

**The PATH of Appreciation and Positivity™**  
**A Six-Month Group Exploration (via teleconference)**  
**Led by Ed Jacobson, Ph.D.**

I'm writing to invite you to join a six-month Appreciative Inquiry and Positive Psychology-based learning group, via monthly teleconference, to begin in June, 2012.

**Benefits:** Members of a PATH of Appreciation and Positivity group typically report:

- deepened and more rewarding relationships (with clients, colleagues, family, and others),
- more productive conversations (and turning around conversations that are 'going south'),
- increased enjoyment of their work, and overall well-being, as well as
- *a toolbox of positive practices and appreciative questions to apply everyday.*

If benefits such as these appeal to you, please read on.

**The back-story:** In response to many requests for a venue for learning and applying AI and Positive Psychology more deeply in one's personal and work life, I created the PATH tele-group. Each group consists of eight people, including many referred by members of current or prior PATH groups. The group which will begin in June will be the tenth one; a milestone of sorts.

We'll apply the philosophy, principles, methods, and "tools-and-techniques" of Appreciative Inquiry and Pos Psy that you may have become familiar with through my presentations, webinars, articles, my *Appreciative Moments* book, and your own experience with these approaches. Each PATH group is unique, and I am certain that this new group will have its own character; I'm sure we'll have a wonderful and very rich time, exploring and learning together.

**Logistics and Process:** The group meets monthly for 90 minutes. The small group size allows us to create a safe and vibrant container for this type of exploration. Each monthly conference call includes: (a) an "appreciative check-in," (a go-round that gets everyone's heart and mind in the 'room'); (b) review of the between-session appreciative interviewing experience (the core of the PATH experience, according to all members), (c) discussion of the month's Positive Practice and of course, d) themes and questions that emerge from the group conversation. We always seem to run out of minutes before running out of conversation, communication, and connection.

**Between-session 'homework'** consists largely of PATH members interviewing each other via telephone on an appreciative topic; these 1:1s have become the heartbeat of the group. By "changing partners" each month, people get to know each other in considerable depth, which enriches the group conversations. Very often, the majority of the group conference time is devoted to discussing the most recent 1:1s and the themes that emerge from this recapping. Additionally, I provide a monthly Positive Practice. And a monthly Positive Practice, which has become a high point for many, as it provides concrete and real-life skill practice based on Positive Psychology research.

**Cost:** \$150 per person, per session, with a six-month commitment (\$900 for the six months). I have a [PayPal](#) Merchant Account, which facilitates payment on a monthly basis (or by check, if you prefer). Members not need pre-pay for all six sessions at once, although some have elected to do so.

Please contact me with questions and/or to sign on and ride with us on the PATH. I'd be happy to speak with you by phone to discuss this group and your being an integral part of it. Thank you.

Appreciatively,

**Ed Jacobson**

[Ed@EdwardJacobson.com](mailto:Ed@EdwardJacobson.com) [www.EdwardJacobson.com](http://www.EdwardJacobson.com)

## **PATH Members' Reflections on High Points of Six Month of PATH Group**

### **1. One-to-one Conversations Always Cited as High Points:**

*"The environment of safety and openness in the conversations really allowed us to gain insight and support and learn from each other."*

*"Each month, it seemed to be the right person at the right time."*

### **2. Appreciative and Positive Psychology Toolkit:**

*"I got a tool box of great practices and techniques. I use them flexibly, depending on the situation."*

### **3. Appreciative Interview Questions and Guides:**

*"I see the tremendous power in being intentional and playful in using appreciative questions and in looking for strengths and positive qualities in others. It makes a tremendous difference."*

*"These appreciative questions help me get to a better, deeper place, more quickly."*

*"Using 'structured' appreciative interview guides each month was great! It's changed my attitude towards interviewing. Now I use more structured questions, rather than mostly letting it happen."*

### **4. Learned to be a Better Listener:**

*"I listen more, ask appreciative questions, and don't dominate conversation with clients or family."*

*"I use more appreciative questions with clients, with great impact."*

### **5. Am Able to Short-circuit a Downward-spiraling Situation:**

*"These appreciative tools have taught me to push the 'appreciative re-set button' with myself, and in situations that are going south."*

*"Learning to see the Positive Core of someone who I feel challenged by has shifted my major relationships. This was a great breakthrough for me."*

### **6. Helped Me Navigate Transition Period:**

*"I've been going through concurrent transitions during the six month of PATH. The group members, the conversations and the process helped me stay stable and successfully make it through."*