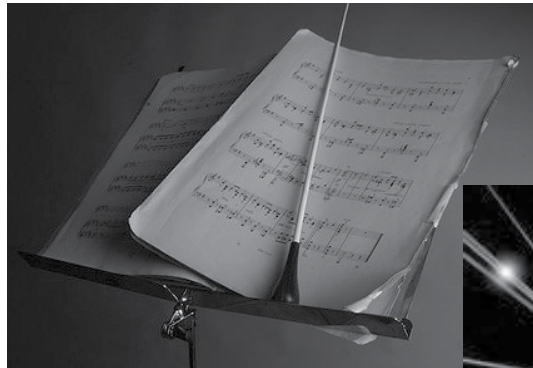


Social-Emotional Leadership: *Engaging Your Ensemble with Positive Psychology*

Curt Ebersole, Northern Valley Regional High School, Old Tappan, NJ
Louis J. Alloro, M.Ed., MAPP

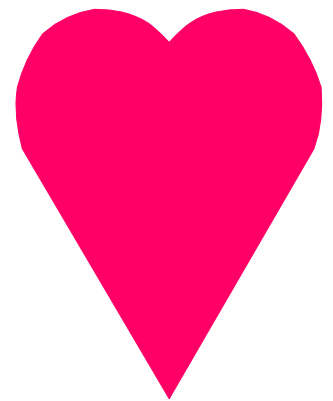
[What is Positive Psychology?]

Positive psychology is the science of human success. Today we can assess and develop those habits of thinking, feeling, and relating that consistently create the best opportunity for success, we can help those engaged in the enterprise of education learn and practice these habits, and we can develop cultures in schools and fo that foster and sustain these habits. Researchers are challenging traditional psychology's focus on deficit and weakness and are asking questions



about how to build the qualities of life that make it worth living from a strengths perspective. The incorporation of Positive Psychology to your life and to your ensembles requires an open mind and open heart.

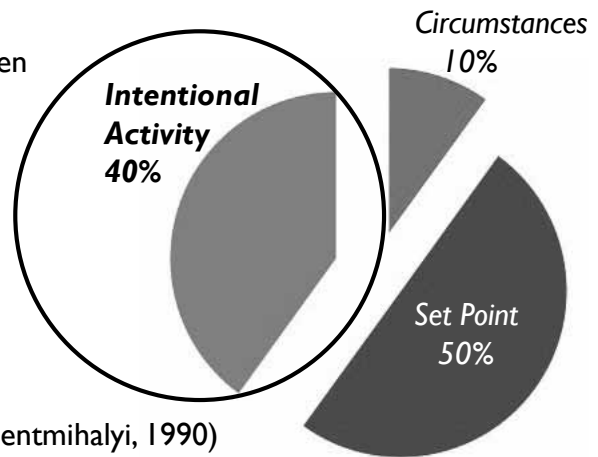
Chris Peterson, one of the research leaders in Positive Psychology sums the whole field into three words: “**Other People Matter.**”



Positivity leads to success - it's the broaden and build theory of positive emotions. (Fredrickson, 2008)

Happiness is malleable - what we do matters. (Lyubomirsky, 2007)

Flow can be increased (Csikszentmihalyi, 1990) by choosing tasks that consist of ongoing learning of skills, those skills should be adequate to the task, there ought to be clear goals and frequent feedback. Flow necessitates a sense of personal control over something (the learning) that's intrinsically rewarding. Flow exists at an optimal range where skills are being built and anxiety is being avoided.



Social-Emotional Leadership is a framework which ensembles can use to truly flourish. It is a system of shared leadership which encourages and supports the full development of individual players by creating a chain of accountable inspiration throughout the ensemble. Social-Emotional Leaders employ current research from Positive Psychology to create communities that flourish. Flourishing means living within an optimal range of human functioning, one that connotes goodness, generativity, growth, and resilience. Social-Emotional Leaders already exist in our ensembles. Consider what's possible for the ensemble and beyond when they are called to action.

