos-psych.com to read excerpts). Margaret and her husband will be traveling to Costa Rica in March to celebrate two milestones: her 50th birthday and their 25th anniversary.

Nick Hall left Connecticut where he was working in Peter Salovey's lab at Yale, as well as doing academic coaching, for the West Coast! He now lives in Palo Alto, CA and works at Stanford University as the new manager of the Behavioral Lab at the Graduate School of Business. It is the psychology laboratory for the business school, and runs all research for the organizational behavior and behavioral marketing faculty and graduate students.

Sasha Lewis Heinz will take her Doctoral Certification Exam, February 2009 - the last high stakes exam of her academic career! In April, she will be traveling to Nepal and Bhutan with the United Nations Population Foundation to visit health clinics and NGOs. She and her husband, Chris are happy, healthy, and hopefully getting wiser.

Senia Maymin moved out to Stanford in September to start a PhD in organizational behavior (some summaries on senia.com). The three most rewarding positive psychology events of the past half-year have been: 1) working with Kathryn Britton (and now Denise Clegg, Margarita Tarragona, and Timothy So) on PPND , 2)writing "Profit from the Positive" with

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Margaret Greenberg, and 3) working with Kirsten Cronlund on Marty's MAPP 600. She's also thrilled to have started running a study in the lab at Stanford!

Peter Minich is scheduled to publish a book that examines the areas of strengths, power, influence, and positive healthcare environments. He is also starting a one year project that will explore the relationship between signature strengths and leadership skills as physicians are coached through challenging organizational projects. He remains in active surgical practice, and serves as Director of Urology for Cleveland Clinic Canada.

Giselle Nicholson continues to enjoy her work at a boutique strategy consulting firm in Los Angeles, focusing on organizations looking to deepen their social impact. In addition, she has been supporting her family in starting a company in Dubai, and hopes to visit soon. Most recently, Giselle has started working part-time as a health and wellness coach and sincerely loves seeing clients' well-being flourish.

Gloria Park took a new position in June as the Development Director for a nonprofit, working on program research and performance management. She's also finishing up her (near) last semester of coursework for her PhD and serving as assistant instructor for MAPP 702. Gloria has also been working on

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Gloria Park, 2006 continued

contributing a chapter on positive psychology for a new sports psychology handbook, and collaborating on submissions for several professional conferences coming up this year. In between, she's enjoying married life with her new hubby and finally getting settled in a new home.

Gordon Parry's company Aristotle Group (www.aristotlegroup.net), a firm created to leverage human capital in organizations, celebrated its first calendar year in operation. Gordon is partnering with organizations to craft human capital strategies that align to business objectives and develop leaders through coaching. He will complete requirements for certification through the Coaches Training Institute and the International Coach Federation in the second quarter of 2009.

David Pollay's The Law of the Garbage Truck™ (www.bewareofgarbagetrucks.com) continues to attract worldwide attention. The U.S. Veterans Health Administration just signed a license agreement to use it, and mega-church pastor Joel Osteen directly quoted from it on national television. David is working on the publication of his first book, *Beware of Garbage Trucks!*™. His syndicated newspaper column, speaking, and IPPA are keeping him busy. And Dawn, Eliana (6) and Ariela (5) are doing great!

Dave Shearon continues to speak to lawyers and K-12 educators whenever he gets the chance. He is pushing some rather significant regulation changes to Tennessee's MCLE program to open the door wider to positive psychology, including a first-in-the-country accreditation standard for coaching sessions. He is also again teaching leadership applications of positive psychology at the University of Chicago Graduate School of Business. Flourishing Schools is working on a marketing plan and book proposal.

Jordan Silberman is still in med school and probably going into primary care medicine.

Class of 2007

Christine Duvivier says life-after-MAPP gets better and better. She and her family are happier (usually!) -- and so are her clients. She continues working with corporate executives globally on leading positive change. Meanwhile, her capstone project launched a new passion for adolescent learning as she continues her work with parents, teachers, and adolescents. See www.positiveleaders.com for the latest information.

