



INTEGRATIVE MEDICINE GRAND ROUNDS

TUESDAY, OCTOBER 3RD, 2017 AT 8:00AM

BORNSTEIN FAMILY AMPHITHEATER, BWH | 45 FRANCIS ST., BOSTON, MA 02115

**“OUR BODIES SHAPE OUR MINDS:
EFFECTS OF POSTURE ON EMOTIONS, AFFECT, AND SELF EVALUATIONS ”**

FOLLOWED BY COFFEE HOUR FROM 9-10AM



PRESENTED BY: AMY J.C. CUDDY, PHD,
ASSOCIATE PROFESSOR AND LECTURER, HARVARD UNIVERSITY;
SOCIAL PSYCHOLOGIST; BEST-SELLING AUTHOR

PRESENTING INSTITUTION:
HARVARD PSYCHOLOGY DEPARTMENT

IN THIS PRESENTATION, DR. AMY CUDDY WILL TALK ABOUT OUR PHYSICAL POSTURE. HOW WE HOLD OUR BODIES, MOVE, AND EVEN SPEAK AFFECTS OUR FEELINGS, MOOD, AND SELF EVALUATIONS. DR. CUDDY WILL PROVIDE A REVIEW OF THE RESEARCH ON POSTURAL FEEDBACK, DRAWING FROM A WIDE RANGE OF DISCIPLINES, AND DISCUSS HOW WE MIGHT APPLY THESE ‘MENTAL STATE’ EFFECTS TO HELP PEOPLE IMPROVE THEIR INTERACTIONS AND WELLBEING.

2017 SCHEDULE: MONTHLY | FIRST TUESDAY'S 8:00–9:00AM

November 7th: Osher Center for Integrative Medicine- Matthew Kowalski, DC

December 5th: Cambridge Health Alliance presents Complementary and Integrative Therapies for Depression: State of the Evidence- Dr. Pieter Cohen, MD

HMS CME CREDITS AVAILABLE

www.oshercenter.org | 617.525.8737

Amy Cuddy, PhD, Biography
August 2017

Social psychologist, Harvard lecturer, and bestselling author Amy Cuddy is an expert on the behavioral science of power, presence, and prejudice. Amy, who teaches leadership at Harvard, earned her PhD from Princeton University and has served on the faculties of Harvard Business School and Northwestern University. Amy's book *Presence: Bringing Your Boldest Self to Your Biggest Challenges* (Little, Brown, & Co., 2015), is a *New York Times*, *Washington Post*, *USA Today*, *Wall Street Journal*, *Publisher's Weekly*, and *Globe & Mail* bestseller and has been published in 30 languages. As described in the *New York Times Sunday Book Review*, "*Presence* feels at once concrete and inspiring, simple but ambitious--above all, truly powerful." Amazon selected *Presence* as the December spotlight pick among its 'Best Books of December 2015'. Amy's 2012 TED Talk, "Your Body Language May Shape Who You Are," named by *The Guardian* as 'One of 20 Online Talks that Could Change Your Life', has been viewed more than 42 million times and is the second-most-viewed TED Talk. Focusing on the power of nonverbal behavior, prejudice and stereotyping, the delicate balance of trustworthiness and strength, and the ways in which people can affect their own thoughts, feelings, performance, and psychological and physical well-being, she writes and speaks about how we can become more present, influential, compassionate, and satisfied in our professional and personal lives.

Amy has been named by the BBC as one of their 100 Women of 2017, a Game Changer by *Time*, one of 50 Women Who Are Changing the World by *Business Insider*, one of the World's Top 50 Management Thinkers by Thinkers50, one of the Top 50 Leadership Innovators Changing How We Lead by *Inc.*, one of Twitter's 100 Science Stars by *Science*, one of 10 Ten Bostonians Who are Upending the Way We Live, Lead, and Learn by *Boston Magazine*, a Rising Star by the Association for Psychological Science, an Early Career Award recipient by the Society for the Psychological Study of Social Issues, and a Young Global Leader by the World Economic Forum.

Her highly cited research on prejudice and stereotyping, nonverbal behavior, and presence and performance under stress has been published in top academic journals, including the *Proceedings of the National Academy of Sciences* (PNAS), *Science*, and *Psychological Science*, and featured in the *New York Times*, *Wall Street Journal*, *Economist*, *Guardian*, *Wired*, *Fast Company*, *Inc.*, *Globe and Mail*, NPR, BBC, and many more. She has been a guest on the Late Show with Stephen Colbert, The Today Show, Good Morning America, CBS This Morning, CBS Sunday Morning, Morning Joe, 60 Minutes with Charlie Rose, CNN with Anderson Cooper, among others. Amy has written for the *New York Times*, *New York Magazine*, *Harvard Business Review*, and *CNN*.

Amy is currently writing a book about bravery, bullying, and bystanding. In early 2018, in partnership with the New Citizenship Project, she will launch a venture championing measures of societal and economic success and wellbeing.