



May 2008

# MAPP Alumni Newsletter

*Another season, another year, a time to celebrate a new graduating class and a preparation to welcome the next batch of MAPPsters. Wow! The talented, wonderful MAPP family is growing and how! Let's raise a toast to us...to the MAPP hive that is making waves in our own lives and the lives of those we touch...*

*Sandy, Radhika, Aren, Yasmin, Sherri and Gloria*

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## **A note from our MAPP Alumni President: Sandy Lewis**

Hello everyone! We are excited to be able to reach out to you and share so much good news. Margaret Greenberg '06' and I had the pleasure of introducing MAPP.3 to the Alumni Association in March and in the process discovered quite a bit. Through a participatory AI exercise, we learned that some of you felt that you hear from us enough and are making use of the SIGs and other Alumni sponsored programs and others feel that you could use more of us. As you enjoy reading about your peers in this wonderful world of Positive Psychology, think about how we can best serve you and let us know.

*Sandy Lewis, MAPP 07*

## **Fundraising Update**

The MAPP Alumni scholarship fund is growing and we are nearing our goal of 100% participation. For the last 24 month period we have had 54 contributors yielding a grand total of \$7,705 in the fund. If you have not already given, please make your contribution. Remember the MAPP Scholarship Fund will eventually allow people who otherwise would not have the opportunity to attend MAPP to share our experience and spread the message further.

Think of what you have gained from the program when you consider your donation. All amounts are welcome... ***Participation definitely counts more than dollar amount!!***

### Send donations to:

University of Pennsylvania/MAPP Alumni Fund  
C/O Patricia Schindler Scullin, Director of Special Projects  
School of Arts and Science  
3440 Market Street, External Affairs, Suite 300  
Philadelphia, PA 19104

*Questions? Patti loves to hear from us! 215-898-5262*

## **MAPP Reunion**

Our first annual MAPP reunion, slated for August 16<sup>th</sup> and 17<sup>th</sup>, is fast approaching and will be a wonderful opportunity for members of the MAPP hive to connect and re-connect with each other, share ideas, and learn about what others are doing in their life-after-MAPP.

We are looking for your participation in two ways: First, this event will be run by us and for us, and so we need your excitement and energy to bring together a committee with members from each class to craft this event.

If you are unable to serve on the committee, you can help by offering your thoughts on what YOU would like to see happen at this reunion. What kinds of activities would you enjoy? What are some things you are hoping to take away from the reunion?

If you are interested in volunteering or have ideas and suggestions for the reunion, please contact Sandy Lewis at [slewis@ipcg.com](mailto:slewis@ipcg.com) or Aren Cohen at [arencohen@gmail.com](mailto:arencohen@gmail.com).

This is our reunion... Let's work together and make it happen!

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Greetings, Friends! What a flood of good memories comes to mind as we think of communicating with each of you - even if it is only electronically at this point.

We're looking forward to seeing as many of you as can make it at the MAPP Reunion in August. We're also planning an event in October that we would like to invite you to. As large as MAPP is, we have quickly outgrown the Gallup Positive Psychology Summit as a place for all of us to meet each year. Furthermore, after generously welcoming many MAPP students to the Summit over the last three years, Gallup has decided to move in a different direction with their fall meeting and will no longer host the Positive Psychology Summits.

So...what do you say to our creating our own Summit? The annual MAPP Summit? For this next year, we'd like to schedule it for the Third Fall On-Site (October 24-26, 2008). This is still very much in the planning stage, but we're thinking that October 24 could be a day for alumni to meet with each other (SIG meetings, for example) and for current students to have their regular classes. October 25 could be Alumni Day—with a poster session (for presenting Capstones projects), some talks by alumni, and perhaps a keynote address by a positive psychology researcher. October 26 could be a day for alumni to meet informally, or to travel home. We'd love to hear your feedback, thoughts, and suggestions on this.

We are in the thick of hunting for our next class. Applications are up 20% over even last year's record-breaking number. And the overall quality of applicants is very, very strong. So I'm sure we'll be able to find some exciting folks you can help us welcome to the MAPP family next year.

