



**POSITIVE JUDAISM SUMMIT 2019. PHILADELPHIA, PA  
PROGRAM AND SCHEDULE, MARCH 14, 2019**

---

- 8:45**      **Arrival and Registration: 2nd Floor Atrium**  
University of Pennsylvania Hillel
- 9:15**      **Welcome and Greetings**  
Rabbi Michael Uram, Executive Director and Campus Rabbi, Penn Hillel
- Introduction: “From Survive to Thrive”**  
Rabbi Darren Levine, D.Min
- 9:45**      **Keynote, “The Jewish Heart of Resilience”**  
Rabbi Deborah Waxman, PhD, President, Reconstructing Judaism
- 10:15**     **Coffee and Networking: 2nd Floor Atrium**  
Greetings, Naomi Adler, CEO, Jewish Federation of Greater Philadelphia
- 10:45**     **Electives in Positive Psychology**
- Broaden and Build: The Ripple of Positive Emotions: Main Hall**  
Learn to cultivate positive emotions to increase personal happiness and relational well-being.  
Laura Taylor and Rabbi Elisa Goldberg
- Science of Gratitude: Room 1**  
Explore the Jewish understanding of gratitude and why expressing gratitude leads to greater wellbeing.  
Jen Beatty and Rabbi Avi Orlow
- VIA Character Strengths Inventory: Room 2**  
Understand how the 24 character strengths affect wellbeing and how to identify one’s signature strengths  
John Hollway and Rabbi Matthew Gewirtz

**Positive Communication and Relationships: Room 3**

Explore the science of authentic communication to better support individuals and their relationships at home and work

Lara Kallandar and Rabbi Jacob Staub

**Positive Mindfulness: Room 4**

Positive mindfulness means lingering in and extending positive experiences. In this workshop, we will learn about the benefits of positive mindfulness and practice bringing it into our Jewish experiences and daily lives.

Tracey Specter and Rabbi Uri Allen

11:45

**Session I Workshops****The Flourishing Synagogue of the 21st Century: Main Hall**

Learn the theory, practice, and reasons why synagogues can become centers for human flourishing in the 21st Century.

Rabbi Matthew Gewirtz and Rabbi Deborah Waxman, moderated by Rabbi Mike Uram

**Positive Leadership and Coaching Models: Room 1**

Exploring a broader, dynamic definition of humility, that would enrich leaders' tool kits and inspire them to function more effectively while empowering their teams.

Tali Kurt-Galai

**Positive Rituals: Guiding Learners To Discover Meaning Through Ritual: Room 2**

Explore how small shifts in contemporary Jewish education can use ritual to help students and families thrive.

Anna Marx and Dr. Bill Robinson

**Positive Youth: The Road To Character: Room 3**

Today's youth report the highest levels of social, academic, and life pressures than any generation before. Learn how to help today's youth build a road to character that draws on their strengths.

Michelle Shapiro Abraham, Rabbi Avi Orlow, Aaron Selkow

**Integrating Spirituality and Mental Health : Room 4**

Through experiential exercises and case studies, we will provide concrete tools for mental health professionals to address spirituality in the healing and recovery of people living with mental health challenges.

Rabbi Elisa Goldberg

**The Positive School Faculty: Room 5**

Exploring models of faculty engagement in the educational setting to foster a positive mindset for collaboration and trust.

Dr. Evie Rotstein

12:45

**Lunch Buffet with Learning and Play Option**

Open Seating with friends and colleagues in the Main Auditorium

**Making Mentches Game: Room 3**

Come play a game! Making Mentches is the newest game to build Jewish character as players learn Jewish values and how to navigate real life scenarios

Michelle Shapiro Abraham and Rabbi Avi Orlow

1:45

**Session II Workshops**

**Positive Judaism Panel: A Thriving Vision for Jewish Living: Main Hall**

Learn how these Jewish leaders are actively using Positive Psychology to revolutionize their organizations, teachings, and leadership.

Rabbi Matthew Gewirtz, Rabbi Elisa Goldberg, Aaron Selkow, moderated by Rabbi Darren Levine

**Positive Storytelling for Families and Young Children: Room 1**

What's the story we want to tell? Discover how a paradigm shift to stories of courage and resilience can help young children thrive and impact the way they imagine their lives.

Lisa Litman and Chesney Polis

**Education that Builds Habits for Enacting Values: Room 2**

Enacting Jewish values that build meaningful lives requires more than learning terms and lingo. Learn practical strategies to encourage a lifetime of living by values.

Anna Marx and Dr. Bill Robinson

**Positive Jewish Engagement for Gen Y Millennials and Gen Z Centennials: Room 3**

Explore the most current demographic trends to understand what is happening with the next generation of Jewish adults, and what it means for the future of Jewish organizations.

Rabbi Mike Uram

**Tools for Trauma Healing: From Survive to Thrive: Room 4**

Explore how Jewish traditions, rituals, stories, and practices can support individuals and communities on their path from survive to thrive.

Rabbi Jessica Rosenberg

**Jewish Spiritual Direction For Mental Health Professionals: Room 5**

Explore the intersection between classic therapy models and new approaches in spiritual direction for individual and group therapy.

Rabbi Jacob Staub

- 3:00**      **Research Presentation: Jewish Life and Wellbeing Study**  
David Yaden, MAPP and Jeremy Wilson
- 4:10**      **Guided Jewish Meditation Practice**  
The physical, psychological, and emotional benefits of meditation have been shown to raise wellbeing among individuals and communities.  
Rabbi Jacob Staub
- 5:00**      **Cocktail Reception with Participants and University Students**
- 5:30**      **University Community Gathering: "Reflections on Faith and Wellness"**  
Students and faculty are invited to join Dr. Benoit Dube, Penn's Chief Wellness Officer and Rabbi Darren Levine in conversation. They will host an interactive group experience to explore the pairing of faith and wellness as a pathway to thriving on campus and in life.  
Dr. Benoit Dubet and Rabbi Darren Levine
- 7:00**      **Farewell**