

# HAPPINESS & its causes

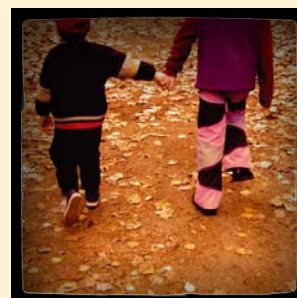
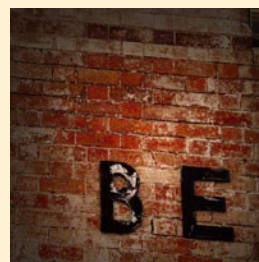
## ROADSHOW

4 – 5 November 2013  
Brisbane Convention & Exhibition Centre


The world's leading happiness  
event comes to Brisbane!



**TOOLS &  
TECHNIQUES  
FOR A  
HAPPIER  
LIFE**





**THE EARLIER  
YOU BOOK,  
THE MORE  
YOU SAVE!**



# tools & techniques for a happier life


The *Happiness & Its Causes* Roadshow is coming to town! For the first time in Brisbane, join us for this fascinating exploration of the varied causes of a happy and meaningful life. Be dazzled by a faculty of 20+ international, interstate and local speakers – leaders in psychology, science, education, business spirituality, the arts and more.

## THE LIFE WELL-LIVED



Consider what gives life meaning and purpose with coaching psychologist and international authority on the role of meaning in life **Michael F Steger**. Explore how to use your brain wisely for increased happiness and wellbeing with GP and mindfulness expert, **Craig Hassed**.

## YOUR AMAZING MIND



Discover what happens when the mind is given free rein with neuroscientist and science raconteur **Michael Corballis**. Reduce stress and experience the healing power of the mind with mind-body expert **Ian Gawler**.

## MEET AUSTRALIA'S LEADING PSYCHOLOGISTS

Find out how to build your willpower with **Tim Sharp**, hear the latest research on positive psychology in schools with **Suzu Green** and gain useful insights into new Cognitive Behaviour Therapy strategies for dealing with upsetting emotions with **Sarah Edelman**.

## LEARN HOW TO THRIVE

Get practical tips for creating a better future with social researcher **Maggie Hamilton**. Be amazed by your capacity to become more mindful using photography with illustrator and author **Matthew Johnstone**. Learn how to effectively transition between different roles to improve balance and happiness with innovative educator on human performance, **Adam Fraser**.



A vibrant conference experience with 20+ speakers & 6 workshops!



Be part of the world's leading forum exploring happiness and wellbeing. The action packed program is designed to suit individuals and professionals in psychology, education, health care, business... in fact, anyone! Bring your whole team or family to this inspiring event.

**BIG KEYNOTES:** Hear from the world's leading speakers in science, psychology, education, spirituality, the arts and more!

**IN PURSUIT OF A MEANINGFUL LIFE**



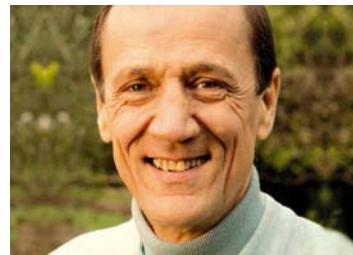
**Associate Professor Michael F Steger, USA**, coaching psychologist and international authority on what makes life meaningful

**THE WANDERING MIND: GIVING THE MIND FREE REIN**



**Professor Michael Corballis, New Zealand**, outstanding cognitive neuroscientist and science communicator, and author of *Pieces of Mind: 21 short walks around the human brain*

**STRESSED OUT & ANXIOUS? NATURAL ANSWERS FOR A CALMER LIFE**



**Dr Ian Gawler OAM**, Australia's most well-known cancer survivor and mind-body medicine pioneer

**THE BRAIN AND HOW TO USE IT WISELY**



**Dr Craig Hassed**, GP, senior lecturer at Monash University and developer of world first 'wellbeing' curriculum for medical students

**HOW TO BUILD YOUR WILLPOWER**



**Dr Timothy Sharp**, leading clinical psychologist and founder of The Happiness Institute

**THE POWER OF COGNITIVE BEHAVIOUR THERAPY (CBT) FOR MANAGING YOUR MOODS**



**Dr Sarah Edelman**, acclaimed clinical psychologist and best-selling author of *Change Your Thinking*

08:30



**WELCOME & OPENING REMARKS FROM THE CHAIRPERSON**

**Gretel Killeen**, popular media presenter and author of *The Night My Bum Dropped*

08:40



**OPENING PERFORMANCE**

**Jeremy 'Yongurra' Donovan**, descendant of the Kuku-Yalanji tribe of far North Queensland and one of Australia's most celebrated Aboriginal didgeridoo players

