Soaringwords’ SOARING into Strength Positive Health initiative for Not-for-profit partners

Since 2000, Soaringwords program initiatives have been shared with thousands of members and participants at hundreds of Not-for-profit organizations throughout North America and around the world. Today Soaringwords welcomes the opportunity to speak with you to share a proposal for a powerful and relevant virtual SOARING into Strength Positive Health Positive Health Initiative for your employees, the clients you serve, and for your community during these challenging times.

The Soaringwords’ SOARING into Strength Positive Health Toolkit provides high-impact solutions that have already helped thousands of people grappling with a wide range of challenges, such as illness, trauma, and grief. The SOARING into Strength model has been presented at many international scientific conferences. All content is delivered through virtual workshops embedded with customized video content from leading Positive Psychology practitioners anchored with several empirically-valid behavioral exercises.

Since the COVID-19 outbreak, communities are focusing 100% of their efforts to flatten the curve. However, there will be long-term mental health issues that need to be addressed now as opposed to when we return to the new “normal.” Non-profit organizations, social service agencies, community centers will be tasked to deliver additional services to existing clients while also needing to respond to the needs of new clients who will be clamoring for essential social services. This Soaringwords turn-key program will fortify your professional and administrative staff and also allow your agencies’ clients experience more emotional, mental and physical wellbeing.

Soaringwords can address the emotional, mental and physical wellbeing for thousands of clients by providing a turnkey program. Based on a Train-the-Trainer model, Soaringwords’ will lead virtual modules in English and Spanish and train your professional staff to co-facilitate sessions in order to deliver proven, empirically-valid, virtual SOARING into Strength Positive Health modules to staff and clients.

Benefit from our Expertise
To date, Soaringwords has shared programs with the Jersey City Department of Health & Human Services; Boys & Girls Clubs; Big Brothers Big Sisters chapters; JCCs and YMCAs; Churches and Synagogues; many of the top universities, Medical Schools, and Nursing Schools in the world, leading educational organizations such as KIPP Schools, many public school systems including the New York City Board of Education; Indianapolis Board of Education; Jewish day schools, Hebrew schools, Catholic schools, private schools, and after-school programs. Feedback from participants demonstrates that Soaringwords’ activities deepen commitment to their communities.

Soaringwords is considered a best-practice partner by Diversity and Inclusion Managers, Work/Life Managers, and Community Relations Managers and its programs have been benchmarked by many Fortune 500 companies including Accenture, American Express, Cisco

A detailed proposal is below. Here is a link to the Soaringwords highlight video featuring some of the workshops: [https://tinyurl.com/ybtmxbda](https://tinyurl.com/ybtmxbda). Give me a call to set up an initial conversation. Once your organization signs on, Soaringwords can deliver turn-key solutions within the next 30 days, or sooner. This proposal includes deliverables, outcomes, timetable, profiles of contributing Positive Psychology global thought leaders; and relevant accomplishments. Many non-for-profits secure grants to bring the Soaringwords SOARING into Strength Positive Health Toolkit to the communities they serve.

Warmly,

Lisa Honig Buksbaum, CEO & Founder, Soaringwords

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**Soaringwords’ Mission:**
Soaringwords inspires ill children, families, adults, and healthcare professionals grappling with serious illness to take active roles in self-healing through proprietary expressive projects and Positive Psychology interventions delivered through immersive videos, webinars (and prior to Coronavirus) in-person experiences that have already been shared with more than 500,000 children and adults. Founded in 2001 by Lisa Buksbaum, Soaringwords’ vision is to embrace the most vulnerable populations among us - including hospitalized children, chronically ill children, special needs children, homeless children and families, and people grappling with the challenges of poverty, and healthcare workers who are providing essential services and facing extraordinary challenges.

**Soaringwords SOARING into Strength Scientific Model:**
After inspiring thousands of children to take active roles in their own healing in 196 hospitals around the world, Soaringwords codified its unique approach into a scientific prototype called the SOARING into Strength positive health model to enhance the well-being of ill children, families and adults grappling with challenges and trauma. The model stands for Shifting, Optimism, Altruism, Resilience, Imagery, Narrative, & Gratitude based on seven empirically-valid Positive Psychology components. To date, the SOARING Into Strength model provides globally-replicable interventions that result in a positive elevation in mental, physical, and emotional health to accelerate transformative healing for thousands of children, families and healthcare professionals.
SOARING into Strength Positive Health Initiative

The Need:
Low-income and marginalized individuals and communities face economic and social inequalities and a growing income gap and other challenges of extreme poverty such as housing and food insecurity, addiction, domestic violence, behavioral health, disability issues, geriatric care, and lack of education and employment opportunity.

Target Audience:
Vulnerable clients of social service agencies will be significantly affected by the COVID-19 pandemic. In addition, agencies will be tasked with providing more essential services to current clients and program support to significantly more people in the months and years ahead as a result of the negative impact from the crisis (e.g. trauma, job-loss, addiction, domestic violence).

Objectives:
The SOARING into Strength Positive Health Initiative is designed to improve emotional and psychological well-being and measurable health outcomes for the most vulnerable clients and families as well as all of the healthcare professionals who serve them. Soaringwords will train staff to co-facilitate the video program using its Train-the-Trainer model. 24 SOARING into Strength modules will be shared among non-profit organization’s clients, family members and healthcare professionals resulting in thousands of interventions designed to inspire all of the participants to take active roles in their self-healing in order to bolster positive health outcomes. The SOARING into Strength approach is based on a “Constellations of Care” philosophy recognizing that interconnectivity among these constituencies is essential for optimal health.

Program Design:
Recognizing that non-profit organizations and social service agencies support thousands of vulnerable clients at various times throughout each month, all Soaringwords deliverables will be recorded on video and archived so professional staff can participate when convenient (during their scheduled shifts) and new staff members can access the content throughout the year. In this way, the maximum number of staff, volunteers, and clients can benefit from the Soaringwords’ initiative in individual or group therapy or support groups, and various programs. All of the content will be shared electronically from a secure, password-protected Soaringwords’ portal.

Specifically, Soaringwords will facilitate 24 Soaringwords’ SOARING into Strength virtual workshops to benefit the staff and constituencies; two-hour Train-the-Trainer leadership sessions (for professional staff and volunteers); one-hour monthly sessions with leadership at the individual agencies.

Once your organization is on-board, you will designate the staff members to co-facilitate the modules and identify which client constituency groups will participate.
Key Soaringwords’ Program Components:
24 Soaringwords workshops. Each 60- or 90-minute virtual module will be enjoyed in individual or group settings with in-person agency program staff facilitating the hands-on customized immersive workbook activities during each session. All the materials will be delivered electronically to the participating agencies. The workshops are comprised of four distinct learning modules:

- **SOARING into Strength workshop accompanied with professional slides:** 30% of the time will be spent learning from a compelling, easy to understand virtual presentation led by Lisa Buksbaum and guest experts. Spanish language workshops will be presented by Pamela Núñez del Prado Chaves a leading Positive Psychology clinician and educator.

