



Update from the MAPP Alumni Association Board

By Lisa Sansom, MAPP '10

September is like the start of a new year for me. Since I grew up in Canada, September means back to school. It is also the start of a new year for the newest class of MAPP students. Can you believe this year will be MAPP.9? The program has certainly come a long way since its inception.

And so has the MAPP Alumni Association. We are now over 300 members, with the graduation of MAPP.8. We span the entire planet. We span an incredible diversity of professions and positive psychology applications. We are definitely increasing the tonnage of well-being in the world.

Virtual Assistant

At this time, I'd like to introduce Sandra Harris, our new Virtual Assistant. Your MAPP Alumni Association Board has so many projects on the go that we felt it was beneficial to use some of our funds to hire a VA to support the work of the Board. While Sandra was initially hired to help us run our webinar series, she has many skills and strengths that we will be drawing on for other projects.

Events

September is also the time that we get ready for two big events in the MAPP Alumni Association year: the Fete / Summit and Elections.

You probably already know a great deal about the Fete. Marsha Snyder has graciously offered to head up committee organizing this year's Fete— our second ever — and she is supported by an amazing team. I've been honoured to be able to tap into some of their early planning, and I know that it's going to be an amazing day. In case you've missed the date, save Friday October 25th and plan on being at the Sheraton hotel near the U. Penn campus to link up with your MAPP colleagues and learn lots!

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A New Name with purpose

The MAPP Alumni Newsletter is now *The MAPP Alumni Magazine*. The name change is to draw a distinction with the *News Brief* that also comes from Penn MAPP Alumni Association.

A further purpose in adopting the new name with word "Magazine" is to reflect the different aims of the two publications: The Magazine gives alumni the opportunity for in-depth, relatively comprehensive coverage and commentary on Applied Positive Psychology, while the News Brief offers rapid communication of events and generally the more time-sensitive news with impact on MAPP alumni.

With the two publications objectives I hope clear, I then turn to the purpose and theme of this particular issue: They are a call for proposals and articles.

This issue has the call for proposals for the Fete next month, so it is also a call for articles that report in the next edition of the Magazine on the Fete as well as the MAPP Summit that follows. I look forward to articles on the presentations, posters, even the informal social gatherings including photographs. Consider the alumni who may not be able to attend, who would still get a sense of connection with their fellow classmates as they read your reports and see your photographs.

The impetus to write articles about the Fete and Summit I hope will lead to alumni sending articles for publication in the Magazine throughout the year. As editor, I am open to a wide range of topics, but especially articles that help your fellow alumni as they seize opportunities to build and apply their knowledge and skills in applied positive psychology.

Sincerely,

Greg

greg.quinting@gmail.com

Reminder:

Class Notes

Please tell your fellow alumni what you are doing lately that may be newsworthy with perhaps a three-sentence update for the next edition of the Alumni Magazine.

Update ... (continued)

Saturday October 26th and Sunday October 27th will be the MAPP Summit, and our first opportunity to get to meet some of the new MAPP class. Hope to see everyone there!

Elections

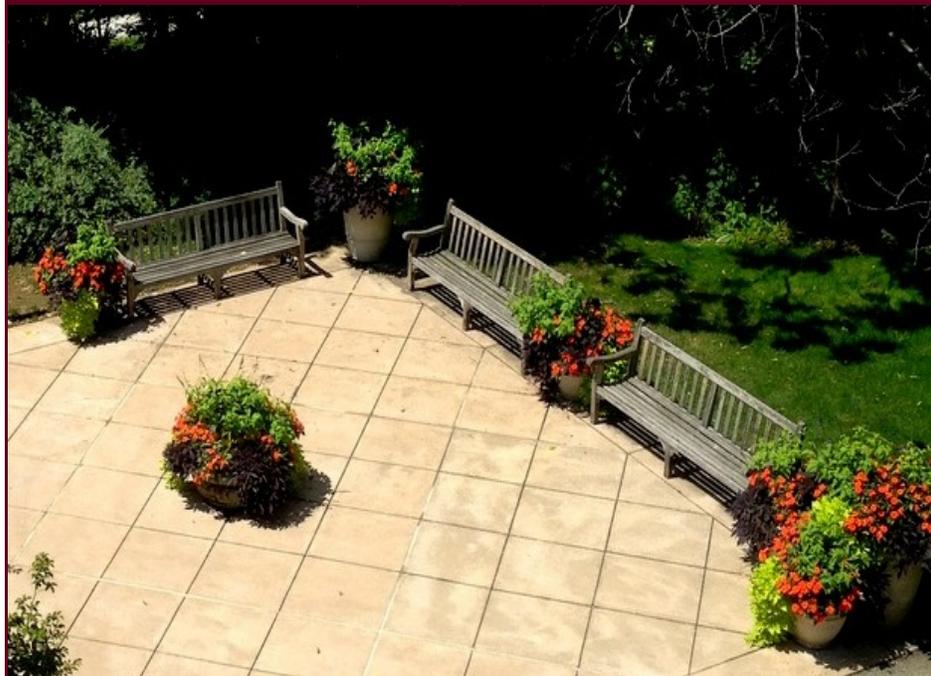
Finally, the term of office for members of the MAPP Alumni Association Board typically starts at the Summit, and so this means that we are looking for new members of the Board. Some of our current Board members have served out their term, and we thank them for their time, energy, efforts and care. Being a member of the Board – as a Class Representative or as an Officer – is enormously rewarding. MAPPsters are truly the best people in the world – sharing, dynamic, personable, thoughtful, generous, and the list goes on and on and on. Volunteering on the Board is a great way to get to know MAPP alumni across the years, and have a strong voice in the direction of the Association.