This is the topic of Louis' graduate thesis, which he earned from the University of Pennsylvania in 2008. To see a copy of his thesis, please visit: http://repository.upenn.edu/mapp_capstone/10/

Robert Quinn,
author of *Building the Bridge as You Walk On It: A Guide to Leading Change* says,
"When you change yourself, you change the world."

[How are you today?]

Box 1 - Polite
Today I feel ...

Box 2 - Mindful
Today I feel ...

[What am I up against?]

In my situation, I see these as the biggest obstacles to success:

1. _____

2. _____

3. _____

[What do I want most?]

In my situation, I am striving for:

1. _____

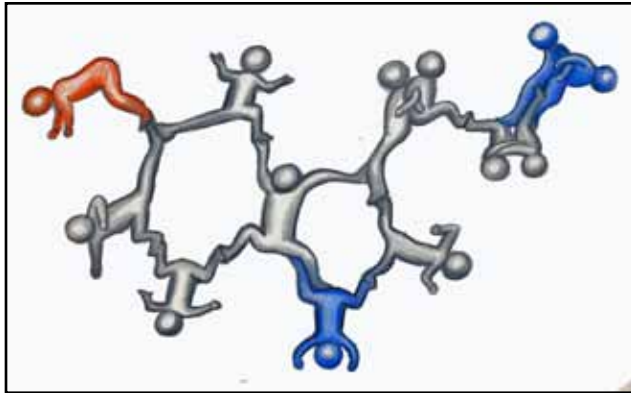
2. _____

3. _____

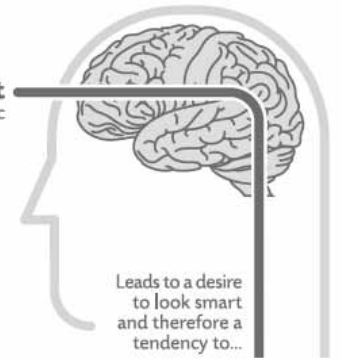
Who inspires you?

New questions, different results

Be pulled forward by the future –
not held back in the past

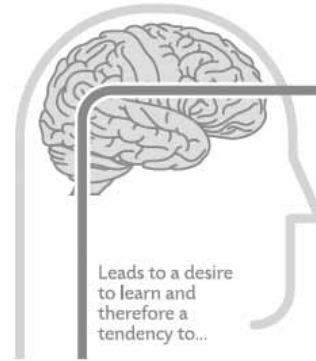


Fixed Mind-set
Intelligence is static



Leads to a desire to look smart and therefore a tendency to...

Growth Mind-set
Intelligence can be developed



Leads to a desire to learn and therefore a tendency to...

Marty Seligman, the father of Positive Psychology and former president of the American Psychological Association says,
“**Positive Psychology is about being pulled by the future**”.

[Why is this important?]

My Chain of Inspiration story
that I would share with my ensemble:

[Action Research]

- Building Mindfulness
- Appreciating what is good
- Using Reference Points
- Breathing
- Creating Action Plans
- Utilizing Imagery
- Leveraging Social-Emotional Leaders

Small things have big impacts ...

New ideas to try with my ensemble

Approaches to try differently
with my ensemble

Create SMART Goals when creating your research plans:

- Specific**
- Measurable**
- Attainable**
- Realistic**
- Timely**

Peter Drucker, the man who invented management, used to say this after leading weekend corporate seminars on innovative thinking: **“On Monday, don’t tell me how great it was; tell me what you’re doing differently.”**

[Feelings]

Annoyed
bitter
edgy
exasperated
frustrated
impatient
irritable
irked

Angry
agitated
enraged
exasperated
furious
irate
outraged
resentful
upset

Aversion
appalled
contempt
disgusted
dislike
horrified
repulsed

Confused
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed

puzzled
torn

Discomfort
agitated
alarmed
discombobulated
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
uncomfortable
uneasy
unsettled