- **SOARING into Strength video modules:** 30% of the time spent learning from several customized videos which are interspersed throughout each workshop featuring world-renowned international thought-leaders who are subject content experts. Each SOARING into Strength video summarizes practical, easy-to-understand concepts that are enjoyable to watch as they are filled with engaging footage and graphics that support the key points.

- **SOARING into Strength workbook activities:** 30% of the time spent working on immersive workbook prompts customized for each topic. Each interactive 10-16 page workbook gives staff and clients the opportunity to internalize key learnings from the workshop videos and sessions. Each participant will be invited to journal in his or her workbook independently and share in small groups with the supervision of Soaringwords staff and agency program staff and volunteers. In this way, staff and program participants will build confidence and resiliency as they share their experiences and discover how to apply the new Positive Psychology learnings in a powerful, experiential way.

- **Soaringwords’ Pay-it-forward community service project to donate to ill children in local hospitals.** 10% of the time spent enjoying a “peak ending” where each participant is invited to create an expressive art/writing project that will be donated to hospitalized children or children being served by your non-profit organization, thereby giving all participants a profound sense of meaning, purpose and joy.

Outcomes:
To give vulnerable clients the skills they need to experience meaning, agency, altruism and hope in the face of everyday challenges of poverty, illness, housing and food insecurity, addiction, or mental health challenges.

To provide non-profit staff and social service agency healthcare professionals with Positive Psychology tools to mitigate burn-out and fatigue to improve their care and support for the clients and families they serve by enhancing their well-being and giving them professional turn-key programs that will enable their clients to experience more emotional, psychological and physical well-being.
Evaluation Methodologies to Measure Outcomes:
Soaringwords will use valid survey instruments written by Dr. Margaret Kern who has served as Soaringwords Director of Research since 2012. She is considered a world leader in constructing quantitative and qualitative measurement scales that reflect health outcomes including optimism, resilience, positive affect, empathy, and joy including the evaluation methodologies for Soaringwords' empirical studies which have been presented at dozens of International scientific conferences. Pamela Núñez del Prado Chaves is also part of the Soaringwords research team. Each staff member and participant will complete a simple Pre- and Post-workshop survey capturing qualitative and quantitative shifts in well-being for each SOARING into Strength module. The results will be aggregated in Quarterly Executive Summary Reports.

Deliverables:
Over a 12-month period, Lisa Buksbaum will lead virtual monthly Train-the-Trainer sessions and 24 virtual workshops with world experts in Positive Psychology with the following deliverables.

Training:
Monthly 2-hour Train the Trainer leadership sessions
Professional Staff and Volunteers

One-on-one monthly sessions with your organization’s leadership

Sharing SOARING into Strength Positive Psychology Workshops:
24 60 or 90-minute virtual workshops (2 offered each month for 12 months)
Professional Staff and Volunteers and Constituencies served by your non-profit organization

There will be a considerable ripple effect throughout the community as hundreds of additional people will experience emotional and mental health benefits from the SOARING into Strength Positive Health modules as a result of their family members attending the workshops.

Photos: Johnson & Johnson Global We Care initiative in 7 countries; JPMorgan Chase in Texas.
We can discuss the budget when we have our initial conversation.

Budget inputs:

24 60-or 90-minute Virtual Workshops: (2 different workshops/month x 12 months)

Workshop Content: Professional slides, 24 customized workbooks, scripts, discussion guides for non-profit staff, and 120 videos featuring world-renowned Positive Psychology experts (5 videos per workshop)

Workshop Facilitation: Soaringwords/Positive Psychology expert facilitator + workshop moderator/administrator (2 different workshops/month x 12 months)

2-hour Monthly Train-the-trainer non-profit Cohort Leadership Sessions:
(training for your employees and volunteers)

One-on-One Individual Monthly Session with each non-profit Leadership

Spanish language translation and facilitation for all workshops, videos, workbooks

Measurement Impact for All Soaringwords Workshops
(Pre- and Post-workshop surveys for each workshop module for each participant; Quarterly Executive Summary for non-profit organization leadership)

Calendar:

Month One:
Character Strengths: Discover and Amplify Your Unique Strengths with Dr. Ryan Niemiec
Overcoming Traumatic Experiences: Post-Traumatic Growth with Richard Tedeschi

Month Two:
Soaring into Resilience: Strength Coping Skills & Grit with Angela Duckworth
Self-Compassion & Forgiveness to Activate Well-being with Kristin Neff & Kathi Norman

Month Three:
Shifting –Harness Your Growth Mindset with Carol Dweck & Karen Garman
Living a Good Life: Meaning & Mattering with Michael Steger, Emily Esfahani Smith & Julie Haizlip

Month Four:
Soaring into Optimism: Finding Good Things to Notice and Celebrate, Even When Times are Difficult with Barb Fredrickson & Shane Lopez
Soaring into Altruism: Gaining a Sense of Control by Helping Others with Jane Dutton

Month Five:
Soaring into Imagery: Tap into Your Inner Knowledge to Heal with Rachel Epstein
Soaring into Narrative: The Power of Positive Storytelling with Tal Ben-Shahar

Month Six:
Soaring into Gratitude: Building a Gratitude Practice in Your Life with Dan Tomasulo
Learned Hopefulness with Martin Seligman & Dan Tomasulo
Month Seven:
Caring for Yourself as a Caregiver with Karen Warner & Laura King
Go Wild! Exercise and the Brain with John Ratey

Month Eight:
What to Say & Do to Support Families with Serious Illness Special Needs with Catherine Lord
How to be a Death Doula to Support Loved Ones with Dr. George Bonanno

Month Nine:
Unplug to Flourish with Jonathan Haidt & Tiffany Shlain
SoaringNutrition: Eat the Rainbow with Joel Fuhrman

Month Ten:
Why Loneliness Matters and What You Can Do About It with Vivek Murthy
The Strength Switch: Positive Parenting with Lea Waters

Month Eleven:
Positive Rituals with Chip Conley
Positive Psychology 101: Tools You Can Use with Martin Seligman

Month Twelve:
What to Say or Do to Comfort People Who are Grieving with Patty Dann
Laughter is the Best Medicine: The Therapeutic Benefits of Laughing with Tayyab Rashid

Soaringwords modules featuring Dr. Barbara Fredrickson; Dr. Angela Duckworth; and Dr. Shane Lopez.