Wishing you much pleasure, engagement, and meaning,

*James and Debbie*

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## **Business SIG**

The Business SIG continues to meet and discuss relevant topics. This last few months we've had sessions on *Job Recrafting*, *Assessment of Strengths*, *Employee Engagement and Meaning and Purpose in Work*. Our next session is on Thursday 1st May and we'll be talking about *Resilience in Organisations and Leadership*. The calls are about sharing experiences, using the expertise in the group and exploring issues that we don't know the answers to. In our last call we were very excited to be joined by some of our MAPP 3 Colleagues - it's great to have an injection of fresh perspectives and experiences for us 'oldies'! In the next call we will be reviewing how the SIG works to ensure that it meets everyone's needs and agreeing on some new topics. If you'd like to join the circulation list please email [emma@positiveorg.com](mailto:emma@positiveorg.com).

## **Education SIG**

Do you have a special interest in applying Positive Psychology to the world of education? Sherri Fisher invites you to plan topics, moderate meetings and help determine a new time to reconvene. An informal meeting to set our direction for Fall 2008 is set for the first Thursday in September at 7:30 pm ET. Whether you are new to the field or a veteran, come share and learn with this group. If you would like to participate, please contact [sherri@studentflourishing.com](mailto:sherri@studentflourishing.com)

# **Special Interest Groups**

## **Mind-Body SIG**

The MAPP Mind-Body Connection SIG's first conference call occurred on 3/19/08. Sean Doyle, Derrick Carpenter and Ted Hubbard participated. This SIG possesses both academic and applied elements. Potential discussion topics include *motivation, fitness goals, habit, mind-body interventions, targeted dissemination of somatic PP, injury, spirituality, aging, expectations/thresholds, and meditation/reflection*. The SIG will also serve as an accountability mechanism for participants to motivate each other with specific monthly goal setting and follow up. A marathon (w/ shorter distance options) event for all MAPP students and alumni and running club was also proposed. For the next call, Ted and Derek will present some of the prevailing sports psychology theories, and look at their relationship to PP. E-mail [ted@supportinc.com](mailto:ted@supportinc.com) if interested.

## Positive Psychotherapy SIG

The Positive Psychotherapy SIG has been recently set up for those interested in the world of the Positive in Therapy. Interests in the area include the area of Strengths and Virtues, Positive Emotions, Happiness, Meaning-the good life-the Pleasant life and even more areas. The idea would be to explore and discuss the areas from a practical and academic approach. Yasmin is a Psychotherapist living and working in London. Please contact Yasmin to work on developing a programme in the area. It is suggested that we meet once a month and keep in contact via emails and a website link which will be set up. This is a new and developing area. Please contact Yasmin at; [yasminheadley@hotmail.com](mailto:yasminheadley@hotmail.com) Many do not realise that Psyche means 'soul' and Therapy comes from the Greek 'therapeutikos' which means inclined to serve, to attend, to look after and to care. The mission of this SIG is to explore how to serve and attend the soul of ourselves and others in the world.

## Coaching SIG

If you are a coach...or want to become a coach...or use coaching in any of your other ventures, you're joyfully invited to join the new MAPP Coaching SIG. We're bringing together a like-minded community of folks to share Positive Psychology ideas, insights and tools that we can use in our coaching practices.

This special interest group will meet via conference call on the fourth Wednesday of each month from 8:00-9:00 PM EST (New York time). Here are a few thoughts on what we might cover: *Positive Psychology Toolkits* (Sharing specific PP tools or positive interventions we can use with our clients), *Knowledge Bank* (Discussion of a book, article, paper or blog that has practical, usable coaching insights), *Guest Speakers* (Discussions with coaches who take a positive approach), *Live Case Roundtable* (SIG members can bring a coaching challenge with a current coaching client to the group for insights and suggestions)

I'm sure you'll have other ideas too, so please send them along. If you'd like to be on the MAPP Coaching SIG email list, please send me a message at [debcoach12@aol.com](mailto:debcoach12@aol.com) giving me your name, phone number and the area(s) of coaching you're interested in (business coaching, life coaching, executive coaching, etc.).

I'd also be happy to share the leadership of this SIG, so if anyone would like to co-lead with me please virtually raise your hand.

# Special Interest Groups

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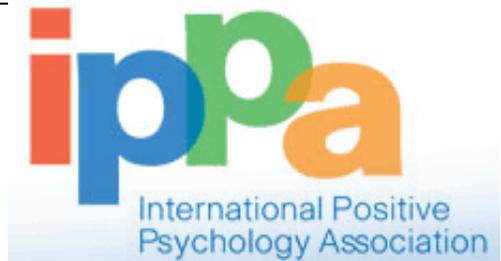
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## **IPPA**

We are delighted to report that the new International Positive Psychology Association (IPPA) is up and going strong. Officially launched in the fall of 2007, we already have an astounding 2300 members from 60 countries! If you haven't already signed up, be sure to do so soon, so you will be all ready to participate in the first IPPA research teleconference call on May 16 with Marty Seligman!

