

HAPPINESS & its causes

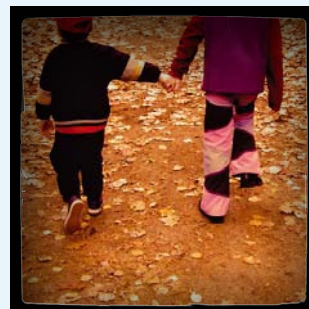
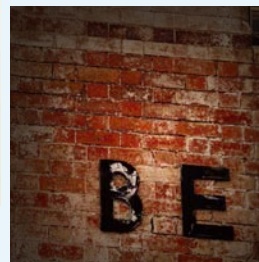
ROADSHOW

7 – 8 November 2013
Perth Convention & Exhibition Centre


**The world's leading happiness
event comes to Perth!**



**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 Perth, 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**. Develop emotional awareness and identify triggers to stress with emotions expert **Eve Ekman**.

YOUR AMAZING MIND

Explore how to use your brain wisely for increased happiness and wellbeing with GP and mindfulness expert, **Craig Hassed**. Reduce stress and experience the healing power of the mind with mind-body expert **Ian Gawler**.

MEET AUSTRALIA'S LEADING PSYCHOLOGISTS

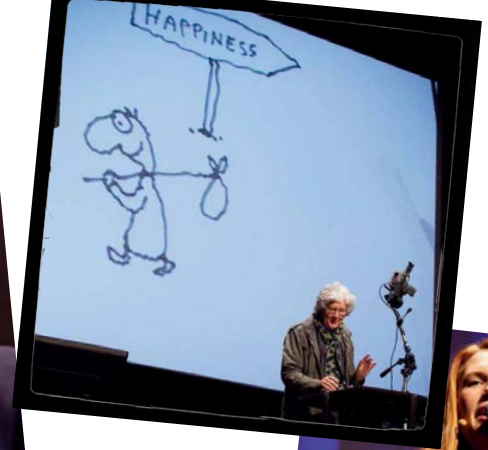
Find out how to build your willpower with **Tim Sharp**, hear the latest research on positive psychology in schools with **Suzy Green** and gain useful insights into new Cognitive Behaviour Therapy strategies for dealing with upsetting emotions with **Sarah Edelman**.

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



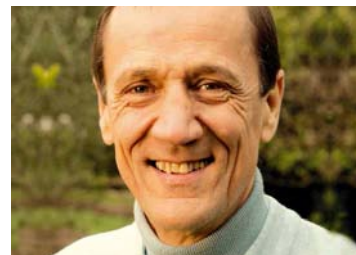
Associate Professor Michael F Steger, USA, coaching psychologist and international authority on what makes life meaningful.

CULTIVATING EMOTIONAL BALANCE



Eve Ekman, USA, an expert working with emotion and mindfulness to reduce stress and burnout while enhancing 'professional empathy' in the workplace.

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

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

WHY YOU ALREADY HAVE ALL YOU NEED TO BE HAPPY!



Our minds are the basis of all our happy – and unhappy – experiences. Learn how to use meditation to investigate the workings of your mind and develop inner tranquility and wellbeing.

David Michie, meditation coach and best-selling, internationally published author of *Buddhism for Busy People* and *The Dalai Lama's Cat*

09:40

BRAIN BREAK: MEDITATION WITH DAVID MICHIE



09:45

PERSONAL STORY: BEHIND THE SMILE



Be inspired by the story of a young man spreading hope to others by sharing his story of depression, survival and recovery.

Joshua Cunniffe, WA State Finalist Young Australian of the Year 2012, mental health campaigner, Ministerial Council for Suicide Prevention, Lifeline WA ambassador

10:05

MORNING COFFEE BREAK

From a professional level, personal level and social level this was just outstanding...the world really is an amazing place!

Joe Marina, Franchise Business Coach, **KFC**

HAPPINESS & YOUR MIND

10:35

CULTIVATING EMOTIONAL BALANCE AT WORK



Cultivating a sense of emotional balance and ease at work is critical to enhancing performance and satisfaction. How can we manage the emotional demands of the workplace and identify triggers that lead to stress?

Eve Ekman, USA, expert working with emotion and mindfulness to reduce stress and burnout while enhancing 'professional empathy' in the workplace

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



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

14:40



BRAIN BREAK

14:50



BLOOMINGLY BOUYANT

Some people seem to be naturally buoyant; they cope well with problems and stress and seem to be somehow strengthened by the experience. Learn about the three levels of buoyancy and some strategies to help develop yours!

Tasha Broomhall, engaging mental health and wellbeing trainer who delivers a serious topic in a warm and humorous style

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

HAPPINESS THROUGHOUT LIFE

16:00



POSITIVE SCHOOLS, POSITIVE CHILDREN

Hear cutting edge research into the role of positive education in Australian schools. How can positive psychology help our children to lead happier, more fulfilled lives? What effect does positive education have on the wider school community?

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

16:20



ARISTOTLE’S ADVICE FOR KEEPING MENTALLY HEALTHY

What did Aristotle have to say about keeping mentally healthy? Explore activities for leading a fulfilled life and the implications for suicide prevention, social inclusion and civic virtue.

Professor Rob Donovan, leading behavioural researcher and mental health promotion campaigner

16:40



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

17:00



BRAIN BREAK: SHARING INSPIRATION, BEAUTY & HAPPINESS

17:05



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 Hased, GP, lecturer and author on holistic paths to wellbeing

17:25

CLOSING PERFORMANCE

17:35

CLOSE

VENUE



Perth Convention & Exhibition Centre
21 Mounts Bay Road, Perth

Located in the heart of the city, Perth 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 also close to vibrant shopping and eating precincts.

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

CULTIVATING EMOTIONAL BALANCE



with **Eve Ekman, USA**, expert working with emotion and mindfulness to reduce stress and burnout while enhancing 'professional empathy' in the workplace

In this fascinating and highly experiential workshop learn the key elements of Cultivating Emotional Balance (CEB), a 42 hour training program developed by pioneering emotions researcher Dr Paul Ekman and contemplative scholar B. Alan Wallace.

- Participate in scientific exercises to increase your ability to identify emotions in others.
- Builds skills to facilitate the regulation of emotions before they become 'over aroused' and create stress.
- Learn how to cultivate sustainable empathy and reconnect to meaning in your work and life.

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

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).

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/perth

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/perth

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/perth to find out more.

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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