Soaringwords modules featuring Dr. Lea Waters; Dr. Richard Tedeschi; and Dr. Martin Seligman.
## Recommended Timeline and Implementation Plan Launch:

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<th>Project Milestones</th>
<th>Week 1</th>
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<td>Lisa presentation to non-profit leadership</td>
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<td>Soaringwords leads Train-the-Trainer session with non-profit professional staff and volunteers to review first 2 modules</td>
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<td>Soaringwords launches modules 1 &amp; 2 for constituencies of your non-profit organization</td>
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<td>Soaringwords shares empirical data modules 1 &amp; 2</td>
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<td>Second Train the Trainer for staff and volunteers review modules 3 &amp; 4</td>
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<td>Soaringwords launches modules 3 &amp; 4 with constituencies</td>
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Appendices:
Soaringwords Core Programs:

Since 2001, Soaringwords has led hands-on programs for:

- Divisional, national and global meetings for Fortune 500 companies including keynote talks and professional development workshops with companion team-building volunteer activities for more than 150,000 professionals.
- Weekly, monthly, and annual pro-social service learning programs for students grades K-12 in public, private and parochial schools.
- In-depth volunteer leadership initiatives for thousands of University students in more than twenty states.
- After-school educational outreach programs in community groups in dozens of countries.
- All of these programs are based on a Train-the-Trainer methodology where Soaringwords provides all of the inputs for a successful experience including scripts/discussion guides; slide presentations; customized video modules with world experts in dozens of Positive Psychology topics; and companion immersive workbooks with empirically-valid tools/interventions so participants embody the learning through hands-on journaling and expressive writing prompts.

Photos: Youth Leadership program at PS152; Keynote and hands-on employee engagement initiative at Accenture Global Partner meeting; SOARING into Strength workshops at the Marlene Mayerson JCC of Manhattan.
Recent Program Highlights: Jersey City Health & Human Services Case Study

In June, 2019, Soaringwords expanded the reach of the SOARING Into Strength model to address the mental health, physical and emotional needs for an entire city when it was awarded a contract from the Jersey City Department of Health and Human Services. In September, 2019, Soaringwords led several workshops training healthcare and community leaders with empirically-sound interventions teaching them to become more proactive and self-advocate for better health outcomes to bolster their own wellbeing and mental health outcomes for 250,000 Jersey City residents. Data from these workshops was unanimous showing positive gains in optimism, resilience, and agency among all Health and Human Services participants.

Soaringwords was invited to expand the program significantly in 2020 as part of the World Economic Forum Healthy Cities initiative. As a response to the mass shootings/anti-Semitic terror attack on Dec. 10, 2019, Health and Human Services commissioned Soaringwords to launch 62 comprehensive Soaringwords SOARING into Strength Positive Health interventions for the first half of 2020 to support five essential Jersey City constituencies.

• Free community-wide virtual workshops offered to the public with leading experts in Positive Psychology and immersive workbook activities.
• Faithful Response workshops for Christian, Jewish, and Muslim clergy and lay leaders to foster intergroup dialogue to mitigate anti-Semitism
• Monthly bereavement workshops for families who have experienced gun violence, extreme poverty, domestic violence, opioid addiction, and serious illness
• Workshops for leadership of Jersey City Health & Human Services and leaders of 200 Jersey City not-for-profit organizations
• In addition, Soaringwords was invited by HHS and Homeland Security to lead workshops to support 1,230 residents within a one-block radius of the terror attack.
Subject Content Expertise:
Lisa Honig Buksbaum, CEO & Founder, Soaringwords
Lisa is a passionary: a visionary driven by great passion + action. She’s an intuitive healer, workshop leader, + master teacher for more than 500,000 people throughout the world. Three experiences with death and illness in her family during a ten-month period motivated her to launch Soaringwords. She’s been featured as a subject content expert on ABC News, CEO to Watch in the Chronicle of Philanthropy; USA Today, Fortune Small Business, and won a Lives That Make a Difference Award from A&E. Keynote speaker, moderator, panelist at 100+ professional and scientific conferences. She earned a Master in Applied Positive Psychology, University of Pennsylvania, in the program founded by Dr. Martin Seligman, founder of the field of Positive Psychology; has an MBA in Marketing from Columbia University; a BA with honors from the University of Pennsylvania; certificate from the American Institute for Mental Imagery; Narrative Medicine certificate, Columbia University College of Physicians + Surgeons. When Lisa Buksbaum’s capstone thesis from the University of Pennsylvania Master of Applied Positive Psychology Program (MAPP) thesis, Soaringwords Empirical Research to Measure the Well-being of Hospitalized Children was published in 2013, she was selected as one of two graduates to present her empirical findings at the Annual MAPP Summit in 2013. Since then, Soaringwords has led several empirical studies and the original study has been expanded and Lisa has presented the SOARING Into Strength model at eleven leading international scientific conferences including the International Positive Psychology Association (2019, 2015, 2013), Canadian Positive Psychology Conference (2018, 2016, 2014), European Conference on Positive Psychology (2018, 2016, 2014), and International Positive Education Network (2018, 2016). Lisa has led workshops as a scholar in residence and at grand rounds at leading universities, medical schools and nursing schools, including University of Pennsylvania School of Nursing, UVA School of Medicine & UVA School of Nursing, NYU, Columbia University, Tecmilenio University in Mexico, and Doshisha University in Kyoto, Japan. Lisa has led programs for thousands of employees at American Express, Cisco, Citi, Deloitte, Eli Lilly, Facebook, Google, JetBlue, Johnson & Johnson, JPMorgan Chase, Sony, Verizon, and Viacom.

Pamela Núñez del Prado Chaves will lead the workshops in Spanish. Pamela is the Research Director at Soaringwords. She is also the Founding Director of the “Peruvian Positive Psychology Research Centre” at Pontificia Universidad Católica del Perú. She is the Founder of the Peruvian Positive Education Initiative and one of the founding members of Mami Linda, a non-profit organization that promotes mental health and well-being for vulnerable populations groups in Perú. Pamela is a registered clinical psychologist and full member of the Peruvian Psychological Society (Colegio de Psicólogos del Perú- CPP). As a qualified clinical psychologist and researcher, Pamela has worked across government and health, not-for-profit welfare, education and business sectors such as the Peruvian Health Department, the Peruvian Education Department, the National Institute of Mental Health and Peruvian Institute of Children’s Health (Children’s Hospital). Pamela graduated with honors from Pontificia Universidad Católica de Perú and she holds a Master in Applied Positive Psychology, from the University of Melbourne. Pamela discovered Soaringwords at the European Conference on Positive Psychology when she attended a workshop Lisa Buksbaum was leading. She joined Soaringwords and has led the Global Soaringwords
Empirical Research study in Latin America. Since then, the two of them have presented the study findings at several International Scientific conferences together.

International Thought Leaders Featured in the SOARING into Strength Initiative:
Over the past 19 years, Lisa has built a robust Soaringwords Positive Psychology Advisory Board of dozens of international thought leaders who are subject content experts in empirically-sound interventions that impact emotional, mental and physical well-being. The profiles of several of these Soaringwords advisors are highlighted below.

