



embodied
POSITIVE PSYCHOLOGY
SUMMIT

May 01

through

May 04

2017

Positive Psychology is the science of human flourishing—and it's a full-body experience.

wholebeinginstitute.com/ep2



Welcome!

What brings you here? What are you hoping to gain, give, or grow into? Our deepest dreams and highest aspirations come alive through connecting—with ourselves, each other, and the world around us. That's what this Summit is all about: connection.

And love is the mechanism of connection.

Love is a misunderstood word, for the most part. It's seen as something lofty, exclusionary, and special. This Summit aims to simplify love, making it practical and pervasive in everyday life.

Love is not something that happens **to** us; it happens **through** us. Love is not something we find; it's something we foster. It's not an individual endeavor; it's a shared experience.

Our shared experience this week seeks to create a nourishing ecosystem in which connections can flourish. In doing so, may we open to positive possibilities, individually and collectively.

I'm excited to be here with you.



Much love,

A handwritten signature in black ink that reads "Megan". The signature is fluid and cursive.

Megan McDonough
CEO, Wholebeing Institute



Sunday

morning, afternoon, and evening



2:00 pm–7:00 pm

Check-in (Master Class)*

4:15 pm–5:45 pm

Kripalu Yoga

5:30 pm–7:00 pm

Dinner

7:30 pm–9:00 pm

Master Class 1

The Effort and Ease of Goal Attainment

Opening Night: Maria Sirois

Master Class 2

Questions for Answers: Writing Toward Clarity

Joan Borysenko

Monday

morning, afternoon, and evening



6:30 am–8:30 am

Kripalu Yoga, Meditation & Breakfast

8:30 am–11:30 am

Master Class 1

The Effort and Ease of Goal Attainment

Caroline Miller

Master Class 2

Questions for Answers: Writing Toward Clarity

Joan Borysenko

11:30 am–1:30 pm

Lunch

1:30 pm–3:30 pm

Master Class 1

The Effort and Ease of Goal Attainment

Caroline Miller

Master Class 2

Questions for Answers: Writing Toward Clarity

Joan Borysenko

4:00 pm–6:00 pm

CiPP Alumni Gathering

4:15 pm–5:45 pm

Kripalu Yoga

5:30 pm–7:00 pm

Dinner

7:30 pm–9:00 pm

Welcome

Cultivating a Growth Heartset

Megan McDonough

Tuesday

morning and afternoon

May
02

- 6:30 am–8:30 am** **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–9:00 am** **Music/Meditation**
Megha Nancy Buttenheim
- 9:00 am–10:00 am** **Keynote 1**
Seeing and Being Seen: The Virtue of Love
Neal Mayerson
- 10:15 am–11:30 am** *Love Your Life: How to Get Happier with Meaningful Goals & Grit*
Caroline Miller
- 10:15 am–11:30 am** *Schools as Agents of Love: Fostering a Sense of Wholeness in Students and Teachers*
Alan Brown
- 10:15 am–11:30 am** *Move2Love, Thriving and Soaring*
Elaine O'Brien & Lisa Buksbaum
- 11:30 am–1:30 pm** **Lunch**
- 12:00 pm–1:00 pm** **Let Your Yoga Dance®**
Megha Nancy Buttenheim
- 12:00 pm–1:00 pm** **Meals with Mentors**
Mindful Eating
Jim McNerney
Seizing Mentoring Moments
Phoebe Atkinson
A How-To Conversation for Positive Psychology in Schools
Alan Brown
- 1:15 pm–2:15 pm** **Keynote 2**
Love's Biological Impact: The Cutting Edge of Mind-Body Medicine
Joan Borysenko
- 2:30 pm–3:45 pm** *Love & Work: Creating a Path to a Career You'll Love*
Lynda Wallace

See board for room assignments.

*Master Class registration includes all three sessions over two days, totalling 6.5 hours of deep learning time.

Tuesday

afternoon and evening

May
02

2:30 pm–3:45 pm

*From Me to You: The Ripple Effect
of Positive Psychology Learning*

Catherine Flavin & Karen Whelan-Berry

2:30 pm–3:45 pm

*Stepping Out of Your Comfort Zone: Connection &
Courage for Positive Action*

Stephen Redmon & Mina Simhai

4:15 pm–5:45 pm

Kripalu Yoga

5:30 pm–7:00 pm

Dinner

6:00 pm–7:00 pm

Book Signing and Peer Presentations

*The Happier Classroom: Bringing Character Strengths
to Elementary School Teachers*

Fiona Trembath

*The Art of Happiness: Using Collage to Map Your
Five Key Elements of Well-Being,*

Kathleen Lovenbury

*Love and Character Strengths: Expanding the
Capacity for Love*

Boriana Zaneva

7:30 pm–9:30 pm

Keynote 3

*Heart Intelligence—Connecting with the Intuitive
Guidance of the Heart*

Howard Martin

Experiencing the Heart's Intelligence

Megha Nancy Buttenheim

S

SPIRITUAL

Leading a meaningful
life and mindfully
savoring the
present.

P

PHYSICAL

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

I

INTELLECTUAL

Engaging in
deep learning
and opening to
experience.

R

RELATIONAL

Nurturing a
constructive
relationship with self
and others.

