

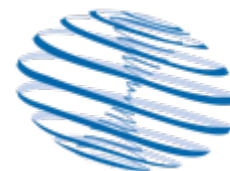
embodied
POSITIVE PSYCHOLOGY
SUMMIT

April
26-29
2016



Embodiment is Wholeness

Megan McDonough



embodied
POSITIVE PSYCHOLOGY
SUMMIT



em•bod•y

be an expression of or

give a tangible

or visible form to

(an idea, quality, or feeling)



Perspective creates great art, and it creates a great life.



What are you practicing?
Why is it important to you?

Body
scan

Mindfulness
Meaning



What did you notice?
How did it affect you?

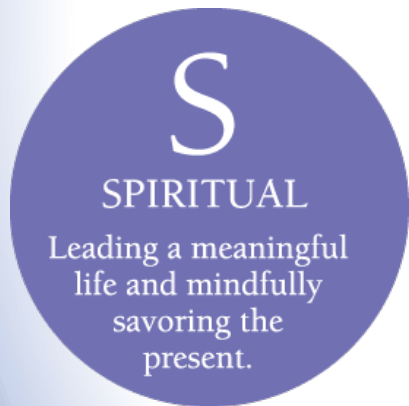
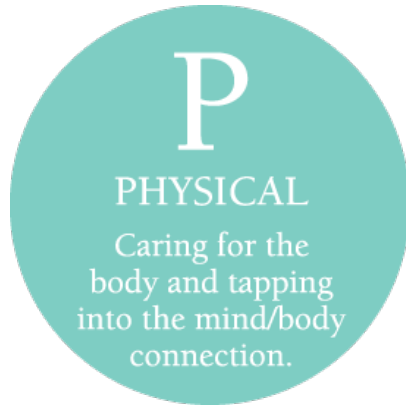
Caring
Body/mind

S

SPIRITUAL

Leading a meaningful
life and mindfully
savoring the
present.

What's it like trusting someone to "have your back"?



Connection

P

PHYSICAL

Caring for the body and tapping into the mind/body connection.

R

RELATIONAL

Nurturing a constructive relationship with self and others.

S

SPIRITUAL

Leading a meaningful life and mindfully savoring the present.

E

EMOTIONAL

Feeling all emotions, reaching towards resilience and optimism.

All are valid
Reach for highest

I

INTELLECTUAL

Engaging in
deep learning
and opening to
experience.

P

PHYSICAL

Caring for the
body and tapping
into the mind/body
connection.

R

RELATIONAL

Nurturing a
constructive
relationship with self
and others.

Dive deeper

Radically receptive

What one calls to you?

S

SPIRITUAL

Leading a meaningful
life and mindfully
savoring the
present.

E

EMOTIONAL

Feeling all emotions,
reaching towards
resilience and
optimism.

Your inSPIREd life is...

S

SPIRITUAL

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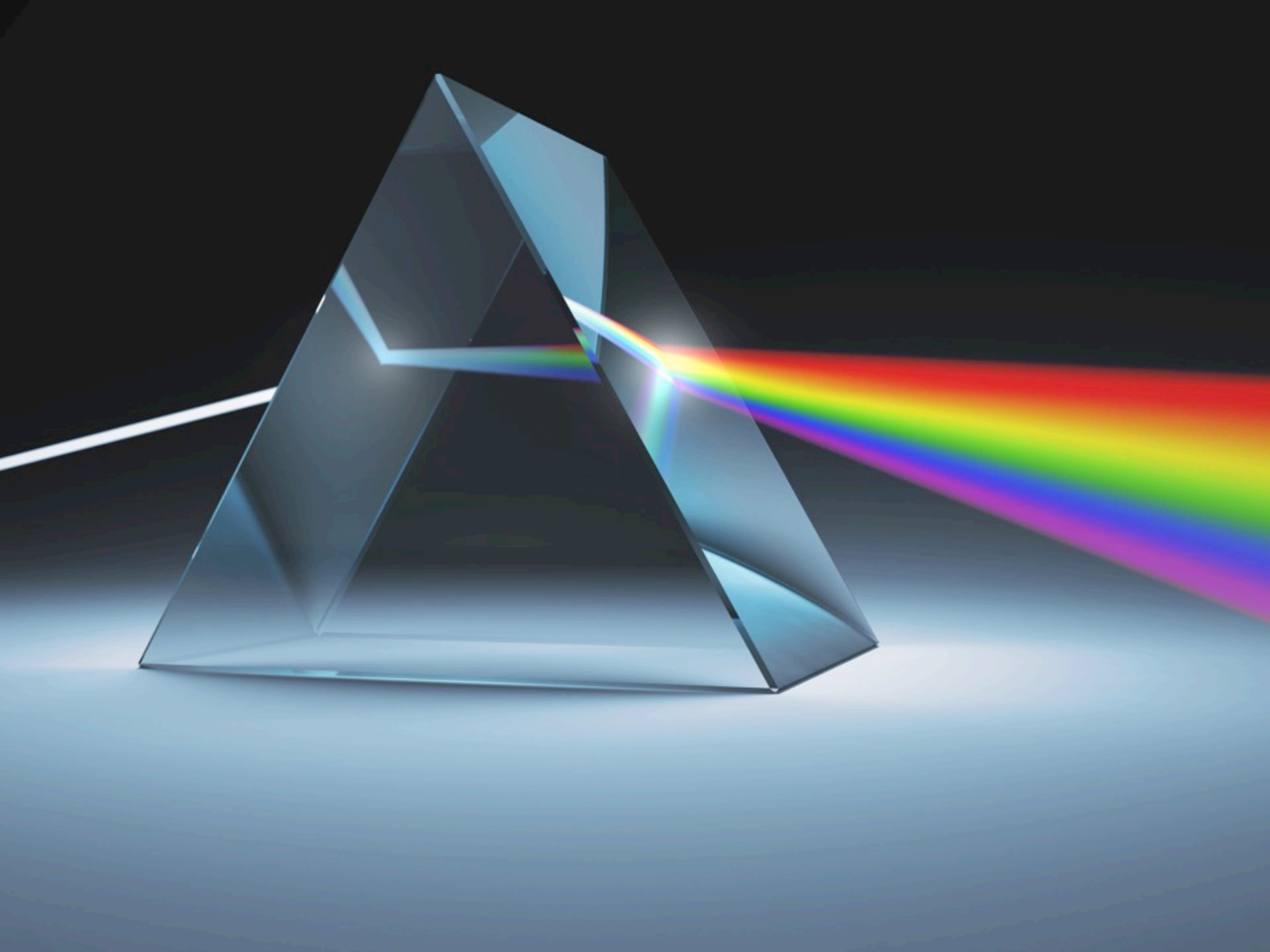
Nurturing a constructive relationship with self and others.

E

EMOTIONAL

Feeling all emotions, reaching towards resilience and optimism.

integrated
inclusive of the canvas
whole.





Perspective is a practice.

Practice a perspective.

(pick a color, white is wholebeing)

Personal example: connected

S

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Remind
to
re-mind.



Ideal and the real.

Great and grounded.

Roots and wings.

Let's be the renaissance thinkers and doers of this millennium.



Connect and
share...what
perspective
are you
practicing?