Month One:
Ryan M. Niemiec, Psy.D., Education Director of the VIA Institute for Character, is a leading figure in the education, research, and practice of character strengths and in positive psychology/well-being. He's an award-winning psychologist, bestselling author (The Power of Character Strengths, #1 new release on Amazon, and The Strengths-Based Workbook for Stress Relief), international workshop leader (giving over 700 talks), and the creator of Mindfulness-Based Strengths Practice (MBSP). Ryan has penned over 80 scholarly or peer-reviewed articles. He was granted Fellow status of the International Positive Psychology Association in 2017.

Richard G. Tedeschi, along with his colleague Lawrence Calhoun, pioneered the term and exploration of Post-Traumatic Growth, an area of research they developed that examines personal transformations in the aftermath of traumatic life events. They co-authored hundreds of scholarly articles and dozens of books, including Post-Traumatic Growth: Theory, Research, and Applications. Dr. Tedeschi serves as a consultant to the American Psychological Association on trauma and resilience, and as a subject matter expert for the US Army’s Comprehensive Soldier Fitness Program. He is Professor Emeritus of Psychology at the University of North Carolina at Charlotte and serves as Graduate Coordinator for the MA Psychology program. He is a Licensed Psychologist specializing in bereavement and trauma.

Month Two:
Angela Lee Duckworth is the Founder and CEO of Character Lab, a not-for-profit whose mission is to advance the science and practice of character development. Her best-selling book, Grit: The Power of Passion and Perseverance, was released in May 2016. The New York Times called Duckworth "the psychologist who has made 'grit' the reigning buzzword in education-policy circles.” She is the Christopher H. Browne Distinguished Professor of Psychology at the University of Pennsylvania, where she studies grit and self-control. She was awarded a MacArthur Fellowship in 2013.

Kristin Neff is the leading expert in the world on Self-Compassion and creator of the Self-Compassion scales, the leading empirical measurement tool. She’s an associate professor at the University of Texas at Austin's department of Educational Psychology. In addition to writing numerous academic articles and book chapters on the topic, she is author of the book Self-Compassion: The Proven Power of Being Kind to Yourself. In conjunction with her colleague Dr. Chris Germer, she has developed an empirically supported training program called Mindful Self-Compassion, which is taught by thousands of teachers worldwide. They co-authored
The Mindful Self-Compassion Workbook as well as Teaching the Mindful Self-Compassion Program: A Guide for Professionals both published by Guilford. She is also co-founder and board president of the nonprofit Center for Mindful Self-Compassion.

Kathi Norman is the President and Founder of Positive Medicine. A Physician Assistant with a doctorate of medical science at the University of Lynchburg in Virginia and a Master of Applied Positive Psychology from the University of Pennsylvania. Kathi is the Director of Clinical Education at George Fox University. She is the Conference Chair for the Health & Wellness Division for the International Positive Psychology Association. She’s part of the leadership cohort for the American College of Lifestyle Medicine (ACLM).

Month Three:
Carol S. Dweck is the Lewis and Virginia Eaton Professor of Psychology at Stanford University. Dweck is known for her work on the Mindset psychological trait. She taught at Columbia University, Harvard University, and the University of Illinois before joining the Stanford University faculty in 2004. She is a Fellow of the Association for Psychological Science.

Karen Garman is Education and Engagement Manager, Rady Children’s Institute for Genomic Medicine. Prior to this she was the Director of Education and Development for the Southern California Permanente Medical Group. With a doctorate from the University of Southern California in adult/higher/professional education, along with certifications as a human performance improvement expert and board certified coach, Dr. Garman has over 35 years of experience in the delivery of a variety of professional development training programs to public and private healthcare organizations. Dr. Garman was one of the first graduates of the Masters in Applied Positive Psychology program at the University of Pennsylvania completing her capstone in her field of medical education entitled Broadening and Building Medical Students Clinical Performance: An Action Research Study. Dr. Garman was recently recruited as a co-director of a NIH consortium of 16 academic medical centers around the country that are addressing the cultural changes and interprofessional education required to positively implement professional change as a result of the Affordable Care Act.

Michael Steger is Professor of Psychology, and the Founding Director of the Center for Meaning and Purpose at Colorado State University. For more than 15 years, he has researched how people flourish by living a meaningful life. He earned his doctorate in Counseling Psychology and Personality Psychology from the University of Minnesota in 2005. He has published more than 100 scholarly journal articles and book chapters, and three books, including The Wiley Blackwell Handbook of the Psychology of Positivity and Strengths-Based Approaches at Work and Purpose and Meaning in the Workplace. He provides keynotes, lectures, workshops, and consulting around the world on the topics of meaning, purpose, psychological strengths, meaningful work, and creating a happy workplace.

Emily Esfahani Smith is a journalist, author, and speaker. Her book The Power of Meaning, an international bestseller, has been translated into 16 different languages. Her TED Talk “There’s
More to Life Than Being Happy” has been viewed over 8 million times. The former managing editor of The New Criterion, Smith’s articles and essays have appeared in the New York Times, Wall Street Journal, The Atlantic, and other publications. Her articles for The Atlantic, “There’s More to Life Than Being Happy” (about Holocaust survivor Viktor Frankl) and “Masters of Love” (about romance and marriage), have reached over 30 million readers. She received her master’s degree in Positive Psychology from the University of Pennsylvania, where she continues to serve as an assistant instructor in Positive Psychology.

**Julie Haizlip** is a clinical professor of nursing and holds a joint appointment as associate professor of Pediatrics at the University of Virginia Schools of Medicine and Nursing. She serves as co-director of the University of Virginia Center for ASPIRE (Academic Strategic Partnership for Inter-professional Research and Education) and has worked with the UVA Center for Appreciative Practice since its inception. She has completed a Masters in Applied Positive Psychology and has published and presented nationally on creating culture change in academic health care using applications of Positive Psychology. Dr. Haizlip is board certified in pediatrics and pediatric critical care and she has practiced as a pediatric intensivist for more than 10 years. Currently she maintains a practice with UVA Health Systems’ Pediatric Sedation Service.

**Month Four:**

**Barbara Lee Fredrickson** is the Kenan Distinguished Professor of Psychology at the University of North Carolina at Chapel Hill. She is also the Principal Investigator of the Positive Emotions and Psychophysiology Lab. Fredrickson is a social psychologist who conducts research in emotions and positive psychology. Her main work is related to her broaden-and-build theory of positive emotions, which suggests that positive emotions lead to novel, expansive, or exploratory behavior, and that, over time, these actions lead to meaningful, long-term resources such as knowledge and social relationships. She is the author of *Positivity* and *Love 2.0*, which discusses the supreme emotion of love, micro-moments of connection, and how love can affect your biological and cellular make-up over time. She was the Chairperson of the International Positive Psychology Association.

