



Christine
Duvivier

positive change
leader/speaker/mentor



Media Kit

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Unleash the
hidden talents
in every
young adult

My Story

Challenging the notion that teens who are not top performers have something wrong with them has become the cornerstone of my research. Following a personal tragedy in 2007, I completely shifted my focus, and began to prove that these students, while not in the top 20% academically, are still poised for future success. My goal is to end this “I’m not good enough” mentality in young adults.

My groundbreaking study of adolescent learning, “Appreciating Beauty in THE BOTTOM 80™,” identifies eight Gifts that Conflict with School™ and three Myths of Education™. My previous 20 years leading positive change in global organizations and with individual leaders gave me the building blocks I needed to conduct this research. What began with increasing customer and employee loyalty at Digital Equipment Corporation (now HP) led me to guide global leaders and help them engage people in positive strategic change. Now my work insists on positive change in families and communities.

I earned a Masters in Applied Positive Psychology at University of Pennsylvania, where I conducted my research on adolescents under the guidance of [Dr. George Vaillant](#), author of *Adaptation to Life and Aging Well*, and [Dr. Christopher Peterson](#), author of *A Primer in Positive Psychology* and *Character Strengths and Virtues*. I was among the first 75 students to study with [Dr. Martin Seligman](#) and was selected to receive further training in the Penn Resilience Program by Drs. Seligman, [Reivich and Gillham](#).

Looking to the future, my work creates a whole new frame of reference for education. It calls for a shift from seeing students outside the top 20 as flawed and instead affirms that every student has gifts and strengths. My model creates positive change in community systems so that we stop teaching depression and anxiety and instead foster thriving in every young adult.

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Interesting Facts on Adolescent Gifts

- All students are gifted but school systems only recognize a narrow set of gifts.
- Students in the bottom 80% of their classes are mis-labeled with learning disabilities, laziness, or lack of intelligence, when actually they have Gifts that Conflict with School.™
- More positive events occur each day than negative, but we generally do not notice them. Why? Negative emotion gets more of our attention and clings to us longer.
- Positive emotion makes us more resourceful, productive, and even prevents illness (Sheldon Cohen, Carnegie Mellon University). Positive emotion also boosts the likelihood of a long, healthy life.
- One in five high school students will have a full-blown clinical depression (many more have symptoms such as low energy and “Learned Helplessness”), teen suicide rates are up, student anxiety is as high as mental patients in the 1950s and our traditional after-the-fact-therapy is failing to bail the flood.
- Optimism can be structured into our system (Duvivier) to prevent depression and optimists are more successful in most professions (Seligman)
- Our system of education is structured to teach depression and anxiety.
- Cultures and systems move in the direction of their common, positive visions



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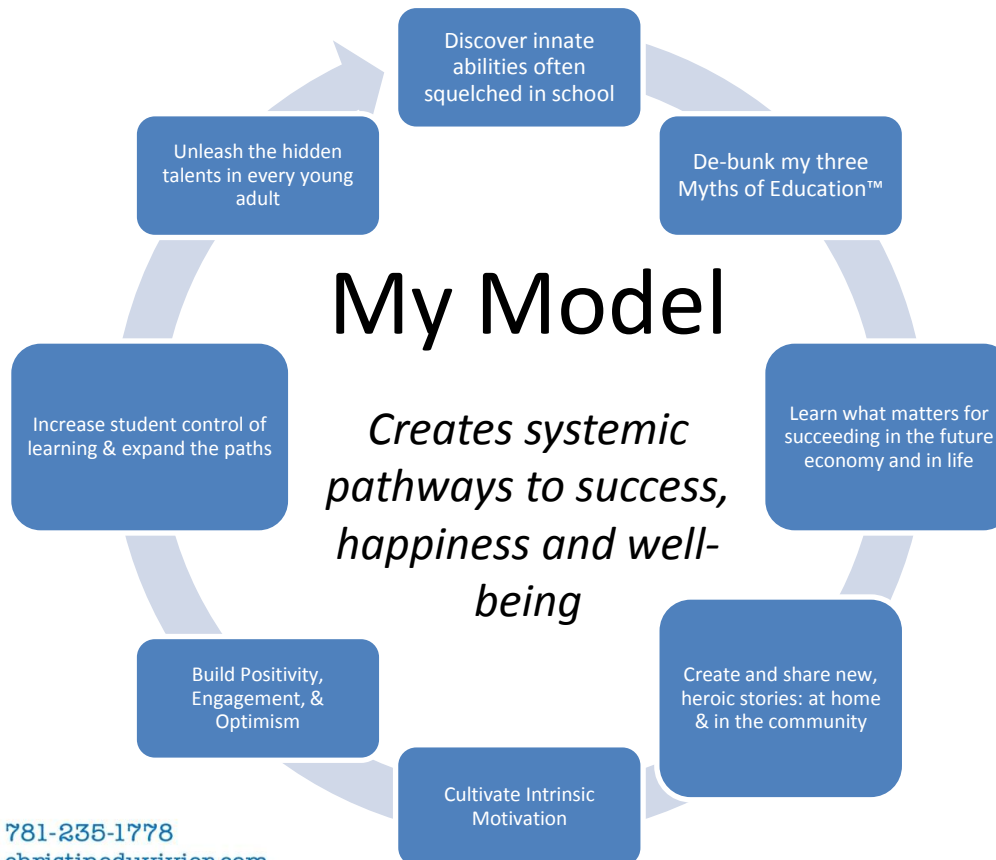


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Looking Ahead

One Year

Change the Dialogue

- *Utilize a variety of social media outlets: YouTube videos, Facebook, plus articles and speeches to:
- *Create awareness in parents, students, community and corporate leaders across the world,
- * Show that The Bottom 80™ are gifted, with Gifts that Conflict with School™, that the Myths of Education™ are wrong, and that each of us can create positive changes now.

