

☑ IN-PERSON ☑ LIVE-ONLINE

JULY 24th - JULY 28th, 2023**GABRIELLA ROSEN KELLERMAN, MD****Gabriella Rosen Kellerman, MD*****Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future*****15 Hour In-Person & Live-Online Course****Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

Today's world of work threatens our personal and organizational health and performance in a thousand ways. The level of uncertainty, volatility, and constant change is unprecedented in human history. And yet it's the same 70,000 year-old forager's brain we will need to use to navigate it. How can we not only survive, but thrive, in this whitewater environment?

We ground our answer, based on the book *Tomorrowmind* (Atria, January 2023), first in the past, learning from previous labor transformations about how our ancestors adapted their hunter-gatherer brains to meet the demands of first

agriculture and then industrialization. Many suffered in those transitions. What lessons can we use to help us avoid a similar fate? We have another unique historical advantage in the form of the behavioral sciences. We will briefly look at the parts of the interdisciplinary world of the behavioral sciences that have the most to offer, and understand how more recent trends in the field will work in our favor in this endeavor.

In this course, we'll examine the five skills most essential for thriving as individuals, leaders, and organizations in the white-water. These skills allow employees to thrive not through a single transition but through change after change, reinvention after reinvention. These five skills, collectively the PRISM powers, were derived through several massive data sets as well as five years of research on large organizations across industries and around the globe:

Prospection (P): The meta-skill for our time, our ability to imagine and plan for the future. We can grow in our ability to envision divergently, and plan pragmatically, in a manner that can restore our agency.

Resilience (R): The ability to respond to change without harm, and even to grow stronger through challenge. We outline the five building blocks of resilience, and how to build each.

Innovation (I): We are all creatives now, as automation takes over the more rote aspects of our roles, and as rapid change necessitates new levels of innovation in response. We introduce a novel typology of creativity, as well as a novel approach to building the creative muscle to support individuals, teams, and businesses.

Rapid Rapport to build Social Support (S): We need each other more than ever, and yet we are working in teams of strangers, teams that seem to dissolve and reconstitute just as we get to know each other. Rapid Rapport allows us to build trust effectively and efficiently as individuals, leaders, and colleagues.

Mattering (M): Our sense that our work matters is essential to fuel our efforts as we pivot time after time. Mattering offers managers and organizations a new way of thinking about how to provide that motivation to all employees.

The organization of the future will organize to win around the work of building these PRISM powers for employees. There are hidden organizational barriers to this work that need to be recognized and addressed in order for companies to position themselves proactively for the future.

Gabriella Rosen Kellerman, MD is an author, entrepreneur, start-up executive, and Harvard-trained physician with expertise in behavioral and organizational change, digital health, wellbeing, and AI. Her first book, *Tomorrowmind*, co-authored with Professor Martin Seligman, will be published by Atria in January 2023. She has served as Chief Product Officer and Chief Innovation Officer at BetterUp, a transformation platform for global professionals, and as Head of BetterUp Labs, BetterUp's research arm, which studies whole person development in partnership with labs at Harvard, University of Pennsylvania, Stanford, and many more.

Gabriella began her career in psychiatry and fMRI research and has worked on global mental health policy and interventions for the World Health Organization. She is the founding CEO of the healthcare technology company LifeLink, former Director of Health and Quality Products at Castlight Health, and a serial executive at, and advisor to, healthcare, coaching, and behavior change technology companies.

As a thought leader, Gabriella is published widely for both popular and technical audiences in *The Atlantic Online*, *Scientific American Mind*, *JAMA*, and the *Harvard Business Review*. She has been profiled in *Inc Magazine*, and her work has been featured on *CNBC*, *Entrepreneur*, and *Forbes*. Gabriella holds an MD with honors from Mount Sinai School of Medicine, and a BA summa cum laude from Harvard University.

She completed her internship in psychiatry at UCSD and holds a California physician's license. Gabriella was awarded Harvard's Captain Jonathan Fay Prize; Hoopes Prize; Rothschild Prize; and Joseph Garrison Parker Prizes for her research. She received both the Eben-Fiske Harvard-Cambridge Fellowship and Frank Knox Memorial Fellowships for post-graduate studies. At Mount Sinai, Gabriella was honored with a Tylenol scholarship and the Gold Humanism award. In 2021, she was named to both the *Software Report's* top 50 Women in Software and to the Anchor List for Product.