HAPPINESS & MEANING

08:50



**IN PURSUIT OF A MEANINGFUL LIFE**

*A riveting talk on what makes life meaningful and why we should care. Hear the latest scientific research on how meaningful experiences improve our lives, work and overall wellbeing.*

**Associate Professor Michael F Steger, USA**, coaching psychologist and international authority in the study of meaning and the quality of life

09:20



**STRESSED OUT AND ANXIOUS? NATURAL ANSWERS FOR A CALMER LIFE**

*Being stressed has become the norm in the modern workplace – an indicator that you're working hard. Discover how to use your mind to allay anxiety and create a happier, more productive mindset.*

**Dr Ian Gawler OAM**, Australia's most well-known cancer survivor and mind-body medicine pioneer

09:40



**BRAIN BREAK: MEDITATION WITH IAN GAWLER**

09:45



**PERSONAL STORY: THE JOY OF GIVING**

*Be uplifted by the story of a courageous man who, faced with his young wife's tragic illness, determined to give her the best possible care and with the help of close friends built an organisation to help others.*

**David Conry**, social entrepreneur, philanthropist and founder of **YoungCare**; Queensland's Australian of the Year 2007



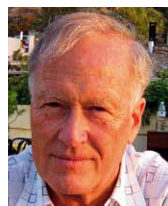
**Moderator: Richard Fidler**, popular broadcaster and host of *Conversations with Richard Fidler* on **ABC Local Radio & ABC Radio National**

10:05

MORNING COFFEE BREAK

HAPPINESS & YOUR MIND

10:35



**THE WANDERING MIND: GIVING THE MIND FREE REIN**

*A fascinating exploration of the workings of the brain by a master story-teller. What happens when we give the mind free rein? Can letting your imagination wander affect your happiness and even your longevity?*

**Professor Michael Corballis, New Zealand**, outstanding cognitive neuroscientist and science communicator: author of *Pieces of Mind: 21 short walks around the human brain*

11:05



**THE POWER OF COGNITIVE BEHAVIOUR THERAPY (CBT) FOR MANAGING YOUR MOODS**

*Hear the latest developments in CBT for managing mood and upsetting emotions. Learn how to work with your mind.*

**Dr Sarah Edelman**, acclaimed clinical psychologist and best-selling author of *Change Your Thinking*

11:25



**BRAIN BREAK**

11:30

**PANEL DISCUSSION: IS HAPPINESS UP TO ME?**

*A fascinating exploration of the sources of happiness and ways to increase our overall wellbeing. How much is really in our own hands?*

**Michael F Steger, David Michie, Eve Ekman and Sarah Edelman**

12:00



**THE EMOTIONALLY INTELLIGENT BRAIN**

*What do we mean by 'emotional intelligence' and how can it help you achieve your life goals?*

**Sue Langley**, psychologist, researcher, thought leader and trainer in emotional intelligence, positive psychology and neuroleadership

12:20



**CAPTURING MINDFULNESS: A GUIDE TO BECOMING PRESENT THROUGH PHOTOGRAPHY**

*Being in the moment is easy to say yet tricky to do. Learn how to bring a heightened calm and awareness into your life with a highly creative approach to mindfulness – don't forget your smartphone or camera!*

**Matthew Johnstone**, best-selling author of illustrated book *I Had a Black Dog*

12:40

LUNCH BREAK

HAPPINESS TOOLS & TECHNIQUES

14:00

HOW TO BUILD YOUR WILLPOWER



Is willpower the secret to health, happiness and success? If self-control is a predictor of future success in life, then how can we help young people to develop their self-control skills?

**Dr Timothy Sharp**, highly regarded clinical psychologist, executive coach and best-selling author of *The Happiness Handbook*

14:20

TAMING THE BUSY MIND: A PATHWAY TO HAPPINESS



In modern life, more and more of us are suffering from the 'busy mind syndrome' and our happiness is fading as a result. How can we ignore attention grabbers, tame our minds and re-ignite our happiness?

