

Time	What's Happening	Where
8:30-9:00am	Registration, morning beverages, MAPPster hugs, and transitioning into the main room	Reception Hall (2 <sup>nd</sup> Floor of The Study Hotel)
9:00-9:30am	Table introductions: sharing your positive psychology story	The Salon
9:00-9:50am	Kickoff the day: structure, schedule, and intentions	The Salon
9:50-10:50am	<p><b>General Session: FeteTalks</b></p> <p><b>From Chaos to Clarity: Positive Interventions at Work</b> <i>Sandy Lewis</i></p> <p>Since graduating in 2007, Sandy Lewis has seen MAPPsters struggle with how to apply their newfound knowledge and turn theoretical principles into practical application. We graduate with most of what we need to put positive psychology into the world, and it does not have to be hard or complicated. Join Sandy as she shares a case study illustrating how she used some basics from our MAPP training to deeply impact a global organization in transition.</p> <p><b>Pilgrimages as a Positive Intervention</b> <i>Joan Mooney</i></p> <p>Moral exemplars in history - ordinary people doing extraordinary deeds - can inspire today's activists to act even more altruistically and reduce enmity in civic engagement. Retreat-like journeys called pilgrimages can be a powerful means to understand one another and provide inspiration for nonviolent social impact. Joan Mooney has conducted these experiences for national and international leaders, including members of the U.S. Congress, and will share how they act as a positive intervention with significant scale.</p> <p><b>The World Needs New Heroes</b> <i>Adam Burgoon</i></p> <p>A career investor for 18+ years, Adam has sat in 400+ board meetings and attended thousands of management meetings. He came to MAPP with the stated mission to "create scalable environments that bring out the best in humankind (and mitigate the worst)." Three years into that mission, he has</p>	The Salon

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	<p>been forced to ask himself some tough questions. Are we playing big enough? What (and who) are we really supporting with our work?</p>	
<p>10:50-11:00am</p>	<p>BREAK</p>	
<p>11:00am-12:00pm</p>	<p><b>General Session: Fete Talks</b></p> <p><b>Feeling good does not mean we're doing good: Using positive psychology for impact</b> <i>Sid Efromovich</i></p> <p>With looming climate change, growing inequality, and a number of other global challenges, more people are interested in how they can do good, MAPPsters included. In this talk, Sid Efromovich will share the cognitive biases that interfere with our potential to do good and a simple framework we can use to assess the possible impact of a specific cause area. Importantly, Sid will share ideas on how positive psychology can be used to drive rigorous impact on a global scale.</p> <p><b>Using Policy as a Platform for the Greater Good</b> <i>Elizabeth Weight</i></p> <p>Our environments are a major factor in our well-being. Governments have a lot of influence in shaping the environments in which we live, channeling billions of dollars into efforts that could enhance, or detract from, our quality of life. Elizabeth Weight is a senior staff member at the Utah Department of Transportation and will share how Utah is using quality of life measures to direct policy and how this applies to you as a citizen and MAPPster.</p> <p><b>Are Your Thriving at Work?</b> <i>Michelle McQuaid</i></p> <p>In its simplest form wellbeing has been defined as our ability to feel good and function effectively. But how do we help workers, teams and organizations pull this off practically in increasingly demanding, complex, and uncertain work environments? Based on research conducted using the PERMAH Workplace Survey with Dr. Peggy Kern in the US, Australia, and Dubai together Michelle McQuaid will explore how workplace wellbeing is shaped by both thriving and struggle, how the PERMAH pillars can help guide our wellbeing choices, and why measuring our success by upward trending workplace wellbeing scores can unintentionally harm the very people we want to help.</p>	

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12:00-12:10pm	<b><i>A word from our platinum sponsor: The Flourishing Center</i></b>	The Salon
12:10-1:10pm	Lunch	Reception Hall
1:10-1:30pm	Reconnect before afternoon sessions <b><i>A word from our platinum sponsor: Positive Voices</i></b>	The Salon
1:30-1:45pm	Transition time to breakout 1	
1:45-2:45pm	<b>Breakouts Sessions 1:</b>	
	<p><b>How to Land a Good-fit Agent AND Big-name Publisher [Breakout]</b>  <i>Led by Margaret Greenberg</i>            In this interactive workshop Margaret H. Greenberg (MAPP 1), executive coach and co-author of <i>Profit from the Positive</i> will share how she and Senia Maymin (MAPP 1) found their agent and landed a contract with one of the world's top ten publishers. You will learn: the advantages and disadvantages of trade vs. self-publishing, how to find an agent that is right for you, what you need to build even before seeking an agent and publisher, and how to bounce-back from rejection... (well, you probably already know this from MAPP!) Come with your questions!</p>	Drafting
	<p><b>Cooking Up Community: Ingredients, Tools and Experiences for a Whole-Community Approach to Well-Being [Co-Creation]</b>  <i>Led by Sherri Fisher</i>            What can happen when you go beyond the individual, step outside of the boardroom, classroom, and hospital room into a wider community or even a whole city? What are the opportunities, challenges and dangers? What is being measured in some early-stage projects (maybe yours)? What levers have overcome inertia and led to change? Bring your curiosity, ingredients, experiences, tools and enthusiasm to this facilitated session where we'll share your hunger and recipes for applying positive psychology in communities.</p>	Studio 1
	<p><b>Creating Psychological Safety in 45 Minutes or Less [Breakout]</b>  <i>Led by Kathryn Wessling</i></p>	Studio 2