Gregory Quinting's science and technology background are at the foundation of his application of positive psychology at his workplace and in teaching. With a doctorate in chemistry and expertise in magnetic

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resonance, avocations such as screenwriting and endeavors in R&D taught Greg that his passion is in teaching with an emphasis on character strengths and empirical research. Drawing upon recent advances in positive psychology, Greg's focus is on meaningful engagement among people in the technology workplace, their achievements and overall wellbeing.

Lola Rokni is working with Dr. Tal Ben-Shahar at Interdisciplinary Center Herzliya - the only university in the world which requires Positive Psychology as an obligatory course for a BA in Psychology. She is 'TA-ing' the PP course, and also developing a "Positive Interventions" course, which she will lecture next year. After 4 years of living in Boston she has relocated to Israel. Thanks to her studies in MAPP and beyond, she is able to derive more pleasure and meaning in her life there. She looks forward to meeting everybody again.

Marie-Josée Salvas - The big news in Marie-Josée's world lately: she and Rob got engaged! It was on Christmas Day that her beau got down on one knee and presented her with a promise for their future together. Marie-Josée was also recently certified as a Fitness and Nutrition Consultant. Adding the physical dimension to the mental and emotional background acquired through MAPP will help her better serve leaders and enterprises looking to build more energetic, productive and rewarding work environments.



Pulse Point Continued

Class of 2008

Louis Alloro is positively busy these days & loving it. He's teaching a Positive Psychology course at a high school in Manhattan to students identified as Social-Emotional Leaders. A larger project at this school is on a grant with Jenifer Fox (*Your Child's Strengths*, www.thestrengthsmovement.com) to implement a strengths-based culture. He's also working with Flourishing Schools colleagues on a marketing plan and book proposal, heading to California to present 3 workshops at the LA Unified School District. Miss you MAPPmates.

Scott Asalone is busy promoting his new book, *Pathways to Greatness: 77 Inspirational Articles from The Greatness Project 2008* (www.greatinsightspress.com). He is focusing on keynotes talking about achieving greatness and is getting strong interest. He is also developing a workshop with a psychiatrist and psychologist on dealing with fear in the financial markets.

Nikki Bardoulas is continuing her third year at a charter high school in Chicago. This last semester she had the opportunity to teach psychology and loved it. Otherwise, it has clearly been an exciting year to teach social studies and Nikki was lucky enough to be able to attend the Inauguration in January. Finally, she is looking forward to seeing several fellow Mappsters at the IPPA conference in June.

Kirsten Cronlund just got back from Australia where she was helping to facilitate Positive Education trainings with Karen and Marty. She continues with her grad course at Case Western Reserve University in Positive Organizational Design. She is also working as a teaching fellow to Angela Duckworth for her undergrad PP course at Penn. She also very much enjoyed being a TA to Marty for the fall semester of MAPP this year.

Trecia Davis just completed her coaching training with CTI and will begin certification in March. She is staying busy conducting her parenting workshops and practicing positive psychology on her own kids, etc.....

Alan Foster is loving Brooklyn more and more every day. He ran the NY marathon but realized at mile 18 that he didn't have 'Achiever' in his Top 5 strengths so he savored the crowds as he hobbled the rest of the way

Lisa Jacobson is consulting in both human resources and careers and is loving the career work! Her corporate services are focused on outplacement services Recertification as a Senior Professional in Human Resources by the Society of Human Resource Management in 2009 is pending. She is still sassy and more grateful than ever for the whole MAPP experience, especially the friendships bonded!

workplacesolutionstampa.com)

Alicia Luciano and husband, Eddie are eagerly awaiting the birth of their first child. (May be old news by press time!)

Breon Michel is using Positive Psychology as an independent coach and consultant in Dubai. This April, she and colleague, Radhika Punshi, will be co-presenting at the All Arabia Conference, formally introducing PP to psychologists and coaches from various parts of the Middle East. Additionally, Breon is delivering a series of PP workshops to faculty and psychology students at Emirates International Secondary School in Dubai. Finally, Breon is coaching a variety of expatriate families on resilience and well-being, learning how to apply PP across cultures.

