Louis Alloro, M.Ed., MAPP



- My Story
- Your Story
- Our Story
- Interesting Data
- Call-to-Action

Positive Psychology Practitioner



What my friends think I do



What my parents think I do



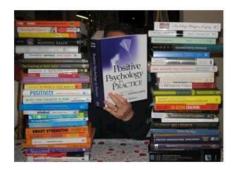
What the media think I do



What the critics think I do



What my clients think I do



What I actually do





Who am I?



A learner



A Change-Agent, Speaker, Consultant





Certificate in Applied Positive Psychology training the change agents of the world A teacher





AJohnny Appleseed of Positive Psychology+



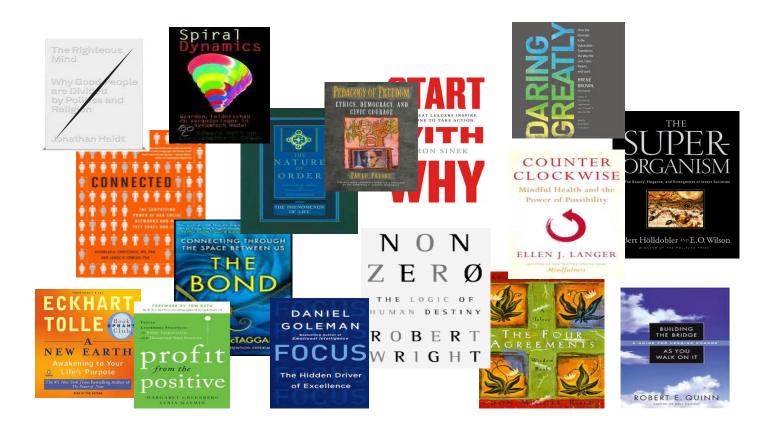
A n Interventionist





A conduit, a messenger

My bookshelf

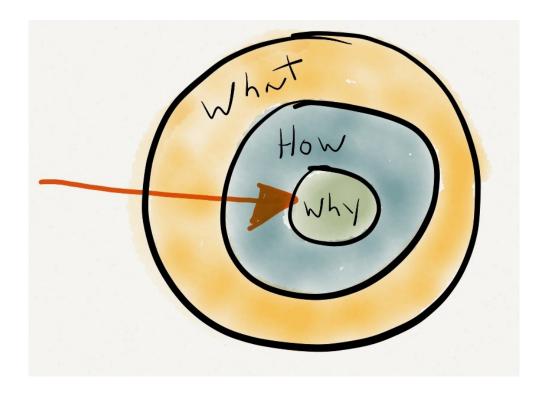


"Inter-Faith" Approach

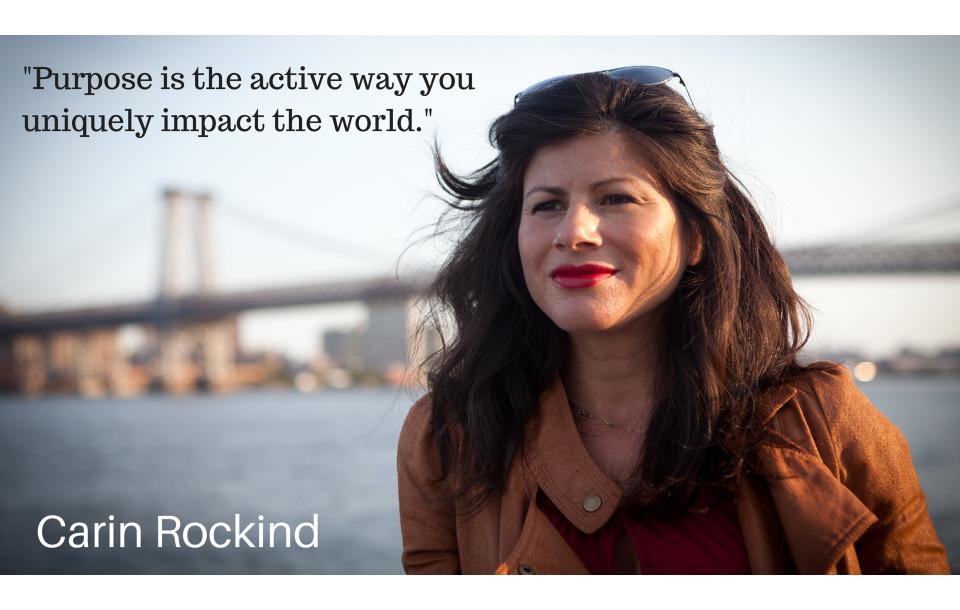
- Positive Psychology
- II. Biomimicry
- III. Systems Intelligence
- IV. Leadership, Organizational + Community Development