**Susan Pearse**, acclaimed leadership expert and co-author of *Wired for Life*

14:40

BRAIN BREAK: CREATING ANGELS



An inspiring tribute to relationships, gratitude and the power of words.

**Toni Powell**, documentary filmmaker, storyteller and initiator of *The 30 Day Gratitude Challenge/Goodness Gracious Me!* workplace training programs

14:50

HOW TO BE MORE ENGAGED IN YOUR FUTURE



Current fears and negativity can give us a disempowered view of the world. How can we foster innovation, imagination, and diversity for ourselves and our children? Learn some practical, fun strategies for creating a better future.

**Maggie Hamilton**, researcher, regular media commentator, internationally published author and keen observer of social trends

15:10

THE THIRD SPACE: USING LIFE'S LITTLE TRANSITIONS TO FIND BALANCE AND HAPPINESS



Do you feel as if you have multiple roles and find it hard to be all things to all people? Discover how to effectively transition between different roles to improve balance and happiness.

**Dr Adam Fraser**, innovative educator, author and researcher on human performance

15:30

AFTERNOON COFFEE BREAK

Inspirational, grounding, uplifting. Coming here is akin to plugging in to the main power station of love, joy and happiness and coming away recharged.

Catherine Gunn, Qld Health

HAPPINESS THROUGHOUT LIFE

16:00

POSITIVE SCHOOLS, POSITIVE CHILDREN



Hear cutting edge research into the role of positive education in Australian schools. What effect does positive education have on our children's wellbeing and on the wider school community?

**Dr Suzy Green**, respected researcher, clinical psychologist and positive education expert

16:20

CHANGING YOUR MIND ABOUT DYING



Explore how much we can learn about living from those who are dying and how transforming our attitudes to death can have a radical impact on our lives.

**Venerable Yeshe Khadro**, nun ordained in the Tibetan Buddhist tradition and director of a hospice service

16:40

BRAIN BREAK: SHARING INSPIRATION, BEAUTY & HAPPINESS



16:50

YOUR BRAIN AND HOW TO USE IT WISELY



The brain is our most important possession. Explore some of the recent insights into the brain through fields such as neuroscience. Learn how to help your brain age gracefully.

**Dr Craig Hassed**, GP, lecturer and author on holistic paths to wellbeing

17:10

CLOSING PERFORMANCE

17:30

CLOSE

VENUE



**Brisbane Convention & Exhibition Centre**  
Corner of Merivale and Grey Street, South Bank

Located in the unique South Bank riverside precinct, Brisbane Convention & Exhibition Centre is a state of the art facility offering

our delegates an enhanced event experience. Easily accessible by car, foot or public transport, the venue is part of a vibrant cultural and entertainment hub.

PLATINUM PREMIUM SEATING



All seats in the auditorium have uninterrupted views of the stage. However you may enhance your conference experience by taking up the Platinum Seating option. Enjoy guaranteed seating in an exclusive area close to the stage. Can be added to any conference package.

**MORNING WORKSHOPS 09:00 – 12:00**

**WORKSHOP 1**

**CHANGE YOUR THINKING**



with **Dr Sarah Edelman**, acclaimed clinical psychologist and best-selling author of *Change Your Thinking*

Whether we feel happy or sad, calm or anxious, empathic or resentful, is largely determined by the way we think. While stressful events often trigger emotional distress, our ongoing response to these events is determined by our perceptions. Changing the way we think enables us to change the way we feel.

Learn a variety of Cognitive Behaviour Therapy techniques - including new techniques added over recent years - to change ways of thinking that contribute to distressing mood and emotions (including anxiety, depression, guilt and anger).

**WORKSHOP 2**

**THE THIRD SPACE: USING LIFE'S LITTLE TRANSITIONS TO FIND BALANCE AND HAPPINESS**



with **Dr Adam Fraser**, innovative educator, author and researcher on human performance

How do people flourish while fulfilling some of the hardest jobs in society? Hear cutting edge research into how special forces soldiers, palliative care nurses, leaders, working mothers and elite athletes use the transitional spaces in their lives (the third space) to thrive in the face of incredible challenges.

In this interactive, practical and entertaining workshop you will find out how to use the transitional spaces in your life as you move between different roles, environments and tasks, to improve your happiness, balance and engagement.