**Shane Lopez** was a psychologist who worked as a senior scientist for Gallup and as Research Director of The Don Clifton Strengths Institute. He was also a fellow of the American Psychological Association. His research focused on hope which aims to show that investing in one's future reaps immediate rewards. He was considered the leading expert in the world on Hope and Hope Theory studying with his mentor C.R. Snyder. He is the author of *Making Hope Happen* and 103 articles and chapters in dozens of books.

**Jane Dutton** is the founder of The Compassion Lab and co-founder of the Center for Positive Organizations at the University of Michigan. Her research and expertise lie at the intersection of strategy, management and organizations, and psychology. Jane is best known for her work on High Quality Connections, Job Crafting, and Compassion. She has published over 100 articles and book chapters, edited 13 books, and written two books for managers called *Energize your
Workplace: How to Build and Sustain High Quality Connections at Work and Awakening Compassion at Work. Jane has been awarded the Distinguished Scholar Award for the Organizational Behavior Division, Organization and Management Theory Division, Organization Development and Change Division, and the Managerial and Organizational Cognition Division of the Academy of Management. At the Ross School of Business she has earned the Senior Scholar award and Researcher of the Year award. She was awarded the Scholarly Contributions Award for the Academy of Management.

Month Five:
Rachel Epstein is the Director of the American Institute for Mental Imagery and teaches the institute’s core curriculum classes. She is also a holistic health practitioner with a private practice in New York City. For over 30 years, Rachel studied the western spiritual therapeutic tradition with her late husband, Dr. Jerry Epstein, and also completed studies on mental imagery and dreams with the internationally recognized authority, Mme. Colette Aboulker-Muscat. Rachel co-authored We Are Not Meant to Die and Reversing The Trauma of War. She is a NYS licensed acupuncturist trained in Traditional Chinese Medicine and holds a juris doctorate from Benjamin N. Cardozo School of Law.

Tal Ben-Shahar has written several international best-selling books, including Short Cuts to Happiness, Happier, and Being Happy, which have been translated into 25 languages. When he taught at Harvard University, his classes on Positive Psychology and The Psychology of Leadership were among the most popular courses in the university's history. Ben-Shahar received his PhD in Organizational Behavior from Harvard University and a bachelor's degree from Harvard in Philosophy and Psychology. Ben-Shahar consults and lectures around the world to executives in multinational corporations, Fortune 500 companies, educational institutions, and the general public. Topics include leadership, education, ethics, happiness, self-esteem, resilience, goal setting, and mindfulness.

Month Six:
Dan Tomasulo is a core faculty member at Columbia University's Spirituality Mind Body Institute (SMBI) and an assistant instructor to the founder of Positive Psychology, Martin Seligman, at the University of Pennsylvania's Masters in Applied Positive Psychology (MAPP) program. A licensed counseling psychologist with over 25 years as an experienced clinician, he is the creator of Interactive-Behavioral Therapy, the most widely used form of group therapy for people with intellectual and psychiatric disabilities. Dan is also the author of several books, Learned Hopefulness, American Snake Pit, and Confessions of a Former Child: A Therapist's Memoir.

Martin Seligman is considered the founder of the modern science of Positive Psychology. He’s the director of the Positive Psychology Center at the University of Pennsylvania and the founder of the Master of Applied Positive Psychology (MAPP) program at UPenn, considered the world’s preeminent Positive Psychology program. Seligman was elected President of the American Psychological Association. He is the founding editor-in-chief of Prevention and Treatment (the APA electronic journal) and is on the board of advisers of Parents magazine.
Seligman has written several best-selling books, such as *Flourish*, *The Hope Circuit*, and *Authentic Happiness*. Marty has lectured all over the world and is the 31st most cited psychologist of the 20th Century.

**Month Seven:**

**Karen Warner** is CEO and Founder of Tangible Group, an executive coaching firm that helps people realize their full potential at work, so they can achieve great things in their careers – and in the world. Karen is a graduate of the Master of Applied Positive Psychology program at the University of Pennsylvania. Her focus area is in scaling positive interventions to improve wellbeing at the collective level. She became a Sudden Caregiver when her husband Joel received a life-altering diagnosis and is the author of *The Sudden Caregiver Roadmap*.

**John J. Ratey**, M.D., is an Associate Clinical Professor of Psychiatry at Harvard Medical School. He is the author of *Spark: The Revolutionary New Science of Exercise and the Brain* (2008), which describes the positive benefits that exercise can have for learning and for people with anxiety, depression, and ADHD. In 2014 he co-authored the book *Go Wild: Free Your Body and Mind from the Afflictions of Civilization*, which discusses new evidence and case studies about the benefits of living according to the needs of our core DNA in the areas of food, exercise, sleep, mindfulness, being outside, being with others, and our central nerve well-being.

**Month Eight:**

**Catherine Lord**, PhD, is the Distinguished Professor-in-Residence at UCLA School of Medicine and a Senior Research Scientist in the Semel Institute for Neuroscience and Human Behavior. She completed degrees in Psychology at UCLA and Harvard, as well as a clinical internship at the University of North Carolina at Chapel Hill. Dr. Lord is a licensed clinical psychologist with specialties in diagnosis, social and communication development, and intervention in autism spectrum disorders (ASD). Dr. Lord was the chair of the National Research Council’s Committee on the Effectiveness of Early Intervention in Autism and is a member of the DSM5 Neurodevelopmental Disorders Committee. Her work at the Center for Autism and the Developing Brain involves continued research in validity and longitudinal studies, early diagnosis of children with autism, regression in children with autism, and clinical evaluations and diagnoses of children and adults who may have autism. She has awards from National Institute of Mental Health, The Simons Foundation, and Autism Speaks.

**George A. Bonanno** is a professor of Clinical Psychology at Teachers College, Columbia University. He is known as a pioneering researcher in the field of bereavement and trauma, specifically for introducing the controversial idea of resilience to the study of loss and trauma. The *New York Times* stated that the current science of bereavement has been “driven primarily” by Bonanno. Scientific American summarized a main finding of his work: “The ability to rebound remains the norm throughout adult life.” He is the author of *The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After a Loss*. 
Month Nine:

Jonathan Haidt is a social psychologist, Professor of Ethical Leadership at New York University's Stern School of Business, and author of The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom; The Righteous Mind: Why Good People are Divided by Politics and Religion; and The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure. Haidt's main scientific contributions come from the psychological field of the Moral Foundations Theory—the evolutionary origins of human moral reasoning on the basis of innate, gut feelings rather than logical reason. He has been named one of the "top global thinkers" by Foreign Policy magazine and one of the "top world thinkers" by Prospect magazine. He is considered among the top 25 most influential living psychologists.