The Golden Circle

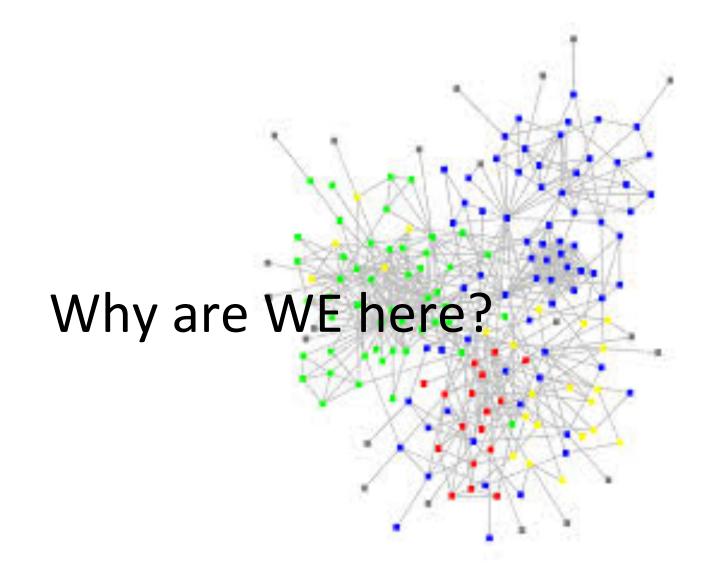






Life Purpose

My purpose is to use my ____ (personal quality) ____ and my ___ (personal quality) ____ to ___ (expression of quality) ____ and ___ (expression of quality) ____ so that (impact on the world or other people) .



What do we have in common?



