



**MentorCoach**<sup>®</sup> LLC  
Training Accomplished Professionals  
to Become Extraordinary Coaches

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## LOVE 2.0—THE MASTER CLASS

**Barbara Fredrickson, Ph.D.**

Kenan Distinguished Professor of Psychology and  
Director of the Positive Emotions and Psychophysiology Lab  
at the University of North Carolina at Chapel Hill

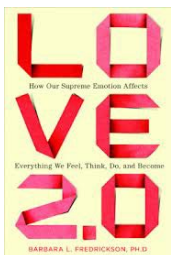
Dear Colleague,

We are excited to welcome you to our new MentorCoach<sup>®</sup> Master Class, Love 2.0.

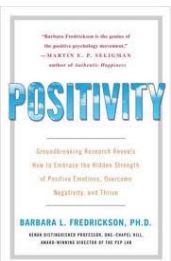
The class meets for one hour on Tuesday's from 1:00-1:59 PM Eastern Time (New York City) beginning on September 24, 2013. You can find the class time across all time zones by [clicking here](#). You will find important information about this class below.

***Please read this document carefully.***

### Course Textbook:



[Love 2.0: How Our Supreme Emotion Affects Everything We Feel, Think, Do, and Become](#)



[Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive](#)

Extra, optional readings will be given out each week to supplement this text. Each week you will also receive material that is designed to help you experience the interventions in your own life, and also to help you apply the principles quickly to your coaching practice.

**CLASS Bridge Number:**  
**+1-206-402-0100 Pin 225910#**

This is a confidential number and is only for the Love 2.0 students. We ask that you not share it with others. We also ask that you take the pledge very seriously and keep the class recordings and the class bridge number confidential.

**ACCESS TO CLASS WEB PAGE, DOCUMENTS, LISTSERV**

Go to: [www.MentorCoach.com](http://www.MentorCoach.com).

On the left side of the page, click on "LOVE 2.0 Entrance"

**Username: love20**

**Password: b@rbf559**

**NOTE: BE VERY ACCURATE IN ENTERING YOUR USERNAME AND PASSWORD**

Over the last year our web host has dramatically upped its security settings. While this means we're more secure, it also means **you will get yourself locked out of the website entirely if you make several consecutive** errors in entering these two access codes.

If you are trying to do it by memory and it does not work the first time--don't keep trying. Wait until you have the correct Username and Password in front of you and enter them very carefully.

If you do get yourself locked out, email us at <mailto:info@mentorcoach.com> and we'll do our best to help. In the interim, you can try again from a different computer with a different IP address. **Bottom line: Be especially careful and accurate when entering your Username and Password.** In the interim, you can try again from a different computer with a different IP address. Bottom line: Be especially careful and accurate when entering your Username and Password.

Each week, Barb's readings & PowerPoint slides will be posted before the class on this private web page, usually two to three days prior to the class. Optional research articles will be posted on the class web page as well. On Wednesday evening following each class, the digital recording for the Tuesday class will be sent to the listserv and by the weekend will be posted to the private webpage (noted above).

We have also set up a class listserv so we can communicate by email easily between classes. A class listserv is set up whereby you can communicate, ask questions, and stay connected between classes. You will be automatically subscribed by Sunny Bain, [sunny@mentorcoach.com](mailto:sunny@mentorcoach.com). If you have any problems with the listserv, please contact Sunny directly.

## CLASS DATES

Classes will meet weekly for eight weeks. The sessions will last one hour. You can call in by telephone from wherever you are. Normal long distance charges apply. We will not meet on Tuesday, November 12, 2013.

- #1: September 24, 2013 The Lens of Emotions
- #2: October 1, 2013 Positivity Resonance
- #3: October 8, 2013 The Mindsets of Positivity and Positivity Resonance
- #4: October 15, 2013 The Fruits of Positivity Resonance
- #5: October 22, 2013 Loving-Kindness Meditation
- #6: October 28, 2013 The Delicate Art of Pursuing Happiness
- #7: November 5, 2013 Unlock Positivity Resonance in the Workplace
- November 12, 2013 NO CLASS**
- #8: November 19, 2013 The Upward Spiral of Lifestyle Change

## ASKING QUESTIONS:

1) To ask questions during class, email them to Barb c/o Ben:

- They must be emailed to [info@mentorcoach.com](mailto:info@mentorcoach.com)
- The Subject Line must read: **BARB FREDRICKSON** Your Name.

For example, SUBJ: **BARB FREDRICKSON** Holly Golightly

- When Barb stops to take questions, Ben will read them to her from the emails he's received. For classes #2-8, Barb will also stay after class to answer questions.

2) You can also email questions directly to Barb between class sessions at [blf@email.unc.edu](mailto:blf@email.unc.edu) . Send them by Sunday morning for her to respond to them at the Tuesday class.

## DOCUMENTING YOUR CALL **VERY IMPORTANT**

### 1. The Attendance Codes.

Each week, Sheila Tasman or Mary Judd, Barb's Assistant Trainers, will give a one-word attendance code about 5 minutes into the hour and 55 minutes after the hour. For example, the attendance code words might be "love" and "positivity."

### 2. Document Your Attendance.

Write down each attendance code. **IF YOU WISH TO BE COUNTED PRESENT FOR THE CLASS**, you must then send **both** code words to the appropriate person-- Sheila or Mary-- **within 24 hours** to receive a COC/CEU Certificate at the end of the course. You must be present for at least 7 of the 8 classes to receive the COC/CEU Certificate.

### 3. Know which Assistant Trainer Is Yours!

Sheila and Mary will each work with half the class.