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	<p>According to Harvard researcher, Amy Edmondson, and the empirical data from thousands of teams, psychological safety is the number one factor in team performance. In this workshop, led by design thinker and former Wharton professor, Kathryn Wessling, you will experientially learn how to establish psychological safety within a team quickly and effectively. By the end of the workshop, you will be able to instantly apply this simple and profound tool within your positive psychology domain.</p>	
	<p><b>Positive Psychology in Education [Co-creation]</b> <i>Led by Shira Levy</i></p> <p>This session will bring together educators, administrators, parents, grandparents, education policy makers, and PosEd stakeholders, to identify the ways that current MAPPsters are implementing Positive Education. Success stories and lessons learned will be shared among the group. Popular and helpful online PosEd resources will be shared and ideas for continued spread of positive education will be generated.</p>	Studio 3
	<p><b>Positive Psychology at Scale in Legal Education: What Will it Take?</b> <i>Led by Lisle Baker</i></p> <p>How can we scale positive psychology in legal education to reach an entire student body in a meaningful way, including enlisting faculty and staff with no background in the area? These questions may include two dimensions: what is most important for law students to learn in the first, second and third years of Law School, and how best can we help them learn it? In this session, we will discuss these questions and seek specific ways to answer them. For some background, see <i>Integrating Positive Psychology into Legal Education</i>, <a href="https://www.swlaw.edu/sites/default/files/2019-08/5%20Baker_Final.pdf">https://www.swlaw.edu/sites/default/files/2019-08/5%20Baker_Final.pdf</a></p>	The Salon
2:45-3:00pm	Reflection and transition	
3:00-4:00pm	<b>Breakout Sessions 2:</b>	
	<p><b>What is the Value Proposition for Positive Psychology: Solution Selling into Corporations [Co-creation]</b> <i>Led by Sharon Danzger and Mary Beth Rettger</i></p> <p>In this session, the group will identify positive psychology topics that address key issues facing companies, including: diversity and inclusion, burnout, change management, and leadership development. Companies want to hear how you can help them solve their problems: groups will</p>	Drafting

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	brainstorm ideas and create value propositions. You will leave with an elevator pitch you can use to effectively position your offerings as solutions.	
	<p><b>Positive Psychology interventions as catalysts to reach the most people with the best interventions [Co-creation]</b>  <i>Led by Lisa Honig Buksbaum and Lara Kallander</i>            If you're committed to sharing the latest Positive Interventions with children and adults grappling with serious illness and challenges, please join Lisa and Lara in an interactive, fast-moving session exploring current and up and coming Positive Psychology tools to support populations dealing with serious illness. Come ready to share interventions that you've used in your practice and your life. Together we'll collaborate to transform the lives of thousands of ill children and their families, and adults grappling with setbacks and challenges.</p>	Studio 1
	<p><b>Negative News, Positive News, and Well-Being [Breakout]</b>  <i>Led by Henry Edwards</i>            Have you noticed that there's a lot of negative news on TV, in the papers, and on your smartphone? Henry Edwards (MAPP.12) will lead an interactive workshop and discussion where participants analyze the negative news industry and examine the burgeoning positive news industry. We'll learn about how we can change our media diet and take in more wholesome positive news offerings. Henry will use examples from his new book <i>The Daily Better: 365 Reasons for Optimism</i> to demonstrate how we can get a positive daily dose of good news to improve our well-being.</p>	Studio 2
	<p><b>Integrating Contemplative Practices into Work and Education [Breakout]</b>  <i>Led by Carin Zinter</i>            Contemplative practices are done with the intention of cultivating awareness and wisdom, and fostering communion and connection. The primary objective of this session is to craft novel positive psychology inspired interventions through the use of contemplative practices in any domain of work. In this hands-on session, we will explore how to effectively and responsibly integrate contemplative practices into our work and educational spaces. Attendees will walk away with the start of a project in which they can embed a contemplative practice.</p>	Studio 3
	<b>What the Heck is Positive Psychotherapy Anyway? [Co-creation]</b>	The Salon

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	<p><i>Led by Helene Moore</i></p> <p>Positive psychotherapy is a therapeutic approach that is based on the principles of positive psychology. As quoted in Rashid and Seligman's Positive Psychotherapy Manual (2019), it is the clinical or therapeutic branch of positive psychology that focuses on "building-what's-strong" to supplement the traditional "fixing-what's-wrong" approach. Let's get together to discuss the 15-week program that has been laid out and see how we can make it our own.</p>	
4:00-4:15pm	Transition back to main room	
4:15-4:30pm	<p>Energy Breather</p> <p><i>Led by Elaine O'Brien</i></p>	The Salon
4:30-5:00pm	Reflections, commitment to action, and closing	The Salon
5:00-7:00pm	Happy hour and book fair	Reception Hall