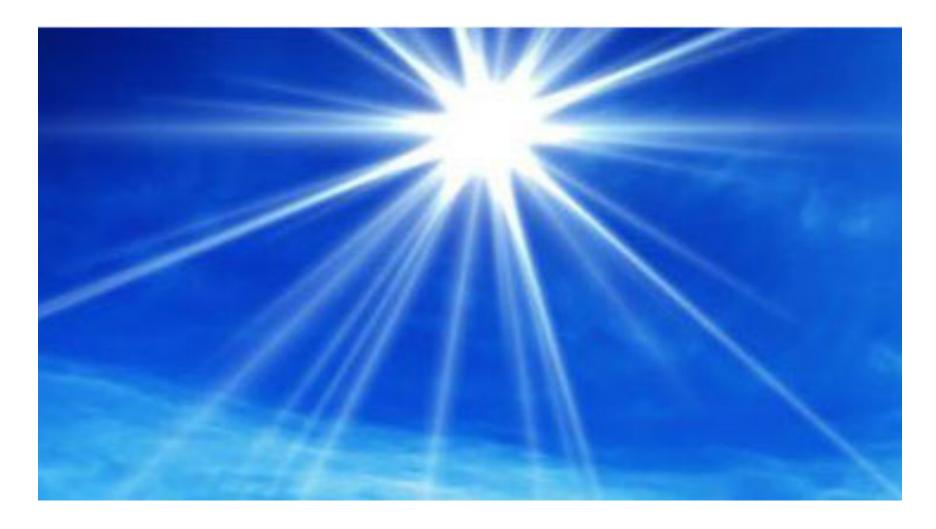


We are hive creatures: superorganisms



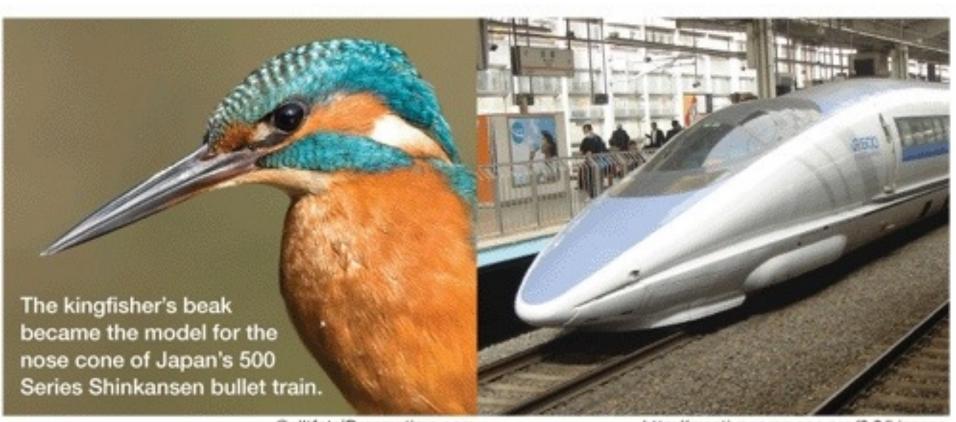
- Complex
 Communication
- AltruisticCooperation
- 3. Division of Labor

Transcendent Purpose



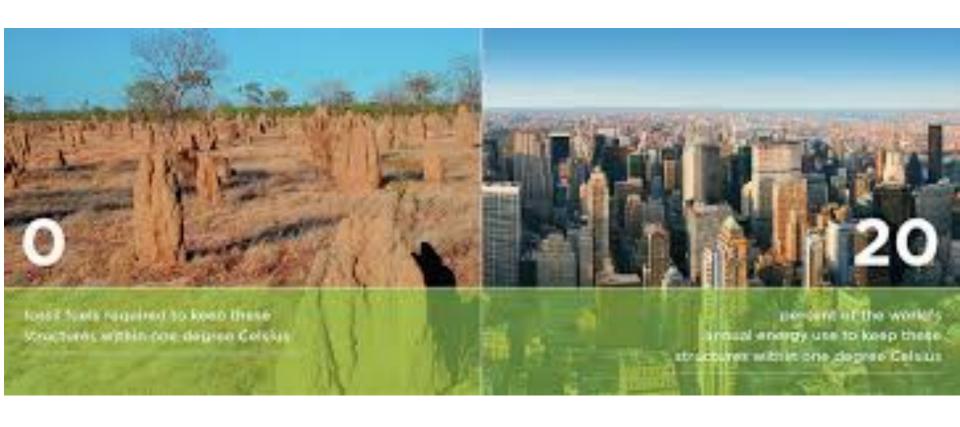
- I. Positive Psychology
- II. Biomimicry
- III. Systems Intelligence
- IV. Leadership, Organizational + Community Development

II. Biomimicry is an approach to innovation that seeks sustainable solutions to human challenges by emulating nature's time-tested patterns and strategies. The goal is to create products, processes, and policies—new ways of living—that are well-adapted to life on earth over the long haul.



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NEWS RELEASES

Thursday, October 26, 2006

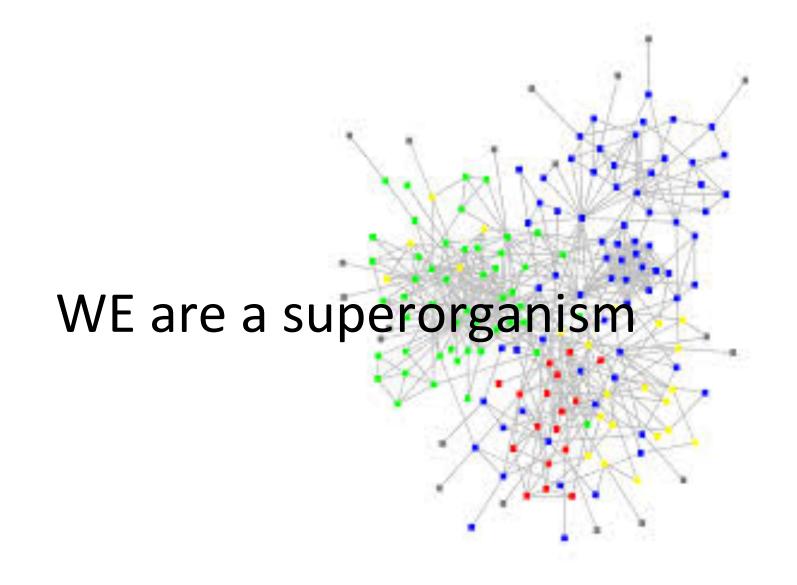
Scientists Publish Analysis of Honey Bee Genome

Social Insect Creates Buzz for Agricultural, Biomedical Research.

