UPCOMING PROGRAMS

From Specialist to Strategist
For emerging managers in ST&E
May 31 – June 5, 2015
Smith College, Northampton, Mass.

Smith-Tuck Global Leaders
For women assuming leadership positions with global responsibilities
June 22 – 26, 2015
Smith College, Northampton, Mass.

Smith College Leadership Consortium
Designed in collaboration with Fortune 500 companies to move high-potential women up the leadership pipeline quickly
July 19 – 30, 2015
Smith College, Northampton, Mass.
Positivity Resonates

Barbara L. Fredrickson, Ph.D.
University of North Carolina at Chapel Hill

www.PositiveEmotions.org
www(PositivityResonance.com)
Ode to the PEP LAB

Thanks also to the U.S. National Institutes of Health (NCI, NIA, NINR, NCCAM, NIMH, The Common Fund) for past & current funding.
Leading with Positivity
The Broaden-and-Build Theory of Positive Emotions

www.PositiveRatio.com
www.PositivityResonance.com

Positivity Broadens Awareness

...and Builds Resources

Positive Emotions Unlock Other-Focused Thinking
More Inclusion of Other in the Self

Better Perspective Taking

More Oneness

From Positivity to Positivity Resonance
Micro-moments of Positive Emotional Connection
Micro-moments of Positive Emotional Connection
Micro-moments of Positive Emotional Connection
Biobehavioral Synchrony: Acting as One

Love as Positivity Resonance


Image by Kat Scherer
Author of The Heart and Work of Parenting
Unlocks Collective Wisdom

Creates Team Success

Positivity Resonance & Health
The Vagus Nerve
Cardiac Vagal Tone

Tidal Volume

Inspiration Flow Expiration

ECG

712 697 817 762 745 745
Upward Spirals of the Heart

Cardiac Vagal Tone

Positivity Resonance

Changing Daily Diets
Seeding Positivity Resonance

Loving-Kindness Meditation (LKM)
Love Creates Health
Health Create Love

Savoring Positivity Resonance

Kok & Fredrickson (under review).
Cellular Effects
LKM alters gene expression

Love 2.0

How our Supreme Emotion Affects Everything We Feel, Think, Do, and Become

Having uncovered considerable evidence for the long-term benefits of starting a practice of loving-kindness meditation, or LKM, I get countless inquiries about how to begin. I created these guided meditations to introduce you to LKM in ways that dovetail with emerging science. I also encourage you to explore the teachings of the true masters of LKM and include links to some of their guided meditations as well. Enjoy the journey!

- **Loving-Kindness:**
  - Try the classic form of this powerful ancient practice.

- **Self-Love:**
  - Overcome the challenges of sending love to yourself.

- **Compassionate Love:**
  - Bend your love into compassion for those who suffer.

- **Celebratory Love:**
  - Expand your love to share the joy of others’ good fortune.

- **Loving All:**
  - Stretch your love further still, excluding no one.

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Additional Guided Meditations

- Sharon Salzberg
  - Reflection on Interconnectedness
What’s a Smile For?

• To express positivity  (Ekman, 1975);
• To evoke positivity  (Bachorowski & Owren, 2003);
• To evoke inter-subjectivity  (Niedenthal et al., 2010);
• To broaden collective mindsets and build collective resources  (Gervais & Sloan Wilson, 2005);
• **ALL OF THE ABOVE:**  To create the life-giving nutrient of positivity resonance  (Fredrickson, 2013).
Plasticity
Love is …micro-moments of positivity resonance

a.k.a., “day-to-day micro-utopias”

-- Nicholas Bourriaud (1998)
Leaders Create Positivity Resonance
What’s your ratio?
80% of Americans fall short of the 3-to-1 positivity ratio that predicts flourishing. Click here to take Barb’s 2-minute on-line quiz and see how you score.
“Love doesn’t just sit there, like a stone; it has to be made, like bread; remade all the time, made new.”

- Ursula K. Le Guin
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