Tiffany Shlain is a filmmaker, public speaker, and author. Her book 24/6: The Power of Unplugging One Day a Week, which cites scientific reasons to take a technological shabbat each week, has been featured extensively in the media. Shlain introduced the concept of "Cloud Filmmaking" with a series of shorts produced through cloud-based collaborative filmmaking that have been screened at TED, Tribeca Film Festival, and Sundance. She co-founded the nonprofit Let it Ripple: Mobile Films for Global Change and continued making cloud films. She was a Henry Crown Fellow of the Aspen Institute. She is on the Leadership Board of The Center on Media and Child Health at Harvard's Boston Children's Hospital. In 2018, she joined the advisory board of Wait Til 8th, a group encouraging and empowering parents to take a pledge delaying giving smartphones to children until at least 8th grade.

Joel Fuhrman is a well-known doctor who advocates what he calls a micronutrient-rich diet focusing on foods that have high nutrient-density, while admonishing the addictive effects of sugar and processed foods on people’s health. His practice is based on his nutrition-based approach to obesity and chronic disease, also referred to as a nutritarian diet. He has written several books including Eat to Live, which was on the New York Times bestseller paperback list for 90 weeks. His PBS specials have very high viewership. He graduated from the University of Pennsylvania School of Medicine. Fuhrman is a board-certified family physician and serves as Director of Research for the Nutritional Research Foundation.

Month Ten:

Vivek Murthy is a physician and former vice admiral in the Public Health Service Commissioned Corps who served as the 19th Surgeon General of the United States. Murthy founded the non-profit organization Doctors for America. Murthy was the first Surgeon General of Indian descent and, while serving in office, was the youngest active duty flag officer in federal uniformed service. His latest book on loneliness provides understanding into this global epidemic and offers scientific approaches to mitigate the impact of isolation and depression.

Lea Waters, PhD, is a psychologist, researcher, speaker, and author. She is the author of The Strength Switch. Lea’s work has been featured in The Wall Street Journal, The Guardian, The Atlantic, and The Washington Post. She is one of the world’s leading experts on Positive Education, Positive Organizations, and Strength-Based Parenting and Teaching. As a university researcher, Lea turns her science into strength-based strategies to help organizations, educators,
and parents around the world build resilience in their employees and children, helping them to thrive. Lea is a board member and the 2017-2019 president of the International Positive Psychology Association (IPPA) and founding director of the Centre for Positive Psychology at the University of Melbourne. Lea holds affiliate positions at Cambridge University and the University of Michigan, and serves on the Scientific Board at the University of California, Berkeley’s Greater Good Science Center.

Month Eleven:

**Chip Conley** is an American hotelier, hospitality entrepreneur, author, and speaker. Conley is the founder of Joie de Vivre Hospitality which he began in 1987 at age 26 and grew to the second largest independent hospitality brand in the world. He is best-selling the author of several books grounded in the science of Positive Psychology to help people achieve meaning and results. These include: *Peak: How Great Companies Get their Mojo from Maslow*; *Emotional Equations: Simple Truths for Creating Happiness + Success in Business + in Life*; and *Wisdom@Work: The Making of a Modern Elder*. Conley’s TED Talks have been viewed by millions of people. In 2013, Conley became Head of Global Hospitality and Strategy for Airbnb. In 2018 he founded the Modern Elder Academy, a wisdom school dedicated to helping people navigate midlife.

Month Twelve:

**Patty Dann** is a novelist and nonfiction writer. She studied at the University of Oregon and later earned an MFA in Writing from Columbia University. While working at the A&E TV Network in 1986, she revised *Mermaids*, a coming-of-age novel she had written as her Master's thesis, which was subsequently published and later made into a feature film starring Cher, Winona Ryder, and Christina Ricci.

**Tayyab Rashid** is a licensed clinical psychologist at the Health & Wellness Centre, University of Toronto Scarborough. His book *Positive Psychotherapy* along with Martin Seligman, is considered the most comprehensive in the field and has been translated in several languages since its publication in late 2018. For more than 15 years, Dr. Rashid has worked with individuals experiencing complex mental health issues including severe depression, debilitating anxiety, borderline personality disorder, and suicidal behavior. In addition to maintaining an active clinical practice, Dr. Rashid established arguably the largest quantitative qualitative longitudinal database on key indicators in Canada to understand the complex, contextualized and culturally nuanced aspects of mental health of young adults. Dr. Rashid has also worked with individuals experiencing with severe trauma, including 9/11 families, survivors of Asian Tsunami of 2004 and Syrian refugees, racialized and marginalized youth and families from lens of resilience and wellbeing to decrease cultural, personal and public stigma against mental health concerns and increase access to treatment. Dr. Rashid, has recently won Outstanding Practitioner Award from the International Positive Psychology Association where he is the inaugural president of the Clinical Division. Dr. Rashid’s work has been published in academic journals, textbooks of psychiatry and psychotherapy, *Wall Street Journal* and TEDx. Dr. Rashid has delivered more than 50 invited talks and keynotes and trained mental professionals internationally.
Testimonials from Not-for-Profit Partners

Soaringwords’ workshops are training our healthcare and community leaders with empirically-sound interventions that are teaching them to become more proactive and self-advocate for better health outcomes to bolster their own wellbeing. These trainings have boosted optimism, resilience, and agency among my team. As a response to the mass shootings/terror attack on Dec. 10, 2019, Health & Human Services will launch 52 comprehensive Soaringwords SOARING into Strength Positive Health initiatives to support four essential Jersey City constituencies.

Stacey Flanagan, Director, Jersey City Health & Human Services

Soaringwords is a dream come true for the staff and students of Indianapolis Public Schools. One of the most important aspects of educating our future leaders is the importance of civic responsibility. The Soaringwords projects support our efforts to educate the whole child to a higher level. We sincerely thank Eli Lilly and Company for providing such worthwhile experiences to 1,5000 of our students. Dr. Li-Yen Johnson, Indianapolis Public Schools Assistant Superintendent of Elementary Education

The Soaringwords words and pictures that the Indianapolis Public School students created bolster the spirits of hospitalized children in our area. We are happy to provide a venue to showcase their talent and generosity at our branches so that the entire community can learn about this inspiring program. Chris Cairo, Director of Programming & Project Development, Indianapolis-Marion County Public Library

It is surprising with as little as these kids have out there they are anxious to help someone else. They have a lot of sympathy because they’ve gone through a lot of difficult things in their lifetime and they want to help everyone else at the same time. Principal Ginder, Indianapolis Public School # 31

We are excited to be working with such a tremendous program. We believe this partnership is extremely helpful for the children cared for at Wishard as well as the children in the Indianapolis Public Schools system, many of whom are also our patients. Dr. Phillip Merk, Chief of Pediatrics, and Professor of Clinical Pediatrics and Emergency Medicine, Indiana School of Medicine, Wishard Health Services