Bethesda, Md. — A research consortium, supported by the National Human Genome Research Institute (NHGRI), one of the National Institutes of Health (NIH), today announced the publication of a high-quality draft genome sequence of the western honey bee, finding that its genome is more similar to humans than any insect sequenced thus far.

The honey bee's social behavior makes it an important model for understanding how genes regulate behavior through the development of the brain and central nervous system. That may lead to important insights into common mental and brain disorders, such as depression or schizophrenia or Alzheimer's disease. Moreover, the bee genome may also provide an important window into immunity and aging.

https://www.nih.gov/news-events/news-releases/scientists-publish-analysis-honey-bee-genome
Johnston, S. K., Maleszka, R., Page, R. E., Robertson, H. M., & WeaverC, D. B. Proposal for the Sequencing of a New Target Genome: White Paper for a Honey Bee Genome
Project.



WE are a superorganism

III. Systems Intelligence incorporates Emotional and Social Intelligence and then expands the focus to a larger paradigm, the capacity to see oneself as part of a Relationship System. A Relationship System is an interdependent group of people with common identity or function. It is the difference between relating with bunch of individuals in a group, to seeing the group as a single integrated whole.

(The Center for Right Relationships)



than the sum of its parts. 🚺



Aristotle -





PULSE of the PRACTIONERS

"The efficacy of the intervention is dependent on the internal condition of the interventionist."



Calling All Change-Agents

Have 10 minutes? Please contribute to some preliminary research we are conducting on the wellbeing of change-agents working in positive psychology & related fields.

[Change-agents are practitioners and interventionists who serve a variety of functions as they work to coach and teach others in the science and art of wellbeing.]

We will present our preliminary findings at IPPA in June, and are grateful for your participation in this valuable area of research.

https://www.surveymonkey.com/r/changeagentwellbeing

Louis Alloro, MEd, MAPP Erin Nichole Smith, MAPP

counsellor Hypnotherapist Caretaker

Executive Consultant Managing Service

Development Officer Connection Organizational Customer Connection Organizational Customer Psychology Stage Artist Assitant apply Working Adviser Person-centered Working Adviser Person-centered Trainer analyst Writer M.D settings Life job Promoter Owner Community Health Technical Student Montal various Courseless Early Javaner Support

Student Mental varies Counselor Early lawyer Support

Apprentice Practitioner Translator Leadership one Talent

Business

Teacher Program Doctor Positive Lecturer

Change Candidate Performance Wellbeing Instructor Personal

Marketing Therapist Specialist clear

Learning title employee

Coach Manager Career Professional Strategist

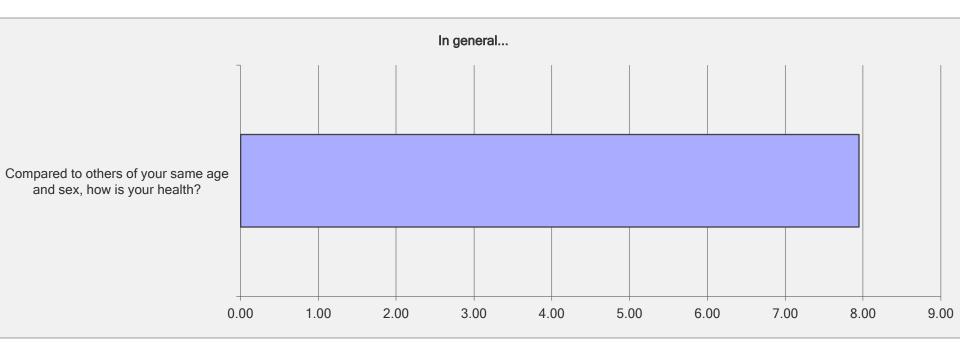
Assistant Acquisition Director Advisor
Consultant/Coach
Professor Change-Agent Practitioner/Consultant

Measures

- PERMA Profiler
- Perceived Stress Scale (PSS)
- UCLA Loneliness Scale (v.3)
- Center for Epidemiologic Studies Depression Scale (CES-D)
- Brief Inventory of Thriving (BIT)

- What do you use as a job title?
- Do you own your own company? How many people does it employ?
- What conditions of your work or work environment would you change to make it more ideal?
- On average, are you having fun in your life and work?