Virginia Millar continues to teach Special Education in Atlantic City and is using the stealth approach to bring Positive Psychology into the curriculum! She's enjoyed staying connected with everyone while working on the newsletter. Virginia looks forward to the IPPA Congress in June and spring weather for rowing. (And so far has tix to 2 Springsteen concerts!)

Adam Mussel found a house in Caballo Blanco, Cartago, Costa Rica with room for 4 guests - all are welcome to visit. His trip through Central America was extremely satisfying and he hopes to return to several countries including El Salvador and Guatemala. Adam wants

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Alumni

Penn Master of Applied Positive Psychology

Adam Mussel, 2008 continued

to improve his Spanish, tutor English at the local University, support his beautiful girl friend, and discover organic farming techniques.

Elaine O'Brien is applying Positive Psychology in Exercise and Health Promotion presentations, in her cross-training Dance/Fitness Classes, and in her life. Elaine presented "Breathing Positive Psychology" for the "Introduction to Positive Psychology" course at Brookdale Community College, thus far the only college course in the field in NJ. Elaine has joined the Positive Health: Physical Activity Subcommittee in cooperation with Dr. Steven Blair, University of South Carolina. Elaine was recently ZUMBA certified. She is dedicated to helping people and communities flourish by promoting "positive emotion and meaning in motion."

Lindy O'Brien (www.obrienroof.com) continues as President of her recruiting firm and is also running "The Chicken Store & More", a retail store.

Cathy Parsons, Nursing Practice Consultant/Corporate Facilitator, St. Joseph's Health Care London (Ontario, Canada) recently facilitated workshops on the use of strengths, resiliency, and the creation of positive

emotions. Participants included her staff development team, nurse preceptors and students, hospital foundation staff, and soon will include leaders and staff at the University of Western Ontario.

Suzie Pileggi is busy applying positive psychology to her own life and spreading the message via the media through her various columns. Additionally, she is interested in bringing positive psychology to poverty via the Evershine English School, a sponsorship school that she helped start over ten years ago to address the social development and educational needs of disadvantaged children in the villages of rural Hulahalli, in Bangalore, India. She's off to India next week for three weeks for the dedication of the new school. (www.evershinefoundation.org)

Denise Quinlan has been working with the Penn team at the Positive Education Conference hosted at Geelong Grammar in January 2009. The developments in positive education occurring in Australia are tempting work opportunities as well as research topics for a PhD. Her Irish son [no, not Brian] and daughter [no, not Kristin] are well and waiting for her to come home from Australia with Koalas, digeridoos, and emus.

Nick Ritchey is competing in his first powerlifting meet in the UK this February. This is his first time competing, and if all goes well, he will qualify for the world competition in the under 100kg weight class this year. He is busy with 40+ hours of work, 20+ hours of training per week, and frequent travel around Europe on the weekends. His wife Eunju is learning a lot in her applied linguistics and English language teaching masters program at Kings College (University of London).

Elizabeth Roberds is enjoying her first year of study towards a PhD in school psychology at Ball State University. In addition to working as a graduate assistant, she is currently teaching an undergraduate class in child development and is working on numerous neuropsychology related projects. Elizabeth very much enjoys her classes (especially statistics!) and on a personal note is happy to announce her engagement to Alexander Lemann this past December.

Brian Selander is now the Chief Strategy Officer for the State of Delaware and his friend Governor Jack Markell. Brian recently enjoyed the chance to introduce his Irish mother (no, not Denise) at the Presidential Inaugural Ball to Vice President Biden, who invokes the wisdom of his own Irish mother in many speeches.

What exactly is Pulse Point???

Pulse Point is a system set-up within our organization for collecting updated information from all MAPPsters. Every alumnus belongs to a Pulse Point group of six people that is headed by one representative. That representative reports back to the class coordinators, Trecia Davis for '08 folks, and Giselle Nicholson for '06 & '07 folks. If you do not know who your representative is, these classmates can tell you!