Having the chance to attend a Soaringwords Service Learning Program was one of most the meaningful experiences our students have received all year. Soaringwords gave our teen members the chance to impact the lives of seriously ill youth. Our students created quilts and pillows with personalize messages to foster strength in the lives of ill children. The students learned valuable lessons in empathy, compassion and character development. Our students had the opportunity to speak with these individual learning about different cultures and their experiences in building their career. Lastly, the leadership shown by our students to participate in this event and show their support for their community is great take away for the students and the Boys & Girls Club of Elgin. Elizabeth, Director at Boys & Girls Club of Elgin, Illinois
It was pure joy to see our children from the Children's Aid Society/Frederick Douglass Children's Center Boys & Girls Club being totally enthralled in the Soaringwords Youth Leaders program. We are excited to share weekly or monthly Soaringwords programs with our club throughout the year. The opening video, inspirational talk by Lisa, the founder, followed by the decorating of quilts and pillows was a fantastic experience. The children were so grateful to have a chance to "pay it forward" and help kids in the hospital. The Soaringwords NIA dance jam was on fire. This was the perfect ending of a day where they learned about self-esteem and being a leader. From the littlest children to our teen leaders and counselors, everyone was dancing and getting down. This is a perfect activity for every Boys & Girls Club in the country to enjoy. **Tracey Haqq, Director, Fredrick Douglass Boys & Girls Club, NYC**

Today was an excellent opportunity for the children to interact with adults to learn the value of something that’s often overlooked. Our youth, just like adults, have a tendency to take health for granted. This experience has helped them creatively send their love to sick children. **Dawn Page, Program Service Director, Boys & Girls Clubs of Sarasota, FL**

Thank you for providing our youth with a great experience. It was a great learning and sharing experience for all involved. **Harold Love, Program Manager, Boys & Girls Club of San Francisco**

I hope that my haiku makes the children in the hospital know that they are not alone and that other kids are thinking about them and care so much for them. Everyone in my group got along and listened to each other’s ideas because we all wanted to make our haiku really special. **Airiyonna, James Jordan Boys & Girls Club, Chicago**

I learned that when you help sick children feel better, you get this happy emotion that never leaves you. **Narabs, Hudson County Boys & Girls Club, New Jersey**

Today I felt like a great person helping other people. Also I feel like a hero. I really liked decorating the quilts and pillows because it was fun and I really liked meeting people from other cities and countries. My team worked well together and the best part was when they took a picture of our quilt. I think the hospitalized children are going to be happy and they are going to say that it is the best thing ever. **Jose, Elgin Boys & Girls Club, IL**

Today changed the way I think about myself by being more caring and thinking about how many people are suffering. The children in the hospital deserve my quilt. The experience was amazing and I hope we can do it again. **Ashley Gerardo, Elgin Boys & Girls Club**

**Feedback from Child Life professionals for the Soaringwords + Zumba = Love for Hospitalized Children initiative**

Soaringwords has been a leading volunteer program at Joe DiMaggio Children's Hospital since 2004. In 2012-2013, I had the pleasure of collaborating in the first Soaringwords empirical research study that included 100 of our patients who participated in a Soaringwords Superhero
intervention. The patients were unanimously happy to be invited to participate in the study and the findings showed that getting and creating a Soaringwords Superhero message and artwork significantly enhanced patient well-being of all of the participants. This finding was not surprising to me since the monthly Soaringwords visits with the expressive arts projects and customized Zumba classes are so greatly appreciated by all of our patients and families here at Joe DiMaggio Children's Hospital. This is a wonderful organization doing meaningful work that supports our Child Life mission. Katelynn Torres, Child Life Specialist, Joe DiMaggio Children's Hospital, Ft. Lauderdale, FL

Each month the Soaringwords + Zumba team arrive with a burst of energy and effervescence. These volunteers transform the recreational mall into the most happening place to be in Chicago! The patients and families love participating in the expressive arts projects all of which are designed to enhance the well-being of our children. The activities are powerful ice-breakers that motivate our patients to tap into their creativity and altruism which has a soothing and reassuring impact on their confidence and resilience. The customized dance classes build on the power of the arts project and exactly what our patients need: great music, age-appropriate songs and ALL of the choreography modified so that our patients in wheelchairs and with mobility challenges can participate fully. The instructors are trained to work with children of all abilities so that everyone feels 100% part of the dance experience. I love seeing the smiles and joy pulsing throughout the activities room.

I am excited to be part of the new Soaringwords Empirical Research project because we want to have data to show the impact of healing expressive arts projects and movement classes on the well-being of our pediatric patients, their families and our professional staff who care for them. This study will give us empirical findings to show the impact of these wonderful interventions to enhance physical and emotional well-being. Darlene Kelly, Recreational Therapy/Child Life Director, Shriners Hospital for Children, Chicago

Soaringwords programs have been a well-loved staple at our hospital since 2002. The patients love doing the Soaringwords expressive arts activities and unique projects. More recently, since 2012, our patients and families look forward to participating in the customized Zumba Kids classes. Immediately after the arts and crafts and writing projects, the Soaringwords + Zumba volunteers offer modified dance experiences bringing a lot of fun and cheer to our pediatric floor. Many of our patients have shown physical or emotional breakthroughs after attending these classes. Often times parents tell me, "this is the first time I've seen my child smile in days" or they say that "this is the first time I've been able to have a few minutes of fun and chill out since my child got ill." The Soaringwords program brings our staff and the children and families we serve together with a real sense of joy and community. This has also been a wonderful program to give the siblings of patients something fun and meaningful that they can enjoy while spending so many hours at the hospital.

The Soaringwords volunteers are highly professional and positive. Lisa Buksbaum, Soaringwords’ CEO & Founder is a strong leader and has a calming presence. Over the years in many instances, I have seen her touch the lives of so many patients and parents, saying the right
words or sharing a healing imagery exercise at the most trying times in the hospitalization. Lisa has brought many volunteer delegations to our hospital from local companies. The patients and families appreciate receiving the special SoaringQuilts and SoaringPillows with inspirational messages and artwork. I completely recommend this outstanding program.

Marcia Graham, Child Life Specialist, Mount Sinai Beth Israel Medical Center

I work with hospitalized children every day. To have the opportunity to engage with patients in this way was so gratifying. At one point I took a moment to watch – staff were laughing, patients were smiling, music was playing and during that moment no one was thinking “I’m in a hospital” or “I’m stressed and have so much to do before I leave.” Everyone was present and joyful, and it didn’t need to be analyzed or assessed. As a child life specialist, I work directly with pediatric hospitalized patients. One of our goals is to make the hospital experience as positive as possible, which I feel mirrors that of this Soaringwords program so well! What better way to bring joy and smiles than with music and dancing?!? In addition, child life specialists in our hospital train our volunteers. When I was reading the Soaringwords’ Hospital Outreach Volunteer Resource Guide provided for this endeavor, I was very pleasantly surprised. While to some people the information provided may seem like common sense, it is not always the case. Volunteers may not have had any prior experience with hospitals and/or ill children, and the information in this packet was extremely appreciated. There are so many things to be aware of in a hospital setting, be it body language, speech, physical location. Any possible scenario that we try to paint for our volunteers was touched on in this Soaringwords Resource Manual. Hygiene, professional boundaries, and professionalism – I honestly could not find any piece of information that would need to be added. Thank you for putting together such a great resource. You met the needs of the volunteers by inspiring them, while also identifying the needs of the host facility.