Five Years

Visible change begins

- *Online programs, CD and DVD products, Books, Workshops around the globe, and train-the-trainer programs:
- *Inspire and teach families, communities and businesses to implement positive changes:
- *Celebration of students in The Bottom 80™, more electives and sports, increased positive emotion, use of leading-edge practices to prevent depression and anxiety.

Ten Years

Substantive change takes root

- *Use new technology to support communities around the world as they implement positive change.
- *Individual communities implement my recommendations:
- *Give more control over learning to the student, eliminate GPAs and ignore college rankings, encourage young adults to take risks and create an environment that values trying something new such as instrument, language, sport or art, and let every child develop his/her innate gifts and strengths.

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Praise for Christine Duvivier

“Christine and I have spoken together several times. Our ideas are so congruent, we always present similar messages, but in different ways. Christine combines her brilliance in positive psychology with an open and honest tone of personal reflection to make for extremely engaging and useful presentations.”

Ned Hallowell, Best-selling Author of Driven to Distraction

“Talking with Christine helped me pinpoint why I was not succeeding and what I could do to change. She also helped me form a vision for the future that I could hang on to when I felt like giving up.”

Anna G., 18, Student, Roslindale, MA

“Christine Duvivier is more than a breath of fresh air in the fast-paced, anxiety-driven world of teens, their academic standings...and college choices. She provides a well-needed and innovative way of looking at and inspiring teens and their parents. Christine opens the door to the unique gifts in teens...gifts that when recognized will really empower them on their road ahead.” **Carolyn Carney, Parent, Wellesley, MA**

"I highly recommend Christine Duvivier and her work to other parents, teachers and administrators."

Doris Dwyer Boudens, BB&N School, Event Organizer

"Christine presented at my programs focused on working mothers and in particular women's leadership issues. Her presentations were very impactful and she was one of my best-rated speakers. She is very dynamic and in a very comfortable manner instantly connects with the audience."

Robin Pedrelli, Co-Founder, Vision Spring, Inc.

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Programs

Parents and Educators

- [Beyond the Myths of Education: A Better Frame of Reference](#)
- [What's Right with My Teen?](#)
- [Strengthening Teen Optimism](#)
- [There is a College Seat for Everyone](#)

Business

- [Developing Future Leaders: What School Hasn't Taught Us](#)
- [Have More Impact in Less Time](#)

Students and Colleges

- [Get the Life, Love, Job of Your Dreams](#)
- [What's Right with Me?](#)
- [Bay Path College campus and community](#)
- [Have More Impact in Less Time](#)

Positive Change Mentoring

- [YouTube videos](#)
- "The Positive Edge" (WCAC & Internet TV)
- [Private and Group programs](#)
- [Blog and articles](#)
- [Thrive Wellesley](#)

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Sampling of Speaking Engagements

Keynotes & Workshops

- Microsoft Corporation
- There is a College Seat for Everyone – with Dr. Michael Thompson
- Unwrap Your Teen’s Gifts – with Dr. Ned Hallowell
- Wellesley Youth Commission
- Working Mothers Conference

Presentations

- Association for Strategic Planning- Boston
- Buckingham, Browne and Nichols School (BB&N)
- Center for Positive Innovation in Japan
- Concord Networking Group
- Cornell Entrepreneurs Network
- Human Resources Association (HRA-GC)
- International Positive Psychology Association (IPPA)
- MIT Sloan School MBAs
- National Charity League- Wellesley
- Needham Community
- Society for Information Management (SIM-Women)
- Sun Life Financial
- Thrive Wellesley
- Toastmasters International
- Wellesley High School
- Wellesley Rotary Club
- Wellesley Service League
- Wellesley Youth Commission
- Women in Technology International (WITI)
- Women in Engineering, Science and Technology (WEST)

Upcoming: Bay Path College Community (Longmeadow, MA/Hartford, CT area) September 21-22

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Recent Media Coverage

- **Wellesley Cable Access Corporation**, June 2011. “Around Town.” Interview with Christine about her work.
- **The Needham Channel**, June 2011, various times. “Beyond the Myths of Education™.”
- **The Needham Times**. May 5, 2011. Letters: “An Informative Community Program.”
- **Needham Patch (online)**, April 2011. Event Listing.
- **Wellesley Cable Access Corporation**, March 31, 2011. [News report: 13-minute interview](#) on Thrive Wellesley.
- **The Wellesley Townsman**, March 3, 2011. “A race to somewhere” by Gary McCabe.
- **The Swellesley Report (online)**, January 31, 2011. “Wellesley Bloggers & Tiger Mothers.”
- **The Wellesley Townsman**, October 28, 2010. “Let’s turn down the pressure on kids” by Cheryl LaMee-Ludwig.
- **Featured article, The Wellesley Townsman**, January 14, 2010. “Pride in the Accomplishments of The Bottom 80™”, News Page 14.
- **CW56- 7 News Boston**, September 9, 2009. Featured 3-minute “Tip of the Day:” De-stressing the college process.
- **The Wellesley Townsman**, July 2009. ½ Page. “Christine Duvivier to Speak at Rotary.”

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