

Drawing on Positive Psychology during Times of Transition

Osher Lifelong Learning Institute
University of North Texas
Spring 2024
Carola Hundrich-Souris, Ph.D., ACC
chs@CoachingWithCarola.com

Here are the sources for the above presentation. Instead of giving you a copy of my PowerPoint, I suggest that you consider the presentation as a teaser for you to learn more about the concepts I am presenting. In addition, the authors that I am suggesting have a much better description of their work than I would.

1. Transitions:

Feiler, B. (2020) *Life Is in the Transitions: Mastering Change at Any Age*. Penguin Press. Feiler's book is about 225 interviews and it analyzes people's life stories and identifies patterns and groupings. His book describes concepts and strategies that deal with life transitions.

In addition, here are two additional references pertaining to Feiler's book:

<https://www.nytimes.com/2020/07/16/well/mind/managing-life-transitions.html>
<https://www.nirandfar.com/life-transitions-bruce-feiler/>

2. I offer two approaches that go beyond Feiler's work in mastering transitions.

- a. Character Strengths (VIA): <https://www.viacharacter.org/> This website has many resources:
 - i. It describes 24 character strengths that help us navigate life.
 - ii. There is a link for a free VIA survey that helps you identify your character strengths.
 - iii. In addition, there is the possibility of purchasing an extended report, but I have found it not very helpful, and just suggest sticking with the basic, free report.
 - iv. There are many additional activities and resources to help you understand your character strengths in more detail and how intentionally using them in daily life will contribute to your quality of life.
 - v. In case you would like to better apply the concepts of the VIA to your life, get this book: Anderson, J. (2018) *30 Days of Character Strengths: a Guided Practice to Ignite Your Best*. Strength Based Living, LLC.
- b. Positive Intelligence® and PQ:
 - i. Chamine, S. (2012) *Positive Intelligence: Why Only 20% of All Teams Achieve Their True Potential and How You can Achieve Yours*. Greenleaf Book Press, Austin, TX.
 - ii. There is much information in the book and it is easily read.

- iii. The website is very helpful: <http://positiveintelligence.com>
 - iv. The concepts in this book and program will help you increase your mental fitness and build positive habits.
 - v. By better understanding how your mind works, it's easier to integrate that understanding into your daily life with what Chamine calls "PQ reps".
 - vi. Take the two free, brief assessments to identify your saboteurs and your current level of functioning according to Positive Intelligence:
 - 1. <https://www.positiveintelligence.com/saboteurs/>
 - 2. <https://assessment.positiveintelligence.com/pq/overview>
 - vii. Although there's an app based program for a fee, I recommend starting with the book.
- 3. If you want to integrate any of the ideas I've discussed into your life, it is easiest if you find a buddy with whom you can do it in a partnership so that you can support each other.
 - 4. I am considering offering a monthly, online group on transitions. If you might be interested, please email me.
 - 5. For any additional questions, please feel free to reach out.

Carola Hundrich-Souris, Ph.D., ACC
chs@CoachingWithCarola.com