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Course Agenda

Monday: Our Brains at Work

- Understanding the work context within which our brains first evolved
- Lessons from the transitions to agriculture and industrialization
- The twin trials: The pace and nature of change
- Our unique advantage: The positive behavioral sciences
- Resilience Part One: Building emotional regulation

Tuesday: Resilience and Mattering: The how and why of navigating uncertainty

- Resilience Part Two: Building cognitive agility, optimism, self-compassion, and self-efficacy and The resilient organization
- What we know about meaning and purpose at work
- Mattering as an alternative to meaning
- The Mattering Map

Wednesday: Rapid Rapport: Building trust efficiently across difference

- Defining terms: Positivity resonance, empathy, compassion
- The biological, professional, and organizational benefits of connection
- The three biggest barriers: Time, space, and us/them
- Strategies for connecting despite limited time
- Strategies for connecting across space
- Strategies for overcoming the mental block of us/them

Thursday: Prospection: The Meta-Skill for our Era of Work

- The case for prospection
- Defining prospection
- The two stages of prospection
- Building prospection in individuals and teams
- Innovator's bias
- Creativity Part One: Creativity in the brain

Friday: Innovation and the Proactive Organization

- Creativity Part Two: A novel typology of creativity and Creativity hygiene
- Origins of talent development and benefits
- Challenges of the dual structure
- Opportunities for a holistic approach

Course Objectives

Upon completion of this course participants will be able to:

1. Understand the distinct challenges posed to our wellbeing and performance by the pace and nature of change
2. Understand why the positive behavioral sciences offer us a unique historic advantage over previous labor transformations
3. Understand the five building blocks of resilience
4. Explain why Mattering is important for individual and organizational outcomes
5. Explain Rapid Rapport: What it is, why it's important, and what barriers to connection it is designed to overcome
6. Name and describe the five PRISM skills
7. Understand why prospection is essential to our world of work and how to build it
8. Recognize the four types of creative thinking in real-world innovations
9. Understand creativity hygiene
10. Understand what organizations can do to build the PRISM powers, and the benefits they will confer

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

***This course is not eligible for ASWB ACE, NYSED, PA Psychologist, or NBCC Contact Hours/Credits.**

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

Speaker Disclosures:

Financial: Gabriella Rosen Kellerman receives salary as the Chief Innovation Officer from BetterUp and also has equity in BetterUp. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-Financial: Gabriella Rosen Kellerman has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or certificate@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

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Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 3-AUGUST 25, 2023

JULY 3-JULY 7, 2023

Bessel van der Kolk, MD

Frontiers Of Trauma Treatment

In-Person, Live-Online

Anatasia S. Kim, PhD

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice

In-Person, Live-Online

Linda Graham, MFT

The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster

In-Person, Live-Online

JULY 10-JULY 14, 2023

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories

In-Person, Live-Online

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies

In-Person, Live-Online

Licia Sky, BFA & Bessel van der Kolk, MD

Come to Your Senses: Embodied Self Awareness

In-Person

Richard Schwartz, PhD

Internal Family Systems Workshop

In-Person, Live-Online

JULY 17-JULY 21, 2023

Paul Foxman, PhD

The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians

In-Person, Live-Online

Janina Fisher, PhD

Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation

In-Person, Live-Online

Flint Sparks, PhD

Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice

In-Person

JULY 17-JULY 21, 2023

James Hawkins, PhD, LPC

Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person, Live-Online

JULY 24-JULY 28, 2023

Gabriella Rosen Kellerman, MD

Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future

In-Person, Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach

In-Person

Franklin King, MD

The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments

In-Person, Live-Online

John P. Forsyth, PhD &

Jamie R. Forsyth, PhD

Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard

In-Person, Live-Online

JULY 31-AUGUST 4, 2023

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself

In-Person, Live-Online

Amy Weintraub, MFA &

Angela Huebner, PhD

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning

In-Person, Live-Online

Maria Sirois, PsyD

Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Deborah Korn, PsyD

EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC

Doing IMAGO Relationship Therapy In The Space Between

In-Person, Live-Online

Bob Anderson

Conscious Leadership: A Unified Model Of Leadership Development

In-Person

George McCloskey, PhD

Intervention For Child And Adolescent Executive Control Difficulties

In-Person, Live-Online

AUGUST 14-AUGUST 18, 2023

Deborah Dana, LCSW

Polyvagal Theory In Therapy: Practical Applications For Treating Trauma

In-Person, Live-Online

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss

In-Person, Live-Online

Salman Akhtar, MD

In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment

In-Person

Edward Hallowell, MD

Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span

In-Person, Live-Online

AUGUST 21-AUGUST 25, 2023

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics In AEDP™

In-Person, Live-Online

Jonah Paquette, PsyD

Awe, Wonder, And The Science Of A Meaningful Life

In-Person, Live-Online

Donald Meichenbaum, PhD

Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities

In-Person, Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG