



THE
POSITIVITY
PROJECT

P2 For Educators

P2 For Educators content enhances school culture through an explicit focus on the well-being of the adults in our school communities.

 [Overview: P2 For Educators](#)

 [P2 for Educators - Overview](#)

Why Relationships?

The Harvard Study on Adult Development, currently led by Dr. Robert Waldinger, has been ongoing for over 80 years. It provides evidence regarding the effects of relationships on our overall well-being and offers a foundation upon which to build an understanding of how relationships impact schools. This presentation provides a structured model for discussing key takeaways from Dr. Waldinger's *What Makes a Good Life*, as well as findings from *The Children We Mean to Raise*, a 2014 study from the Harvard Graduate School of Education.

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The Power of Habits

This presentation seeks to introduce relevant and usable concepts to school faculty with the intention of heightening both individual and organizational awareness of the significance of habits.

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Celebrate What's Right

This presentation provides a chance to take stock and renew our lens as we look ahead to the challenges and opportunities that face us for the rest of the school year.

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Gratitude

Through this presentation, educators will be exposed to a brief overview of recent gratitude research, discuss quotes from teachers involved in a gratitude study, and learn about a gratitude intervention that is empirically shown to increase subjective well-being lasting well beyond the intervention.

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Mood Follows Action

This presentation will reflect on the concept of behavior first, or mood follows action. Educators will learn about the work of Dr. Andrew Huberman, a neurobiologist at Stanford University School of Medicine. They will work together to consider examples from their own experiences in school where starting with action could yield positive results and discuss how putting a premium on action could affect school culture and embody #PositivityInAction.

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Negativity Bias

This presentation is designed to raise awareness of the negativity bias with the aim of uncovering the implications of its effects on our personal and professional lives.

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Emotions in the Workplace

This presentation is designed to open dialogue around the role of emotions in our everyday experiences at school – with an eye toward benefiting individual well-being and overall school culture.

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Perspective and the Confirmation Bias

This P2 for Educators presentation focuses on the influence of perspective on our understanding of our environment and delves into research findings regarding the confirmation bias.

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Happiness and the Arrival Fallacy

Through an analysis of Dr. Tal Ben-Shahar's work on happiness and the arrival fallacy, this P2 for Educators presentation is designed to heighten our awareness of our own approaches to happiness and the ways in which our mindsets and actions impact our work in schools and our efforts to build positive relationships.

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