If you are interested in serving on the Board for the 2013-2014 year, please let a current Board member (like your Class Representative or me) know. And please keep an eye out for your invitation to vote in the upcoming elections.

And if being part of the Board isn't quite your style, but you have other ideas for activities or events that you'd like to see happen, please let us know! With more people coming on to the Board, and our fabulous VA Sandra, we're better-equipped than ever to make exciting things happen!



A Powerful Idea



Our closest friends are the family we **choose** to have.

Sean Doyle, MAPP '07 offered the powerful idea that the *Magazine* have a regular feature where alumni could offer words of support to those among us who may be facing tough times. As we all know, one among the attributes that sets positive psychology apart from positive thinking and other similar notions, is our recognition that life is not without its negatives. We undergo loss, rejection, pain and sadness, yet we know a full awareness of the positives in life brings us strength as we face the negatives. The negatives also make the positives all the more fulfilling. As Sean suggested, our now 300+ member association would offer words of support and encouragement if given the opportunity. The *Magazine* may be your chance with its recurring *Healing Words* section. Just a few words from each person among our many friends can mean a lot to one of our fellow alumni who may be suffering.

- The MAPP Alumni Assoc. Magazine Editorial Staff



Healing Words G. Quinting

All of us who knew Chris Peterson – either as a friend, colleague or teacher – suffered a great loss at his passing last year. I sought to begin my healing by attending his memorial service last October at the University of Michigan, Ann Arbor where Prof. Peterson taught and did research since 1986.

Here are a few healing words of remembrance and gratitude that people wrote on a public poster board outside the auditorium where the service was held:

Chris,

You were always a kind and amusing office neighbor. I will miss saying good night to you as you leave. It was lovely to get to know you this past summer and your legacy will live on and inspire others. - anon.

You always have, and you always will inspire me. Thank you my mentor. Thank you my friend. - Eric.

Your impact on both my research and my being is un-quantifiable. Every interaction with you inspired me in one way or another. I will always remember you, and the tremendous amounts of kindness and humor you brought into my life. Thank you for everything. - in mourning and celebration of your life. - Philip.

There is not enough paper in the world to write you the gratitude letter you deserve. Your legacy will, at the very least, live on through us, forever your students. - Love & Gratitude, Kate.

Also on the poster was a clipping with the first paragraph of an article Chris wrote in 2010:

Were I to believe in reincarnation, I would hope to do my next cycle as a squirrel on the main campus of the University of Michigan, Ann Arbor. In terms of quality of life, this would be a step up for me, no doubt, so I better get busy accruing good deeds, just in case dreams really do come true. -- **The Good Life: Positive Psychology and What Makes Life Worth Living.** *Psychology Today*, Dec. 1, 2010.



+IMPACT

Are you making an impact? Share with us!

Join us for the **2nd Annual MAPP Alumni Fete on Friday, October 25, 2013** at the Sheraton Hotel, University City. This year's fete will explore how MAPP alumni have harnessed positive psychology to make an impact!

The all-day event includes presentations, workshops, special interest networking opportunities, a continental breakfast, snacks, and energy breaks.

Register:

Registration for the Fete and Summit are separate: \$40 for supporting Members and \$60 for Basic Members and guests. Register for the Fete [here](#).

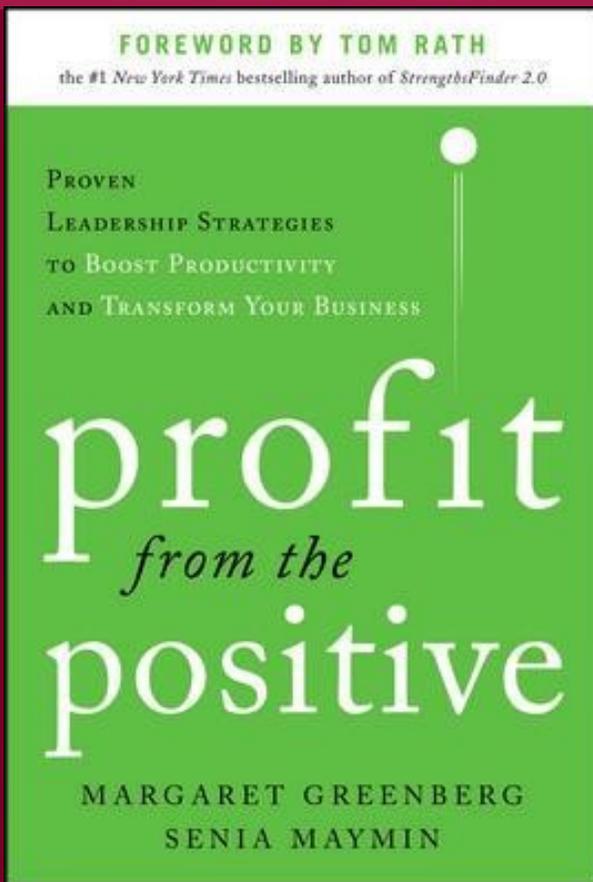
Book Your Hotel:

The following discounted rates have been established for alumni from Thursday, October 24 through Sunday, October 27: Sheraton University City, \$139/night, secure the Sheraton discount rate [here](#). Homewood Suites, \$129/night, call 215-382-1111 for reservation.

Submit Your Proposal:

If you would like to lead a workshop or symposium, give a short class, or present a poster, please see our [Call For Proposals Here](#) and on **page 6**.

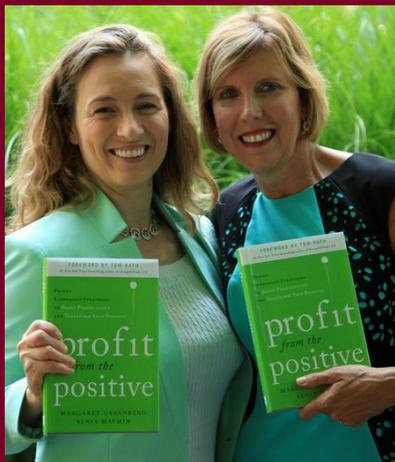
For more information: please contact Marsha Snyder at marsha@creatingpositivehealth.com



NEW BOOK

A PRODUCTIVE COLLABORATION

As Margaret and Senia got past rumination over rejection the two found their unique voice and continued to write a business leadership book with a distinct point of view.



Just eight years ago, the month of August was spent devouring books including *Authentic Happiness*, *Learned Optimism*, and *Aging Well*, to prepare us for Immersion Week. We knew that MAPP was the first graduate program in the world for studying excellence in individuals and organizations. What we didn't know is that while the research was fresh off the press, there was not always a clear answer to the question of how to apply this research.

Over the last eight years we have been applying what we learned with our coaching clients and their teams at businesses large and small. A desire to share what was working in the business world with a much broader audience prompted us to write a book. Fast forward to August 2013. Our five-year collaboration has finally resulted in our book being published: *Profit from the Positive: Proven Leadership Strategies to Boost Productivity and Transform Your Business* (McGraw-Hill, Professional Division).

Here's what Margaret had to say about the experience: "Although I had published a dozen or so articles, I knew nothing about writing a book. I took the sage advice of my dear friend and author, Gina, who said, 'Just start writing and keep writing until you find your voice.' Senia and I wrote. And wrote. Then we had an opportunity to show our material to someone in the publishing industry who told us, 'thanks, but no thanks,' informing us that the material had already been covered in other positive psychology books. Rather than ruminating over the rejection (OK, we did for a little bit), we realized that he was right – the positive psychology slant had been covered before. But we were not aiming to write a positive psychology book. We were aiming to write a business leadership book. That was a nice AHA moment."

Here's what Senia had to say about the experience: "It has been the most productive, step-by-step, and enjoyable collaboration that I could have imagined. We were both working at the time we wrote the book, Margaret in Connecticut and me in California. The book went through three different structural changes. How did we keep moving the book forward? We met every Friday by phone and took on tasks between the phone calls – sometimes these were lighter tasks and sometimes they were writes and rewrites of entire chapters. As long as we kept taking action between the calls, we felt that the project was moving in the right direction."

To learn more about how we decided to write PFTP and what advice we'd give to other authors, please visit our website www.ProfitFromThePositive.com and click on "Dear Profit."



CALL FOR PROPOSALS

Second Annual MAPP Alumni Fete

University City Sheraton

3549 Chestnut St., Philadelphia, PA 19104

Friday, October 25, 2013

POSITIVE IMPACT

How are you making a difference?

DEADLINE: To be considered, all proposals must be received in electronic form by the Fete Committee on or before **Sunday September 15, 2013 at noon EDT**. Please submit all proposals to the following email address: **MAPPfete2013@gmail.com**.