Also, be sure to save the date for the First World Congress of Positive Psychology, which will be held in Philadelphia June 18-21, 2009. Debbie and I are already planning a special MAPP reunion event during that time! We expect that IPPA will provide some of you with significant leadership opportunities and all of you with lots of networking possibilities with people from around the world. Soon, we may have to change the name of MAPP to GLOBE!

*James and Debbie*



**Dana Arakawa '06'**

Dana is enjoying being at home in Hawaii and relaxing before starting a year abroad in Argentina, beginning in August. She loved living in Peru last October-December, studying Spanish and volunteering, and had a great time backpacking in India with her fellow MAPP classmates in January. She's looking forward to seeing Yukie in Japan in early April, and going back to Philly in May for her brother's graduation from college. Otherwise, she's happy at home hanging out with her family and friends, in between temp jobs.

**David Pollay '06'**

David sends greetings from Florida! He just finished writing his book based on The Law of the Garbage Truck. David's No Garbage Trucks! Pledge has now been translated into over 50 languages (you can see the pledge at [www.bewareofgarbagetrucks.com](http://www.bewareofgarbagetrucks.com)). His syndicated column, television program, and workshops are going well. And David is excited that IPPA is pulling together the international Positive Psychology community. Dawn, Eliana (5), Ariela (4) are doing great. David sends his best to all the alumni and MAPP .3!

**Sulynn Choong '06'**

Sulynn works as a positive change consultant/coach integrating applications of positive psychology into HR by designing positive interventions that build people, enable organizations, and enrich lives - while being a fulltime mum to 11 year-old EJ. She also teaches PP to adult education groups as well as makes presentations and writes media articles on applications of PP, through the aegis of ACAPP which she founded post-MAPP. Sulynn is currently working towards becoming a professionally certified coach and partners with Kathryn Britton in taking their capstone research to the next level - ie studying how the exercise of a character strengths might be modified by psychological type. Sulynn's 2008 resolutions focus on finding balance between mind, body and soul pursuits. To add color to her life, Sulynn volunteers her project management and IT skills to support the organizing of Kuala Lumpur International Masterclass 2008 and other musical concerts, and contributes to PPND as regularly as she can manage.

**Nick Hall '06'**

Nick is excited about his new role as a research assistant at Yale. He has the opportunity to work on a variety of psychology studies, particularly concerning emotional intelligence, and he'll have the opportunity to start studies of his own. His academic coaching business in Greenwich, CT is going well. He is currently looking to expand his business, either through partnering with a local entrepreneur or hiring employees. He is also in the process of finding grant funding for several research projects he thinks are promising.

**Sherri Fisher '06'**

Sherri is taking Positive Psychology to school. She recently presented three workshops at Los Angeles Unified School District's "Ripples of Gratitude" conference: *What's on Your Playlist?* (optimism and resilience), *Using Your Powers for Good* (VIA Strengths with a journaling tool), and *Active Constructive Responding: Relationship Building Through Positive Event Discussions*. (Dave Shearon was there, too.) She is also developing an AI approach scaled down for families and individuals who are involved in the special education process. Did you know that dogs are great for pleasure, engagement and meaning? At home, Sherri is raising a beautiful Golden Retriever puppy, Clare, who is now 5 months old.

**Sasha Heinz '06'**

Sasha is a doctoral student in Developmental Psychology at Teachers College, Columbia University. She also works as a graduate research fellow at Columbia's National Center for Children and Families ([www.policyforchildren.org](http://www.policyforchildren.org)), a policy relevant research institute. Sasha is currently working on a research report for National Association for the Education of Young Children (NAEYC) and is writing an article for publication with her advisor Jeanne Brooks-Gunn, PhD. Apart from her work at Columbia, Sasha launched the Hudson Street Salon in October of 2007. The Hudson Street Salon provides a forum for young women to thoughtfully engage with leaders in politics, the arts, the environmental movement, health and wellness industry, social advocacy, and academia. She has been honored to host Mariel Hemingway and Cecil Richards as her most recent guest speakers ([www.hudsonstreetsalon.org](http://www.hudsonstreetsalon.org)). Sasha also serves on the national board for Planned Parenthood Federation of America.