E

EMOTIONAL

Feeling all emotions,
reaching towards
resilience and
positivity.

Wednesday

morning and afternoon

May
03

- 6:30 am–8:30 am** **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–8:45 am** **Music/Meditation**
Megha Nancy Buttenheim
- 8:45 am–9:00 am** **Community Connector Award Presentation**
Megan McDonough & Phoebe Atkinson
- 9:00 am–10:00 am** **Keynote 4**
Why Friendship Matters: The Role of Deep Friendship in Optimal States
Stephen Cope
- 10:15 am–11:30 am** *Authentic Strengths: Positive Psychology Coaching to Maximize Resilience & Well-Being*
Fatima Doman
- 10:15 am–11:30 am** *Rooted & Winged: Integrating Intention and Best Self*
Karen Whelan-Berry
- 10:15 am–11:30 am** *Love in the Community: Opening the Happiness Toolbox*
Gwendolyn Hampton VanSant & JV Hampton VanSant
- 11:30 am–1:30 pm** **Lunch**
- 12:00 pm–1:00 pm** **Kripalu Yoga Dance**
- 12:00 pm–1:00 pm** **Meals with Mentors**
Bringing Positive Psychology to Teens
Wendy McLean
How Can We Use Positive Psychology in the Workplace?
Debra Levin
Applying Positive Psychology in the Helping Professions
Margarita Tarragona
- 1:15 pm–2:15 pm** **Panel Discussion**
Moderator: Maria Sirois
- 2:30 pm–3:45 pm** *A Wholebeing Approach to Care During Illness*
Darshan Mehta & Maria Sirois
- 2:30 pm–3:45 pm** *Windows to the Soul: The Impact of Eye Contact on Health, Happiness, and Well-Being*
Linda Jackson

See board for room assignments.

Wednesday

afternoon and evening

May
03

- 2:30 pm–3:45 pm** *Love in Teams: The Foundation of Workplace Well-Being*
Phoebe Atkinson & Ruth Pearce
- 4:15 pm–5:45 pm** **Kripalu Yoga**
- 5:30 pm–7:00 pm** **Dinner**
- 6:00 pm–7:00 pm** **Book Signing and Peer Presentations**
Mindfulness, Resilience, and Self-Care in Equity and Inclusion Work: Positive Psychology Embodied
Gwendolyn Hampton VanSant
Human Happiness: Cultivating Resilience Through Positive Psychology and Mindfulness
Pamela Schmidt
- 7:30 pm–9:00 pm** **Keynote 5**
The Science and Practice of Cultivating Healthy, Meaningful, Loving Relationships
Todd Kashdan & Neal Mayerson
- 9:00 pm–10:00 pm** **Dance Party**

Thursday

morning

May
04

- 6:30 am–8:30 am** **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–9:00 am** **Music/Meditation**
Megha Nancy Buttenheim
- 9:00 am–10:00 am** **Keynote 6**
Love 2.0
Barbara Fredrickson
- 10:00 am–11:30 am** *Practicing a Growth Heartset*
Megan McDonough
- 11:30 am–1:30 pm** **Lunch**

Thursday

afternoon, and evening

May
04

- 12:00 pm–1:00 pm** **Kripalu Yoga Dance**
- 1:30 pm–3:30 pm** **Master Class 3**
The Science and Practice of Positivity Resonance
Barbara Fredrickson
- 1:30 pm–3:30 pm** **Master Class 4**
The Art of Teaching Positive Psychology
Maria Sirois
- 4:15 pm–5:45 pm** **Kripalu Yoga**
- 5:30 pm–7:00 pm** **Dinner**
- 7:30 pm–9:00 pm** **Master Class 3**
The Science and Practice of Positivity Resonance
Barbara Fredrickson
- 7:30 pm–9:00 pm** **Master Class 4**
The Art of Teaching Positive Psychology
Maria Sirois

See board for room assignments.

Friday

morning

May
05

- 6:30 am–8:30 am** **Kripalu Yoga, Meditation & Breakfast**
- 8:30 am–11:30 am** **Master Class 3**
The Science and Practice of Positivity Resonance
Barbara Fredrickson
- 8:30 am–11:30 am** **Master Class 4**
The Art of Teaching Positive Psychology
Maria Sirois
- 11:30 am–1:30 pm** **Lunch**

PARTNERS

We appreciate connecting with like-minded organizations that support our Summit. Thank you!

Happiness Starts with YOU!

The Happiness Club, founded by Lionel Ketchian, is a great way to meet like-minded people and learn from experts about how to live your best life.



For information on clubs near you and/or to start your own Happiness Club, visit **happinessclub.com**.

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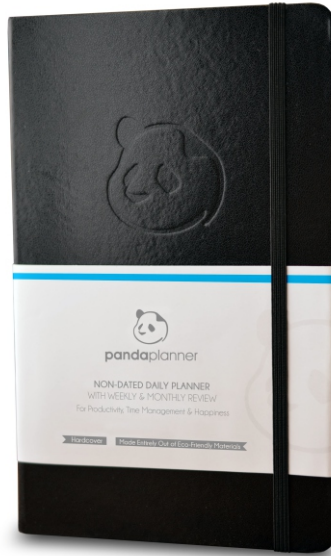
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