Kerri Baker, ZIN™ Member and Certified Child Life Specialist, Hasbro Children’s Hospital, Providence, RI

Everyone always enjoys the weekly Soaringwords classes. It can be seen in their smiles, dancing and laughter. Great Instructors! Powerful and Positive music! Encouraging and engaging with sensitivity! Thank you so very much for offering this program here for the patients. It is rewarding to observe. It is a blessing to know that it is offered as part of the healing for these patients. Linda Goodale, Child Life Specialist, Hasbro Children’s Hospital, Providence, RI

Lisa, thank you so much for allowing us the opportunity to have this experience on our child psychiatric unit. So many of our children on this Child Psychiatric Unit come from broken homes, neglectful situations and family relationships where there is little to no positive recognition. Having outside people acknowledge our patients and take the time to meet them and offer positive interactions is invaluable. These good impressions will last a lifetime for these children. We are always happy to welcome you into our Children’s National family and we look forward to soaring and zumba-ing with you! The Soaringwords team has the most wonderful positive energy and spirit that truly lifts up the children in our psychiatric unit. The volunteers wear bright colors and always bring an interesting mix of music and styles to share with our patients. Once again the instructors were able to help our patients, families and staffs transcend the hospital experience. We appreciate your flexibility, patience, and enthusiasm that allow us to bring a bit of joy here at the hospital. We are so excited that you are a part of our Children’s
National family and we look forward to many other visits soon! Dana Kristina-Joi Morgan, Performance Coordinator Creative & Therapeutic Arts Services, Children’s National Health System, Washington D.C.

I am proud to be the person who brought Soaringwords to our hospital. Each month, since 2012, the Soaringwords + Zumba program has been a great intervention. The children, their families, and our Child Life crew anticipate the joy and laughter each month radiating from the Soaringwords team. We have fully embraced it—two ladies visit twice a month with their boombox. We travel room to room inviting the patients to Move with the Grove. The patients, even if they remain in their beds laugh as the Zumba team, family, nurses, and child life staff dance to rocking music! Sometimes the RNs travel with us. We “perform” at the Nurses’ Station for a moment or two to get them dancing and give them a moment of fun. We focus on the most appropriate patients on our PICU, In-Patient Hematology/Oncology Unit and General Pediatrics. The Girls (the hospital professionals on our team) always get a work out and don’t go to the gym that night. It is a way to get the patients moving without them really knowing it.

Ann Nancy Fogel, Child Life Coordinator at Broward Health, formerly Chris Evert Children’s Hospital, Fort Lauderdale, FL

Soaringwords + Zumba is amazing! The patients love it. You guys are the best thing that has happened to our program in years. So much appreciated. Theresa Kelleher, Program Director, St. Vincent’s Hospital, Westchester, NY

Since 2004, our patients, their families, and our professional staff have benefited from Soaringwords lively and wonderful programs. Over the years, many Soaringwords delegations have donated SoaringQuilts and SoaringPillows and led expressive arts projects with our patients and families. For the past five years, we have offered monthly Soaringwords + Zumba = Love for Hospitalized Children classes with hospitalized children and their families. Each program has two parts: first, the Soaringwords team leaders invite patients to create a different expressive arts project such as SoaringHaikus, SoaringSuperheroes, or SoaringGratitude Ladders. These art projects are powerful ice-breakers that inspire our patients to get in touch with their creativity and compassion as they are invited to donate their creations to other patients as part of the Soaringwords pay-it-forward philosophy. The patients are happy to do something fun and interesting that also makes them feel like they have something kind to offer another person. Once everyone has finished the arts project, the Soaringwords team leads a customized, modified Zumba class that is appropriate for children of all abilities including children with mobility challenges or in wheelchairs.

Our Soaringwords team members are warm, professional and highly skilled. They are licensed to work with children (Zumba Kids) and they also are trained to work with children with physical challenges (Zumba Gold). I’ve seen the Soaringwords visitors treat each patient with enthusiasm, attention and care. We always see positive changes in attitude after the Soaringwords programs. Many family members love having the opportunity to see their children laugh and smile and also to participate in the dance experience or just clap along to the music. Another great benefit of the Soaringwords program is the positive boost it has on the health and wellness of our staff. Many nurses and aides enjoy "de-stressing with Soaringwords." It's always poignant when we get the
opportunity to do something fun and "normal" with our patients and their families. I recommend this program highly. **Tangi Brownlee, Child Life Specialist, Joe DiMaggio Children's Hospital, Ft. Lauderdale, FL**

Patients and families love Soaringwords! It is a nice change from our day-to-day activities. It is especially appreciated that the instructors adapt to different abilities. The instructors are always professional while being energetic and fun! I do think it is a nice option for those who may not participate in Zumba to be a part of the Soaringwords’ activities :) The most powerful experience I have witnessed is seeing the instructor adapt for a patient in a wheelchair. This patient wanted to participate but I think felt embarrassed because she was not mobile. Seeing the instructor sit in a chair and instruct that way was truly touching and made all the difference for this patient. The Soaringwords + Zumba instructors who volunteer with Phoenix Children's are amazing. That is the most consistent feedback I receive :) **Julie Schwarz, Phoenix Children's Hospital, Phoenix, AZ**

Inova Children’s Hospital is very grateful to partner with Soaringwords to bring joy to the children here. Soaringwords volunteers bring modified Zumba and crafts to children who are staying in the hospital. Not only does it bring an activity to the kids, but it brings a whole new energy to the hospital. The Soaringwords volunteers bring such positive upbeat energy that can really do wonders to change a child’s hospital stay. We are thankful that Soaringwords has been a part of Inova for so long and we are excited to continue this beautiful partnership. **Jamie Gentille, MPH, CCLS, Director, Child Life Services, Inova Children’s Hospital, Falls Church, VA**

Patients love the ability to interact with others and dance from their beds (or out of their beds if physical abilities permit). Parents/family members are always extremely grateful for the Soaringwords + Zumba visits and thank the volunteers for coming in. Some patients are shy and just watch while others get very into the visits and ask to do three or four songs. Some of our long-term patients look forward to the visits each month.

Within this past month, a patient who (according to family members) hadn't gotten out of bed in the past couple days due to physical inability, was so excited about the prospect of dancing that she got out of the bed and attempted to stand on her own to dance. Her family members became emotional because they were so grateful and happy that something had motivated their child to want to get out of bed and try to move. The patient- with help from family members- danced to multiple songs and gave her "Zumba" sticker to her dad upon completion of the dances. **Megan Francis, Nationwide Children's Hospital, Columbus, Ohio**