Perceived health is good



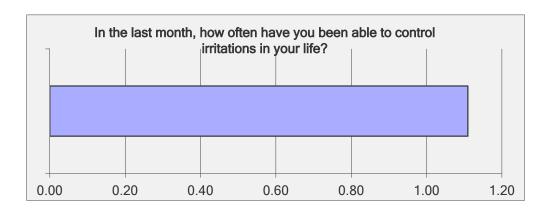
Perceived Stress Scale (PSS)

- Average score of our participants was 16.99
 - 13 is average in the general population
 - Anything around 20 is considered high stress

"In creating a business around positive psychology as part of my passion and purpose, I have been running around at 90 miles an hour for months. I still have my day job, a baby, and other life responsibilities. Lately, I have felt unmotivated and disconnected and just numb which has me even more panicked." –Kristin D'Iorio, CAPP

Perceived Stress Scale (PSS)

- Three highest scoring items
 - In the last month how often have you felt nervous or stressed?
 - How often have you felt you were on top of things?
 - How often were you able to control irritations in your life?





CESD

- 30.2% Scores higher than 10
 - which means depressed

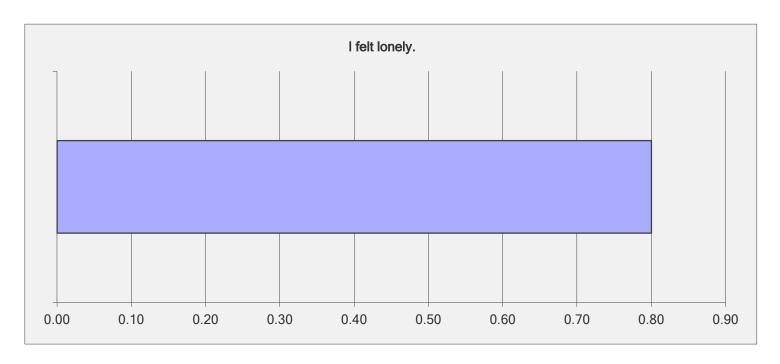
Depression

A 13 year study found that people with depression have a 4.5x greater risk for heart attack

Kiecolt-Glaser, J. K., McGuire, L., Robles, T. F., & Glaser, R. (2002a). Emotions, morbidity, and mortality: New perspectives from psychoneuroimmunology. *Annual Review of Psychology*, *53*, 83-107.

Highest CESD

- "In the past week, my sleep was restless."
- "I couldn't keep my mind on what I was doing."
- "I felt lonely."





UCLA Loneliness Scale v.3

- 42 out of 85 participants reported scores of 40 or higher (out of a possible 80)
 - 41% experience frequent loneliness
 - 8% experience severe loneliness

UCLA Loneliness Scale v.3

- Highest scoring questions on the Loneliness
 Scale (on a scale of 1-4):
 - How often do you feel that you lack companionship?
 - How often do you feel that people are around you but not with you?
- Lowest scoring on Loneliness Scale: (reverse scored items)
 - How often do you feel outgoing and friendly?
 - How often do you feel that you are 'in tune' with the people around you?

Loneliness

- Even moderate levels of loneliness put people at risk for
 - Clinical depression or suicidal ideation (Heinrich & Gullone, 2006)
 - Elevated blood pressure (Hawkley, Masi, Berry, & Cacioppo, 2006)
 - Increased levels of stress hormones (Adam, Hawkley, Kudielka, & Cacioppo, 2006)
 - Weakened immune system (Cacioppo, Hawkley, & Berntson, 2003)

Adam, E.K., Hawkley, L.C., Kudielka, B.M., & Cacioppo, J.T. (2006). Day-to-day dynamics of experience-cortisol associations in a population-based sample of older adults. Proceedings of the National Academy of Sciences, USA, 103, 17058–17063.

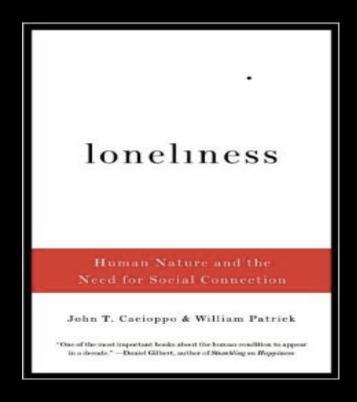
Hawkley, L.C., Masi, C.M., Berry, J.D., & Cacioppo, J.T. (2006). Loneliness is a unique predictor of age-related differences in systolic blood pressure. Psychology and Aging, 21, 152–164.