Please, no snail mail or phone proposals.

SUBMISSION DETAILS: All proposals will include the following:

- Your name
- MAPP graduation year
- Biography – about 150 words
- Mode of delivery: Presentation, Workshop, Poster, Symposium, Energy Break
- Topic
- Abstract for your proposal that includes a) *how* you're applying positive psychology, and b) what *impact* it is having (and/or what impact you expect it to have in the future).
- Audio/Visual requirements, if any. (Please note, we are trying to keep our A/V costs low to keep registration fees low)

SELECTION: We will have only three rooms at our Fete venue this year. Consequently, we can only host a limited number of presentations, workshops, etc. We readily acknowledge that many excellent proposals may have to wait for future events. No later than September 20th, the Committee will announce which proposals have been selected for presentation at the Fete in October. All decisions are final.

(continued page 7.)

(Call for Proposals (continued ...))

OPTIONS:

1. **Poster.** A visual display of your research or project. The purpose of a poster is to

- Illustrate your project to a viewer while you're there
- Explain your work when you're not there
- Make people want to read your paper or hear more about your project

It is typically printed at 48 x 36 inches. For more information and examples, see [PPND](#) or <http://mappalum.org/Fete2013>.

You may present a poster at the Fete on Friday and/or at the Summit, Saturday evening. For recent MAPP grads, the poster may present summaries of capstones. If you wish to present a poster, please indicate which day(s) you prefer.

2. **Symposia** are 70-minute (total time) presentations by 3-5 individuals who address a common theme or topic in positive psychology practice. At least fifteen minutes should be reserved for questions and discussion. We will give preference to symposia that highlight collaboration among people from different professional backgrounds and/or cultures. Please note: the number of symposia sessions is severely limited by time and space.

3. **Presentations** are 15 to 30 minute lectures with or without visual aids. Presenters should include at least five minutes for questions and discussion.

4. **Workshops** are 30 to 60-minute medium-sized group (30 or fewer participants) interactive sessions led by one or two people.

5. The **Energy Break** is intended to allow participants to stretch and/or elevate the heart rate and may be led by one or more individuals. Ten minutes will be allotted for an energy break (followed by additional time for other break necessities).



The MAPP Alumni Association Welcomes its New Virtual Assistant: Sandra Harris

Lover of literal truth and peace on the planet... let it begin with me.

Sandra Harris is MAPP Alumni's new Virtual Assistant. She lives in Gibsons, BC, Canada. She will be assisting MAPP with webinar events and other projects determined by the Board.

She is also mother, grandmother, sister, friend, advocate, activist, animal lover, amateur photographer and more.

Sandra is self-employed: Virtual assistant/webinar coordinator and moderator. She is also a facilitator for 'The Work of Byron Katie'.

Some of Sandra's skills include:

- ◆ Internet & social media Savvy
- ◆ Strong organizational/administrative skills
- ◆ Ability to work on multiple projects in a fast paced, deadline driven, ever changing environment
- ◆ Excellent oral and written communication skills
- ◆ Strong customer service attitude
- ◆ Mature, professional, highly motivated, energetic and resourceful
- ◆ Demonstrated ability to work independently and be a team player
- ◆ Negotiation and problem resolution skills
- ◆ Ability to deal with confidential/sensitive information
- ◆ Incredible interpersonal communication skills
- ◆ Displays a positive attitude, attention to detail and the maturity to handle confidential matters with discretion
- ◆ High level of Integrity
- ◆ Confident
- ◆ Keynote speaker



Class Notes

Updates from your fellow MAPP alumni, a new regular feature for the newsletter. Let your classmates know what you have been doing lately, especially with applications of positive psychology and any events or endeavors in general.

Since the release of the book *Smarts and Stamina: The Busy Person's Guide to Optimal Health and Performance* in 2011, authors Kathryn Britton and Marie-Josée Shaar have designed an accompanying online program to help participants adopt and maintain healthier sleep, food, mood, and exercise habits. Participants enjoyed the self-paced format as well as the support of friendly fellow health-seekers.

After enrolling many participants, Kathryn and Marie-Josée realized that the program also responds to the needs of other coaches:

- Reaching a wider audience, such as clients with tight schedules or those that enjoy group interactions or those that like to work online or those who don't have the budget for multiple one-on-one sessions.
- Building a revenue stream that is not dependent on scheduling more hours
- Focusing on delivering the program rather than on developing a research-based curriculum

This realization opened up a new phase of collaboration: licensing the program to other wellness coaches and professionals. Kathryn and Marie-Josée are very excited about this new venture, and would welcome your help in spreading the word. If you know of anyone who might be a good fit, feel free to email mj@SmartsAndStamina.com, and you will be eligible for an affiliate fee for the referral.