**Gloria Park '06'**

First and most exciting, Gloria is engaged and will be getting married on October 4, 2008 in Italy! She has been busy dividing her time between her doctoral studies and researching the physiological and psychological benefits of expressive writing interventions with the Social and Behavioral Health Interventions lab at Temple. Recently, she was hired as the Director of Development for the Greater Philadelphia Federation of Settlements, where she will be developing positive psychology training programs for youth workers and creating youth development programs through sport and physical activity.

**Joanne Cavanaugh '07'**

Joanne is still working for GlaxoSmithKline and is looking forward to a meeting with the Regional Vice President to present her capstone project. Additionally, she has opened a coaching and consulting business, Positive Pursuits, LLC. Joanne is currently doing general coaching and coaching for individuals with ADHD. She is also almost midway through the process of being certified as a coach through Mentor Coach. She looks forward to the summer reunion.

**Margaret Greenberg '06'**

Margaret continues to bring Positive Psychology, in particular strengths-based leadership, to the executives and teams she coaches through her organizational development practice. In April The Greenberg Group celebrates 11 years in business – a milestone of sorts for someone who never worked anywhere for more than 5 years! As a member of the International Coaching Federation she also generated enthusiasm for PP by offering a workshop (“The Intersection of PP& Coaching”) for members of the Connecticut Chapter. She and fellow MAPPsters SeniaMaymin, David Pollay, and Doug Turner also appeared on the Sirius radio show, “Be Happy Dammit!”, sharing how they’re applying PP to the businesses they serve. She is most excited about collaborating on a book with Senia on practical business applications of PP. Margaret loves staying connected with Penn by serving on the Admissions Committee for the next generation of MAPPsters, as well as by facilitating a MAPP Alumni visioning session with the current class. On the family front, her eldest just graduated from George Washington University and relies on mom for free coaching sessions to help discover what’s next for her. Margaret and her other daughter spent spring break together skiing in Vermont. Margaret and her husband are counting down the days until their boat goes in the water.

**Diana Stratigakis '06'**

Diana continues to enjoy her busy schedule as a health and wellness coach for Whole Health in Boston. Currently, she is designing the website for her personal coaching and training business, which should be up and running by May. She’s had several people express interest in her services, so she’s excited and eager to have some official clients soon.

**Peter Minich '06'**

Peter is enjoying his new position as “expert advisor to the Canadian Medical Association”. In this position he will design and deliver leadership curriculum to doctors around the world. Peter is also doing some basic research in positive physician engagement. Finally, a position to bring MAPP into healthcare!

**Caroline Miller '06'**

Caroline spent some time on the Delaware shores, finishing the book, “Creating Your Best Life: The Ultimate Life List Guide” for Sterling Publishing. It’s been announced as the lead title for Barnes & Noble for January 2009, and will cover all aspects of how to accomplish your goals while also tying in the science of Positive Psychology (her capstone!). Caroline’s contributing author, Dr. Michael B. Frisch, the founder of Quality of Life Therapy, is responsible for about 10% of the writing. She has another book coming out in the fall, “I’m Still Caroline,” which will include her year at Penn in it. That website is: [www.imstillcaroline.com](http://www.imstillcaroline.com). Caroline is still on XM Radio’s Channel 155 with her Positive Tip of the Day, and continues to have a flourishing coaching practice.

**Jen Hausmann '06'**

Jen is still working for David’s Bridal and living in the suburbs of Philadelphia. She has just recently returned from a trip to Hawaii and is enjoying teaching her son, Jonah, how to play tennis.

**Jordan Silberman '06'**

Jordan is currently enjoying the challenges of getting through med school. This summer he will be doing research with Carol Kauffman.

**Aren Cohen '07'**

Aren Cohen is living in New York actively working on building her tutoring practice and getting a signed contract for her book on the positive psychology of Fathers and Daughters, a continuation of her capstone. She is actively using positive psychology with her students on a daily basis to get them to achieve their best possible selves.

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### Giselle Nicholson '06'

Giselle continues to love the challenge of her role as Analyst for a strategic consulting firm in Los Angeles that specializes in helping clients pursue a double bottom line to realize their goals of lasting social change. She has also just started taking a few business courses at UCLA in accounting and entrepreneurship, and is active in the Anderson School of Management's Net Impact chapter. Through the power of the MAPP network Giselle has re-energized her efforts to gain funding for her microfinance research, which is a continuation of her MAPP capstone. Lastly, Giselle is proud to be a founding member of the Southern California Positive Psychology Learning Community and is excited to be a part of the MAPP Admissions Committee -- she can't wait to meet future MAPPsters!