Disconnected
ambivalent
apathetic
bored
distant
distracted
indifferent
numb
uninterested
withdrawn

Embarrassed
ashamed
flustered
guilty
self-conscious

Fearful
afraid
apprehensive
anxious
distressful
frightened
hesitant
nervous
panicked
paralyzed
petrified
scared
tense
terrified
worried

Pain
agony
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

Sad
depressed
despondent
disappointed
discouraged
disheartened
dismayed

gloomy
heavy-hearted
hopeless
troubled
unhappy
wretched

Stressed
tired
burned out
depleted
exhausted
listless
overwhelmed
restless
weary
worn out

Vulnerable
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

Yearning
envious
jealous
longing
pining
wishful

Affectionate
compassionate
friendly
loving
sympathetic
tender
warm

Interested
absorbed
alert
curious
enchanted
engaged
fascinated
intrigued
spellbound
stimulated

Glad
alive
amazed
amused
awed
encouraged
energetic
enthusiastic
excited
grateful
happy
hopeful
inspired
invigorated
joyful
motivated
optimistic
pleased

thrilled
wonder

Grateful
appreciative
moved
thankful
touched
hopeful
encouraged
expectant
optimistic

Hopeful
encouraged
expectant
optimistic

Peaceful
calm
comfortable
centered
composed
content
fulfilled
relaxed
relieved
satisfied

Rested
alert
alive
energized
invigorated
refreshed
rejuvenated
relaxed
renewed
strong

Feelings based on the book by Marshall B. Rosenberg, Ph.D., titled "Nonviolent Communication"

[Sensations]

vibrating
expanded
relaxed
bubbly
flowing
streaming

tingling
warm
gentle
smooth
loose
slow

settled
heavy
quiet
contained
uplifted
buzzy

sparkly
rhythmic
snappy
soft
pulsing
still

jumpy
hot
twitchy
clammy
rigid
stiff

cold
icy
hard
stuck

Sensations list developed by Staci Haines and Strozzi Institute

[References]

Books:

Sonja Lyubomirsky – *The How of Happiness: A Scientific Approach to Getting the Life You Want*
Rosamund Stone Zander & Benjamin Zander – *The Art of Possibility: Transforming Professional and Personal Life*

Mihaly Csikszentmihalyi – *Flow: The Psychology of Optimal Experience*

Martin E. P. Seligman, Ph. D. – *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*

Barbara L. Fredrickson, Ph.D. – *Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive*

Websites:

www.FlourishingSchools.com – Positive Psychology for school

www.ted.com – inspirational thinktank and podcasts

www.surveymonkey.com and www.zoomerang.com – Web 2.0 survey creation/analysis

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Curt Ebersole has served as the Instrumental Music Director at Northern Valley Regional High School at Old Tappan, New Jersey since 1982, after earning undergraduate and graduate degrees at Northwestern University. At Northern Valley, he conducts and directs the Wind Symphony, Concert Band, String Orchestra, Marching Band, and conducts & produces the annual Musical Theater productions and Prism concerts. He founded the Music Educators of Bergen County Wind Conducting Symposium in 1987, which now draws conductors and participants from across the nation. In 2008 he was named Conductor/Music Director of the Westchester Symphonic Winds, ensemble-in-residence of the Tarrytown Music Hall, Tarrytown, New York.

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Louis J. Alloro

Louis J. Alloro, M.Ed., MAPP is a change-agent who consults with individuals and systems, particularly school districts, communities, and families interested in truly flourishing. His workshops and consulting services integrate best practices in education with cutting edge Positive Psychology research, which he studied under the tutelage of Martin E.P. Seligman at the University of Pennsylvania. His graduate work in that program drew on his experience as both a student and public and private school teacher in creating a framework called Social-Emotional Leadership, an innovative and holistic approach to enable groups of people to work towards their own betterment. A teacher at heart, Louis also coaches individual clients interested in learning to become their best selves.

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