Two types of information will be collected. **First** is information for our updated professional biographies that are placed on the Penn MAPP website once a year. Requests will come to you in order to keep these 'bios' up-to-date. **Second**, we want to hear about the latest developments in your life so that we can include these on the quarterly *MAPP Alumni newsletters*. This is a "class notes" type of update and can include anything you would like to share with your former MAPP classmates and alumni! So thanks to everyone who contributed this time and we hope to hear from the rest of you in future newsletters.

Finally, to make the most of your pulse point experience, consider trying out the activity suggested by Sean Doyle '06 under "News You Can Use"! (Page 16)

Alumni Association Contact Info:

- President: Eleanor Chin, '08 echin@claritypartnerscoaching.com
- Vice President: Louis Alloro, '08 louisalloro@mac.com
- Secretary: Virginia Millar, '08 ginnyum@gmail.com
- Treasurer: Arthur Fullerton, '08 arthurfullerton@arthurfullerton.com
- 07 Reps: Emiliya Zhivotovskaya, emiliyaz@aol.com and Sean Doyle, johnseandoyle@aol.com
- 06 Reps: Kathryn Britton, britton.kathryn@gmail.com and Emma Judge, emma@positiveorg.com
- Pulse Point Coordinators: MAPP '08-Trecia Davis'08 TreciaD@sbcglobal.net; MAPP '07&'06-Giselle Nicholson '06 giselle.nicholson@gmail.com

Newsletter Items - Send to:

- MAPP International - Thomas Atterstam '06 atterstam@yahoo.com
- Positive Happenings/Applications - Elaine O'Brien '08 elainefit4u@aol.com
- Pulse Point Updates - Cathy Parsons '08 srokosz@execulink.com
- SIG/Regional Updates, calendar and other items - Virginia Millar '08 ginnyum@aol.com

News You Can Use

Call for Papers

James Madison University in Virginia has issued the following call for papers on "Power and its Influences"

Conference date: April 2-3, 2009; Abstracts due March 8. <http://www.jmu.edu/forlang/powercall.html>

This is a multi-disciplinary conference and they are very receptive to panel presentations. A group of positive psychologists could provide a fresh and unique perspective on the topic of Power! And it would be fun to have a mini get together and go hiking in the beautiful Shenandoah Valley! (Good training for the Kilimanjaro trip, aye!) If you are interested in doing a panel - Please reach out to Sean JohnSeanDoyle@aol.com Otherwise, definitely feel free to submit your own proposal directly to JMU.

Positive Media Compendium

Cathy Parsons '08 is looking to start a listing/collection of positive media items such as movies, video clips, and music that may be useful in presentations and in teaching Positive Psychology. Many such sources exist - wouldn't it be nice if they were all in one place? Please send your lists, suggestions, and links to Cathy who will work on organizing them into a library section on our web site!

srokosz@execulink.com

Inspirational Pulse Point Activity (Implemented last year by Sean Dolye's Pulse Point Group)

Want to make the most out of your pulse point connections? We collect updates from those who want to contribute every three months, and try to get updates from everyone at least once a year. Go ahead and write your next update now - what information do you want to be sharing in 3 months, 6 months, or in a year? Now share your update with the others in your pulse point group, and help one another achieve those goals. This is an amazing and fun way to both help you reach your goals while enhancing your relations with one another.

Contacting Alumni

Just a reminder about the great email and address list that Kathryn Britton '06 created for us on Google Docs: The list can be edited by each of us as needed to update information. The email address list can easily be copied and pasted by class or for the entire alumni association whenever you need to email the group. Email Kathryn if you need help logging in: britton.kathryn@gmail.com.

Next Newsletter will be issued mid May. Please see alumni contact information (page 15) for where to send specific items. Thank you to Thomas Atterstam '06, Elaine O'Brien '08, and especially Cathy Parsons '08 for corralling all of the Pulse Point items! We are always happy for your contributions and suggestions. See you in May!

Virginia Millar '08 ginyum@aol.com, Editor-in-chief