**WORKSHOP 3**

**CREATING POSITIVE WORKPLACE CULTURES: PUTTING THE SCIENCE OF POSITIVE PSYCHOLOGY TO WORK**



with **Dr Suzy Green**, respected researcher, clinical psychologist and positive education expert

Begin to create a Positive Workplace Plan for your school or organisation in this practical and interactive workshop. Identify initiatives already undertaken in your organisation or school that may fall under the "Positive Psychology umbrella". Explore the role staff can play in creating and implementing a Positive Workplace Program.

Goal-setting and evidence-based coaching strategies will be utilised to ensure that each participant leaves the workshop with an actionable plan. As we say in coaching - "if it ain't written, it ain't coaching".

**AFTERNOON WORKSHOPS 13:30 - 16:30**

**WORKSHOP 4**

**PUTTING MEANING TO WORK**



with **Associate Professor Michael F Steger, USA**, coaching psychologist and international authority in the study of meaning and the quality of life

How can work be more than just a way to make money? This workshop provides a hands-on encounter with exciting scholarship on how positive psychological principles can help fashion work that contributes to a fuller, happier life. In this interactive workshop you will:

- Explore what makes work meaningful.
- Identify and discover how to use your unique psychological strengths in the workplace.
- Examine strategies for making work more meaningful.

**WORKSHOP 5**

**STILLNESS IN MODERN LIFE**



with **Dr Ian Gawler OAM**, Australia's most well-known cancer survivor and mind-body medicine pioneer

Over the millennia, people have turned their minds inwardly in search of peace, happiness and clarity. In modern times, meditation offers a reliable refuge, a well-proven antidote to stress and anxiety. The bonus? Increased creativity, confidence, personal satisfaction and productivity.

Just beginning or keen to deepen your meditation? Join Ian Gawler for this highly experiential workshop. A moment's peace. A whole new possibility for health and wellbeing.

**WORKSHOP 6**

**WIRED FOR LIFE**



with **Susan Pearse and Martina Sheehan**, acclaimed leadership experts and co-authors of *Wired for Life*

Are you ready to change the way you think? The Wired for Life workshop offers:

- An opportunity to understand more about your brain, the mindsets and habits that can trip you up, and what you can do to change them.
- Practical exercises for changing the way you think.
- Critical skills to enhance your clarity and focus, boost your productivity, and become more effective in your roles at work and in life.

# Reserve your place today



The earlier you book the more you'll save.  
It's really easy to book your place online.

And our online calculator will ensure you  
take advantage of the best deal.

Book now on [www.happinessanditscauses.com.au/roadshow/brisbane](http://www.happinessanditscauses.com.au/roadshow/brisbane)

Don't forget to book by 27 September for maximum savings.

**Book by  
27 September  
for maximum  
savings!**



Package	By 27 September	Final Price
Conference	\$395+ \$39.50 GST = \$434.50 SAVE \$100	\$495+\$49.50 GST = \$544.50
Workshops	\$195+ \$19.50 GST = \$214.50 SAVE \$50	\$245+\$24.50 GST = \$269.50
Gold Pass 2 Day Package	\$670+\$67.00 GST= \$737.00 SAVE \$165	\$835+\$83.50 GST =\$918.50
Platinum Premium Seating	\$100+\$10.00 GST = \$110.00	

Book by 27 September to save \$165

## BRING YOUR TEAM OR FAMILY

Share the inspiration - bring your whole team or family to this empowering event and get an extra discount.

There are special group packages available – call +61 2 8719 5118 for more details or go to [www.happinessanditscauses.com.au/roadshow/brisbane](http://www.happinessanditscauses.com.au/roadshow/brisbane)

# HAPPINESS & its causes ROADSHOW

This conference is kindly supported by a range of organisations. Special discounts apply to Endorsing Body members. Professional development points may also apply. Go to [www.happinessanditscauses.com.au/roadshow/brisbane](http://www.happinessanditscauses.com.au/roadshow/brisbane) to find out more.

## Endorsed by



## Community Partner

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## FOR YOUR DIARY

**HAPPINESS  
& its causes**

Be part of the world's leading forum exploring human happiness and wellbeing.

**Happiness & Its Causes 2014,**  
29 - 30 May 2014,  
Seymour Centre,  
Sydney

[www.happinessanditscauses.com.au](http://www.happinessanditscauses.com.au)