Heinrich, L.A., & Gullone, E. (2006). The clinical significance of loneliness: A literature review. Clinical Psychology Review, 26,695–718. Cacioppo, J.T., Hawkley, L.C., & Berntson, G.G. (2003). The anatomy of loneliness. Current Directions in Psychological Science, 12, 71–74.



Loneliness Epidemic

- "How many people would you feel comfortable discussing an important personal issue with?"
- 1985 → 2004, the average number dropped from 3 to 2
- No such confidants rose from 10% to 25%



Cacioppo, J. T., & Patrick, W. (2008). Loneliness: Human nature and the need for social connection. WW Norton & Company.

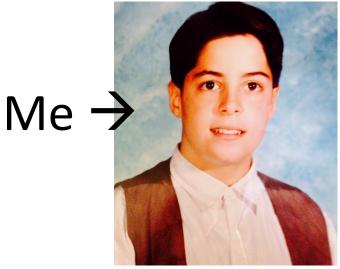
Loneliness Epidemic: Worse Than Smoking

 An analysis of 148 of studies of social support suggests that social isolation increases the risk of death about as much as smoking cigarettes and more than either physical inactivity or obesity. (Holt-Lunstad, Smith & Layton, 2010)

PERMA Profiler

- "How lonely do you feel in your daily life?"
 - Average score is a 4.02 out of 10
 - 31.25% of participants reported a 7 or higher

Todd



-1991

When Happiness Has A Bad Day

Judy





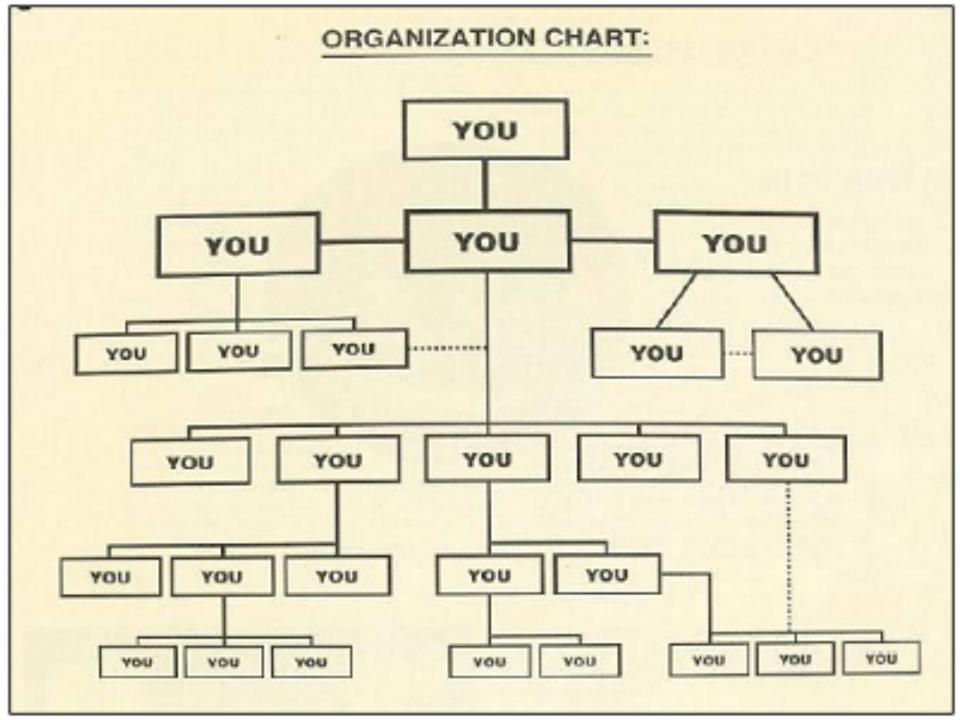
Karen



Our goal is to bring greater well-being, accomplishment, authenticity and joy to daily living and daily work.

Loneliness Connection?

- About half (44.1%) the respondents have their have own company.
 - 9.7% employ other people besides themselves.
 - 90% work alone.



 21.7% of participants specifically mention wanting to connect with others more as the main thing they would change about their work.

"I would unquestionably be more surrounded by like minded positive psych practitioners. Hands down the most important thing that is not quite sorted in my life."