### Sarah Campbell '07'

Sarah moved to Washington DC in September and lives in a cozy studio in Dupont Circle. She is working as an Organization Development and Training Consultant with a management consulting firm called TATC Consulting. She loves her job since she gets to develop training courses on positive psychology concepts such as resilience and leadership. She also works with organizations to help them become more efficient and positive. Sarah recently traveled to India with a few MAPP friends to attend Radhika's wedding and had an amazing time. All in all, she couldn't be happier, and she sends her love to all.

### Derrick Carpenter '07'

Despite sharing a tent too many nights on the West Coast bike trip, Derrick found a new apartment with Jason Zellner '07 in Center City Philadelphia. After attending Radhika Punshi's '07 wedding and exploring crazy India for a month with Dana Arakawa '06 and Giselle Nicholson '06, Derrick has accepted a position with Dan Lyons as General Manager for Team Concepts Inc. where he eventually hopes to build his own adventure-based seminars teaching the value of interpersonal connection and meaning. He is also working with a local non-profit on research and a book about trust and connection in leadership.

### Dave Shearon '06'

In January, Dave helped facilitate Resilience and Positive Psychology training for 130 teachers and administrators at Geelong Grammar School in Geelong, Australia. In February, Dave made three presentations (strengths, mindsets, and "Should Schools Teach Happiness") at the Ripples of Gratitude conference for the Los Angeles Unified School District. He also facilitated a retreat and did staff development around strengths for the American Board of Certification. The first week in April Dave will be in an Emotional Intelligence training program that will certify him to use the MSCEIT. Throughout April and early May, he'll be leading a set of Advanced Leadership classes at the Graduate School of Business, University of Chicago, on behalf of Reflective Learning. Additionally, he's part of the last of a series of 4 workshops for Penn's Study Councils for school superintendents. The second week in June Dave will be back at Culver Academy with his colleagues in Flourishing Schools, John Yeager and Sherri Fisher, for another Broadening and Building workshop with more of the school's faculty. Dave is also continuing to speak almost every month at continuing legal events throughout Tennessee.

### Sean Doyle '07'

Since finishing MAPP, Sean has been exploring numerous ways to integrate positive psychology into law firms and corporations. Within his company, he lead appreciative inquiry-inspired workshops and wrote an employee engagement survey that received over 12,000 responses. He is currently working with his CEO on corporate change strategies to address items confirmed by the survey. He has also been in communication with a law school about teaching a course on "Lawyers and Well-Being." With the support of many MAPP friends, Sean is actively writing poetry again, with several pieces inspired by his trip to Radhika's wedding in India.

### Christine Duvivier '07'

Christine went to Australia on the GGS project. She had a wonderful experience! She is starting two AI projects: a company and a hospital group. She is enjoying using PP in strategy project, meetings, and executive coaching! Post-capstone, Christine was asked to give talks, workshops, and even coaching to parents on the beauty in "The Bottom 80" (kids not at the top of their classes) and myths of education that affect all students. She is now speaking more to groups and having a great time doing so! She loved seeing MAPPsters in Boston and connecting with others in the ether.