\* **A-K: Sheila Tasman.** If your last name begins with A-K, you will email your attendance codes to Sheila Tasman ([Sheila@mcpcoach.com](mailto:Sheila@mcpcoach.com)).

\* **L-Z: Mary Judd.** If your last name begins with L-Z, you will email your attendance codes to Mary Judd ([Mary@mcpcoach.com](mailto:Mary@mcpcoach.com)).

### 4. The Subject Line

IN THE SUBJECT LINE OF YOUR EMAIL TO **SHEILA OR MARY** INCLUDE:

- LOVE 2.0
- Your name

## CLASS TIME BY TIME ZONE - UNITED STATES TIME

1:00 PM Eastern Time (New York City)

12:00 PM Central Time (Chicago)

11:00 AM Mountain Time (Denver)

10:00 AM Pacific Time (Los Angeles)

[International Times Click Here](#)

## ASSISTANT TRAINER, Sheila Tasman

Sheila will be Barb's Assistant Trainer. Each week you will email the class attendance code words to her at [sheila@mcpcoach.com](mailto:sheila@mcpcoach.com). Detailed information for how to send Sheila your code words can be found above under the heading of "Documenting Your Call."

## CONTACTS

### **Barb Fredrickson**

Email: [blf@email.unc.edu](mailto:blf@email.unc.edu)

### **MentorCoach Office**

Email: [info@mentorcoach.com](mailto:info@mentorcoach.com)

(301) 986-5688

### **Sunny Bain, Coordinator**

Email: [sunny@mentorcoach.com](mailto:sunny@mentorcoach.com)

Office: (661) 244-4904

Listserve, Evaluation forms, Certificates of Completion, CEUs, Certification

### **Sheila Tasman, Assistant Trainer**

Email: [sheila@mcpcoach.com](mailto:sheila@mcpcoach.com)

Attendance and general class issues

**Supports students whose last name begins with A-K**

### **Ben Dean, MentorCoach Founder**

Email: [info@mentorcoach.com](mailto:info@mentorcoach.com)

Office: (301) 986-5688

### **Rebecca FitzSimmons, MentorCoach Office**

Email: [rebecca.fitzmcp@gmail.com](mailto:rebecca.fitzmcp@gmail.com)

Office: (301) 986-5688

Enrollment, fees

### **Mary Judd, Assistant Trainer**

Email: [mary@mcpcoach.com](mailto:mary@mcpcoach.com)

Attendance and general class issues

**Supports students whose last name begins with L-Z**

## CLASS CERTIFICATES

### Certificate of Completion (COC)

All participants will receive a COC for this course should they:

- Attend **LIVE** 80% of the course (7 of the 8 classes)
- Return a completed program evaluation (to be sent to you from Sunny Bain soon after the end of the course)
- Your Certificate of Completion may be submitted to the ICF for Coach Continuing Education Units (CCEUs) and to MentorCoach to count toward your MentorCoach Certification
- [There is no payment necessary to receive this document](#)

## Continuing Education Certificate (CEU)

Note that the Continuing Education Certificates requiring the \$75 fee apply only to licensed mental health professionals in the US who want the CEUs. If you are not a licensed mental health professional in the US, you do not need these CEUs.

- **Attend **LIVE** 80%** of the course (7 of the 8 classes)
- **Attendance Codes:** Email Sheila Tasman both class attendance codes within 24 hours for 7 of the 8 classes.
- **Return a completed program evaluation** (to be sent to you by Sunny Bain soon after the end of the course)
- **Pay a one-time \$75 administrative fee**
  - ✓ MentorCoach is approved by the **National Association of Social Workers** to offer continuing education credits. Provides 8 contact hours.
  - ✓ MentorCoach is recognized by the **National Board of Certified Counselors** to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines. Provides 0.8 units, 8 contact hours.
  - ✓ MentorCoach has been approved by the **California Board of Behavioral Sciences** to offer continuing education for Marriage and Family Therapist and Licensed Clinical Social Workers licensure requirements in California. Provides 8 contact hours.
  - ✓ MentorCoach is an accredited coach training institute with the **International Coach Federation**. Provides 8 coach continuing education units. There is no charge for ICF CCEUs.

MentorCoach's CEU Coordinator is Sunny Bain who can be reached at [sunny@mentorcoach.com](mailto:sunny@mentorcoach.com). Please direct any CEU questions you have directly to her.

### EVALUATION FORM

All students wishing to receive a COC/CEU certificate will be required to complete and return a course evaluation form at the completion of this program. Sunny Bain will send this form to you via email soon after this course has completed. Students cannot be awarded CEU credit or a Certificate of Completion unless this evaluation form has been completed and returned.

### YOUR INTEGRITY

**By taking part in this class you agree to:**

- Keep the bridge number confidential and not give it to anyone outside the class.
- Similarly keep the LOVE 2.0 web page entrance confidential and do not give access to anyone.
- Honor the copyright of Barb's PowerPoint's and notes and not share them with others or use them without her permission.
- Keep access to digital recordings of Barb's lectures confidential. That would include not forwarding the recording link to others.
- Honor the spirit and letter of this request, helping us keep this class confidential.

## **CALL-IN INSTRUCTIONS**

### **A. Joining the Call.**

At class time, pick up your telephone, dial this number **1-206-402-0100**. Then enter this pin number **225910#**. Feel free to come on five minutes early.

## **THE LOVE 2.0 CLASS DESCRIPTION PAGE HAS MORE INFORMATION, SUCH AS**

- In-depth recordings of Barb
- Barb's bio
- Additional resources with links

To access the LOVE 2.0 class description page, [click here](#).