"Honestly, in addition to my independent work, I would like to work as part of a team with likeminded people. In the absence of that, I would at least like to work at a "hub" - specific location where other consultants worked, where we could "bounce ideas off of each other."

We're wired with certain needs

To connect

To belong

To matter

To have purpose

To work towards something greater than ourselves

LIVE Survey of the Whole

- Constellation of our system; a snapshot
- 3 questions, 3 moves
- No judgment
 - Deep democracy
 - ALL voices are important



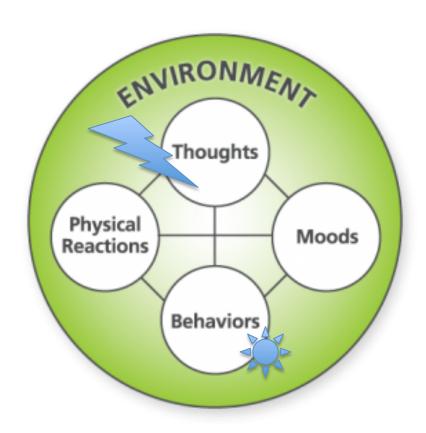
 Why are you standing where you are standing and what is that like?







What can we change?



Be purpose-ful.

Be purpose-ful. Pursue New Knowledge.

Be purpose-ful. Pursue New Knowledge. Perceive diversity as our asset.

Be purpose-ful.
Pursue New Knowledge.
Perceive diversity as our asset.
Rejoice in others' successes.

Be purpose-ful. Pursue New Knowledge. Perceive diversity as our asset. Rejoice in others' successes. Serve with humility.

Be purpose-ful. Pursue New Knowledge. Perceive diversity as our asset. Rejoice in others' successes. Serve with humility. Practice self-care.

Be purpose-ful. Pursue New Knowledge. Perceive diversity as our asset. Rejoice in others' successes. Serve with humility. Practice self-care. Believe.





Participate in Research on Practitioner Wellbeing, please https://positivepsychologyprogram.com/wellbeing-survey/



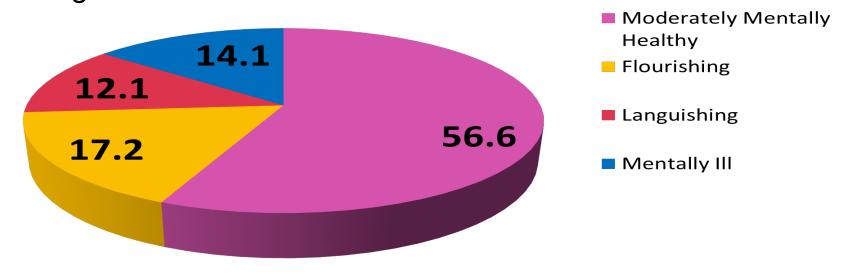
Access a Free Introduction to the Certificate in Applied Positive Psychology (CAPP) program www.getcertifiedinpp.com



louis@louisalloro.com www.louisalloro.com

Mentally III – Languishing – Mentally Healthy – Flourishing

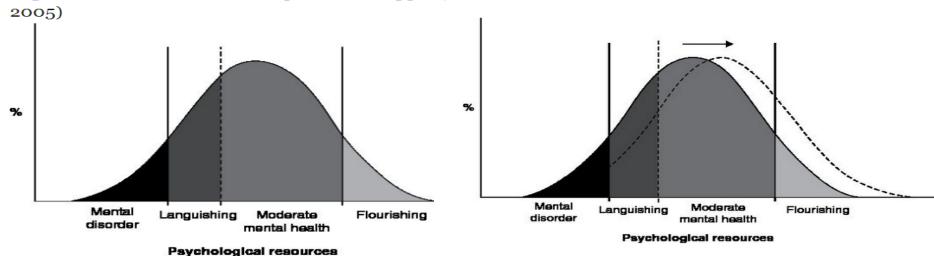
 Study by Keyes (2005) of 3,032 people shows that between the ages of 25-74



Keyes, C. L. M. (2005). Mental illness and/or mental health? Investigating axioms of the complete state model of health. Journal of Consulting and Clinical Psychology, 73, 539-548.

How to Shift Flourishing

Figure 1.2 The mental health spectrum (Huppert,



Hubbert (2005) cited in Hefferon (2013). Positive psychology and the body: The somatopsychic side to flourishing.

