

THE PROUTY PULSE

INSIGHT INTO STRATEGIC PLANNING & LEADERSHIP DEVELOPMENT



NEWSLETTER HIGHLIGHTS:

- Jammin' 2023
- Prouty Updates
- 2022: A Pictorial Review





Announcing Jammin' 2023

Save Your Virtual Seat TODAY:

proutyproject.com/events/jammin-sessions



#277 | **Feb 7**

“From Iowa to Everest and the 7 Summits”

JEN LOEB | Climber, Photographer & Author



#278 | **Mar 7**

“Beyond the River of Shooting Stars: Failure, Humility, and Grace in the Grand Canyon”

KEVIN FEDARKO | Freelance Reporter & Author



#279 | **Apr 4**

“Indigenous Identity: from ICWA Guardian Ad Litem to Becoming the First Native American Miss Minnesota”

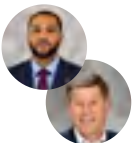
RACHEL EVANGELISTO | Miss Minnesota 2022



#280 | **May 2**

“Rollin’: Perspectives on Accessibility & Disability from a Wheelchair User”

MATT AXELSON | Disability Services Advisor, Capella University



#281 | **Jun 6**

“Breakfast and Basketball with Ben and Randy”

BEN JOHNSON | Golden Gopher Men’s Basketball Coach

RANDY HANDEL | Golden Gopher Senior Associate Athletic Director/Development



#282 | **Aug 1**

“Memoirs of a Career B- Student”

PAUL WILLIAMS | President & CEO, Project for Pride in Living



#283 | **Oct 3**

“Natalie’s Legacy: Persistence and Resilience Through Silent and Not-so-Silent Battles”

Jessica Gottlieb | Advancement Officer-Major Gifts, Minneapolis Heart Institute Foundation



#284 | **Nov 7**

“Inside the Writers’ Room”

EMILY SCHMIDT | Comedy Writer



#285 | **Dec 5**

“The Pearl Effect: The Magic of Flourishing Through Oppression”

FRANK JACKSON | Writer & Speaker, University of Pennsylvania’s Masters of Applied Positive Psychology Program

All Jammin' Sessions are held the first Tuesday of each month from 7:30 – 9:00 a.m. CT virtually via Zoom. A \$20 donation will be accepted for each session with all proceeds going to the Prouty Project Stretch Fund of the Minneapolis Foundation. Questions? Contact stretch@proutyproject.com.

Employee Spotlight: Connecting with Kristin

For nearly 12 months, Consultant Kristin Jonason planned and organized **University of Pennsylvania's Masters of Applied Positive Psychology (MAPP)** annual alumni event.

The event was held in Philadelphia in October 2022. Over 150 MAPP alumni from around the world attended the 1-day conference, which featured 24 speakers on a wide range of topics including:

- Flourishing Through Oppression
- Is 60 the New 40?
- Why More Women Aren't Flourishing
- Processing the Pandemic
- The ROI of Organizational Resilience
- Positive Psychology & Criminal Justice Reform

The final speaker was **Dr. Martin Seligman**, one of the founding psychologists of positive psychology, whom Kristin, as the event's emcee, had the honor of "introducing" to the group.

The Prouty Project was proud to be one of the sponsors for the conference. In true Prouty fashion, pipe cleaners were spread across the tables and music, movement, and laughter was had throughout the day.

Contact Kristin.Jonason@proutyproject.com to learn how you can bring positive psychology and well-being into your organization.



"C" NOTE QUOTE

"Your long-term success is not just determined by what you achieve alone, but also by how you empower, engage, support, and elevate your colleagues and teams in the ecosystem around you."

Know the quote?

If you know who said this quote, please email stretch@proutyproject.com. Enter by February 1, 2023. One guess per person. If we have more than one correct answer, we will draw for the winner of a \$100 gift card.



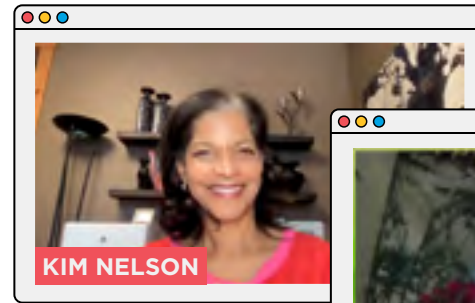
Congratulations

Bob Stewart

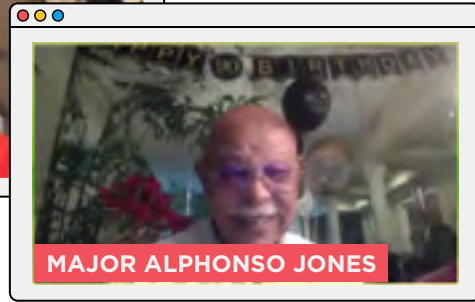
Bob Stewart, from The Platinum Group, knew that the last issue's "C" Note Quote was said by Erik Weihenmayer, quoting his father Ed Weihenmayer. Congratulations, Bob!"

2022

A PICTORIAL REVIEW



JAMMIN' #267:
The Power of Hope, Dreams, and the Pursuit of Possibilities.



Indy 500 stop with Jeff and Beth!



JAMMIN' #268:
DRIVEN WOMEN:
Working Hard, Working Together.



TEAM PROUTY
Krav Maga Training



NORTHSIDE ACHIEVEMENT ZONE (NAZ) GALA



RETREAT #2

prouty i will
igniting women in leadership • life



Peter Bailey with client Chicago Latino Caucus Foundation (CLCF)

TEAM PROUTY THINK TANK II TIME



Stretch 2022:
THE GRAND CANYON



Eden Prairie School District starting the year with Green Leaf Sweet Corn!



U OF M COACH BEN JOHNSON



prouty L3



Leading Self, Leading Others, Leading the Business



RETREAT #3

TWIN CITIES FILM FEST SPONSORSHIP



TWIN CITIES FILM FEST



MN UNITED FC with the Prouty Team



THE PROUTY PROJECT TURNS 35!

The Prouty Project has worked with more than 874 organizations and leaders!



Samantha Harris and Kristin Jonason working with FEI Twin Cities



STRATEGIC PLANNING PROUTY PROJECT STYLE!