<p><u><a href="#">Helene Finizio '07'</a></u></p> <p>Helene Finizio, MAPP, is a Project Manager for Dr. Martin Seligman at the Positive Psychology Center. She is currently working on projects concerning psychological energy, physical health, the integration of neuroscientific measurements, and meditation as a non-invasive health aid. She has been acting as an international spokeswoman for the Master's of Applied Positive Psychology. Recently, she was a guest scholar for the Medici Conference, 2007. She is currently a member of the Institute of Spirituality and the Mind, and works as a meditation coach for individuals and groups. Miss Finizio is a member of the Directorate for the International Positive Psychology Association.</p>	<p><u><a href="#">Karen Garman '07'</a></u></p> <p>Karen Garman, MAPP'07, has combined positive emotion studies and heart rate variability/autonomic nervous systems to design a series of positive psychology coaching workshops that use trained horses as facilitators of immediate positive feedback. Horses are able to read body language, human energy flow, and emotional tones and accurately mirror them. This immediate innovative feedback, along with the VIA, improves participants' self-confidence and awareness. The UCSD School of Medicine has approved Karen to teach a new elective called "Skills in Relationship-based Care" demonstrating these concepts, and she is currently co-authoring a book called "Horse Sense and Human Strengths" that will document the entire coaching process.</p>	<p><u><a href="#">Deb Giffen '07'</a></u></p> <p>Deb reports that "Life is so good!" Professionally, she is designing 2 new leadership development programs at Wharton that bring Positive Psychology to executives. <i>Positive Leadership</i> includes Gallup research and shows leaders how to leverage their own strengths, as well as the strengths of their teams and organizations. <i>High-Potential Leaders</i> helps fast-track execs build a positive foundation—and Tal Ben-Shahar is teaching in the program! P2 is also deeply engrained in Deb's personal coaching practice, and she is incredibly fortunate to belong to two MAPP MasterMind groups where she get lots of loving encouragement to use P2 in her life every day.</p>
<p><u><a href="#">Yasmin Headley '07'</a></u></p> <p>Yasmin has recently moved to West London and set up her Positive Psychotherapy and Coaching practice. She is dedicated to spreading the practice of Positive Psychology to others and incorporates it daily into her Psychotherapy, Coaching and Workshop life. What is fun, what is joy? How can we move to a place of fulfillment and peace. These and more are the questions Yasmin is always looking to help her clients explore. Yasmin welcomes connections with others who are also interested in integrating it into their lives; <a href="mailto:yheadley@integrative.com">yheadley@integrative.com</a></p>	<p><u><a href="#">Ted Hubbard '07'</a></u></p> <p>Ted Hubbard continues as Director of Behavioral Services for Support, Incorporated working with developmentally disabled. He is coaching 7 coworkers there and facilitated a hugely successful Appreciative Inquiry Summit in February. Ted is developing a department within his company which will outsource positive psychology services in coaching, team building, and adventure-based programming. He is heavily involved in various church activities, teaching on prophetic evangelism. Over the last few months, Ted's family enjoyed skiing, basketball, soccer and wife Cristina ran the Carlsbad 5000 and San Diego Half-Marathon. Ted will start a private coaching practice this spring.</p>	<p><u><a href="#">Sandy Lewis '07'</a></u></p> <p>Still enjoying her year as alumni president, Sandy has been spreading the tenets of PP as a consultant and HR Director at an Intellectual Property strategy firm; offering services to fortune 500 companies related to Human Capital Innovation using Strengths, AI and positive engagement tools. She has also been keynoting to groups on similar topics. Sandy is honored to have spearheaded a non-profit turnaround by applying optimism, hope and ACR to a previously failing agency. Still trying to wend her way around the research world, Sandy is also starting her Capstone pilot with incarcerated adolescents this spring.</p>

**Rob Mack '07'**

Rob is currently building his coaching & speaking business. He's also shopping a book and television show with executive producer Vanessa Williams.

**Jason Zellner '07'**

Jason and Derrick returned to Philadelphia after their awesome bike trip from Canada to Mexico. They continued the journey by getting an apartment together. Jason has been working odd jobs and is currently working in a restaurant. He is also exploring other professional options. All in all, he says "life is good".

**Bob Szybist '07'**

Bob Szybist self reports to be "chewing on tin foil and writing romance novels" in addition to teaching and working with non-profits to implement positive psychology in their organizations. He is working with the MAPP.3 cohort for their 702 project to develop a strength plan for kids. Additionally, he is slowly trying to establish himself as a media conglomerate.

**Morgan McCarthy '07'**

Morgan is in her third year at Google and loves her new role on the Learning & Development Team. Google has been adding some great extra-curricular courses, including Emotional Intelligence and 1:1 coaching sessions... such a great corporate environment for positive psychology! Morgan's most recent project is piloting the Resilience Online program for salespeople, due to launch in May. Other than that, NYC is treating Morgan very well, and she's looking forward to spring and summer in the Big Apple [morgan8@gmail.com](mailto:morgan8@gmail.com)

**Carmella Miller '07'**

Post Capstone, Carmella spent the balance of 2007 moving, practicing resilience daily in getting her house ready to sell and selling it in a tight market. She is still savoring a very proud moment; her daughter's college graduation in December 2007. Professionally during 2007, Carmella incorporated a few mini appreciative inquiry sessions at the department level and is currently working with the management team on a coaching project. 2008 has brought new opportunities as Bio-Imaging recently acquired a local organization adding 130 employees to the mix. Carmella's focus will now turn to incorporating some positive psychology tools to ensure a successful integration.

**Leslie Pitner '07'**

Leslie has been busy introducing Positive Psychology to the world of dentistry. She has given a seminar to residents at UNC and spoken to many dental groups about the psychology of the smile and application of positive psychology to orthodontic practice. She is finally putting the finishing touches on her book proposal (working title is *Smile: The Story Behind Your Big, White Grin*) and getting it out to agents (and would appreciate any connections you might have to offer!).  
  
500 Capitol Place, Columbia, SC 29205 and phone is 919-414-4589

**Emiliya Zhivotovskaya '07'**

Emiliya started a company (Flourish, Inc.) for her speaking and coaching work ([www.emiliya.com](http://www.emiliya.com)). She teaches yoga and will soon deliver workshops for schools on using yoga in the classroom. She is working on two products; one PP and one yoga related. Her naturopathic doctorate work is on hold while developing her business. She is currently being coached in Jack Canfield's Coaching program. She participated in the PP training in Australia and has plans to do more Penn Resilience Program stuff this year. She is also dabbling with some modeling and actor work.

**Karen Zong '07'**

Karen has had a bright start to the year of the Rat with family and friends. Professionally, she spends weekdays in Beijing and weekends in Hong Kong. She does not feel any major changes in being a newlywed, however, she is told to wait until she has a baby.... She'll ask Anthony Deluca for tips. She was promoted at Microsoft/Morgan Stanley, now responsible for the People & Organization Capability division for the Greater China region. One of her new-year resolutions is to introduce concept of well-being and positive living, starting with an employee forum on "Finding happiness, strength and meaning".

**Kaori Uno '07'**

Kaori Uno was recently back in Japan for 3 months, and from Japan she made a trip to China and India. In Hong Kong, she met Karen Zong, who kindly came to see her despite her busy schedule. Without angelic Karen, Kaori couldn't even reach an ATM machine to continue her trip because she forgot to bring cash along with her for the very first time in her life. In India, Kaori enjoyed celebrating Radhika's wedding with Sean, Derrick, Sarah, Dana, Diana, Giselle, Joanna and her husband, Tim. Kaori feels great that she could include 9 MAPPsters for her pulse point this time.

**Joanna Thompson '07'**

Post MAPP, I have indulged my love of travel and been down under, to India and to NY, thereby reconnecting with various Mappsters; the gifts of MAPP are many, but none beats the alumni. I have been employing resilience on a daily basis in the torrid financial markets and have felt equipped to mentor both colleagues and clients through unprecedented volatility. I remain hopeful that I will be able to present a Positive Psychology workshop at Credit Suisse, but, as they say in markets, timing is everything. I am now returning my attention to Executive coaching – my MAPP launch pad.

**Yee-Ming Tan '07'**

Since graduation, Ming has been catching up on corporate consulting and coaching work, having some small successes in introducing concepts like resilience, strengths-based approach, etc., to business executives. Another great piece of news is that the second set of RippleCards will be launched in April. This set connects individuals with other people (meaning!) by learning how to bring out the best in other people. As to play, she went Luang Prabang in Laos Christmas last year. It is a great place for savoring, practicing gratitude and the good life through great food. E-mail her to see pictures.

**Stig Soloy '07'**

Stig is running and restructuring his father's property development and capital management company. His father has retired and Stig has moved him to Oslo where he could be closer to family. The company's transition has been busy. Stig looks forward to focusing more on positive, personal development and spiritual development once things are settled. In the mean time, Stig is attending many personal growth seminars. He is signed up for the Anthony Robbins Mastery University and will be attending a spiritual retreat in Norway.

**Julie Snyder '07'**

Julie spent the last year working with Lance Secretan and The Secretan Center as a faculty member and leadership coach. This opportunity allowed her to practice the underpinnings of Positive Psychology to transform the culture of a financial services organization through the delivery of leadership retreats and group coaching sessions. She is developing her business, Leadership Beyond Limits, LLC with a new partner, Tom Rausch. The focus of the business is to transform corporate cultures through a process that capitalizes on Positive Psychology, Appreciative Inquiry and Cultural Transformation Tools©. Julie recently completed Case Western Reserve's Appreciative Inquiry Foundations course.

**Gail Schneider '07'**

Gail has been involved with a number of different activities since graduating from MAPP. She is working with an agent on the book proposal for her memoir, tentatively titled: "I'm Outta Here: Walking Away from the Corner Office to Save My Soul." She was a part of the positive psychology team that facilitated the training at Geelong Grammar School in January. After the training, she traveled through New Zealand with her husband and visited classmates, Yee Ming Tan and Karen Zong, in Hong Kong. Gail is also currently partnering with Marty Seligman on two significant proposals for companies that want to integrate positive psychology into their corporate culture.

**Marie-Josée Salvat '07'**

Marie-Josée has been a real world traveler recently! In January, she was a facilitator for the Geelong Grammar School training in Australia where she discovered absolutely beautiful people, landscapes and food! In February, duty called from Southern France where she consults for a XIIIth century castle being turned into a well-being center for executives. On top of spa treatments, the castle will offer positive psychology seminars designed and taught by Marie-Josée. In March, she met with the second generation of our London peers as a guest lecturer to the UK MAPP program. She is now designing her website, soon to be available on [www.myoptimaliving.com](http://www.myoptimaliving.com).

### Lola Rokni '07'

Lola is assimilating what she has learned in the past year, by reading and applying it to her daily life. While working at a software company, she looks for opportunities to apply her Positive Psychology knowledge everywhere: She coaches a friend, and she has given a presentation for job seekers and more. She and her family plan to go back to Israel in the near future, and she is in the process of figuring out what she can do there that will take advantage of her Positive Psychology education.

### Greg Quinting '07'

Greg presented his "Nobel Strengths" capstone poster at the Society for Research in Adult Development symposium, March 23 in New York. The results drew a lot of interest and comments, which will help in refining the manuscript for publication. Greg plans to give a workshop on script writing that will approach character development from a "character strengths" perspective. Also for fun, as understudy he played Scrooge in a community theater production of "A Christmas Carol" last December. Finally, in business, Greg invested \$10k in a portfolio of positive workplaces listed among the Fortune "100 Best Companies to Work For."

Note: New Email Address:  
[greg.quinting@gmail.com](mailto:greg.quinting@gmail.com) .

### Radhika Punshi '07'

Radhika is back to life-as-usual after getting married to Santi in January. She is thrilled with her new life and was ecstatic to reunite with so many MAPPsters at her wedding. Post MAPP, she has been consulting with Hewitt Dubai, and leads the UAE market. Radhika is developing an AI approach towards Hewitt's engagement & culture consulting practice and will be training in Bangkok next month. Radhika is also co-writing a positive psychology book with her professor from Delhi, the working title for which is "Learning to be Happy". She is also very excited to be an integral part of IPPA.

Thank you pulse point coordinators, for collecting all these wonderful updates! Savor this amazing and talented group of MAPP Alumni! We hope anyone who didn't give us an update this month will send one in next time!

'06' Giselle, Emma, Kathryn, Dana and Sulynn  
'07' Joanne, Sean, Elizabeth, Lola and Emiliya

[A special thanks to Giselle and Joanne for coordinating and editing this section.](#)

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## Calendar of Events

 online access

 meeting

 presentation

 conference call

 email submission

### Upcoming Events

☎ IPPA research teleconference call on May 15<sup>th</sup> (EST) and 16<sup>th</sup> (Melbourne time) with Marty Seligman! Join IPPA at <http://www.ippanetwork.org/>

☎ “State of the Union” MAPP Alumni Call with Marty Seligman, July (Date & Time TBD)

 Fourth European Conference on Positive Psychology, 1 to 4 July, 2008, Croatia

<http://www.pospsy.ffri.hr/index.htm>

 Third Iberoamerican Conference on Positive Psychology, Buenos Aires, Argentina, August 1-2, 2008

[http://www.palermo.edu/cienciassociales/psicologia/eventos/Tercer\\_Encuentro\\_Iber\\_Psico\\_Positiva.html](http://www.palermo.edu/cienciassociales/psicologia/eventos/Tercer_Encuentro_Iber_Psico_Positiva.html)

 MAPP Reunion, Philadelphia August 16-17, 2008

 First World Congress of Positive Psychology, Philadelphia June 18-21, 2009

### Recent Events

Germany Positive Science Conference, Frankfurt, Germany, April 4-5, 2008

<http://www.glueckskonferenz.org/>

Australia Positive Psychology and Well-Being Conference, Sydney, Australia, April 5-6, 2008

<http://www.psych.usyd.edu.au/coach/pp2008/pp2008.htm>

Science of Happiness and Well Being Conference, April 16-17, 2008, Singapore

<http://www.simply-happy.com/>

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