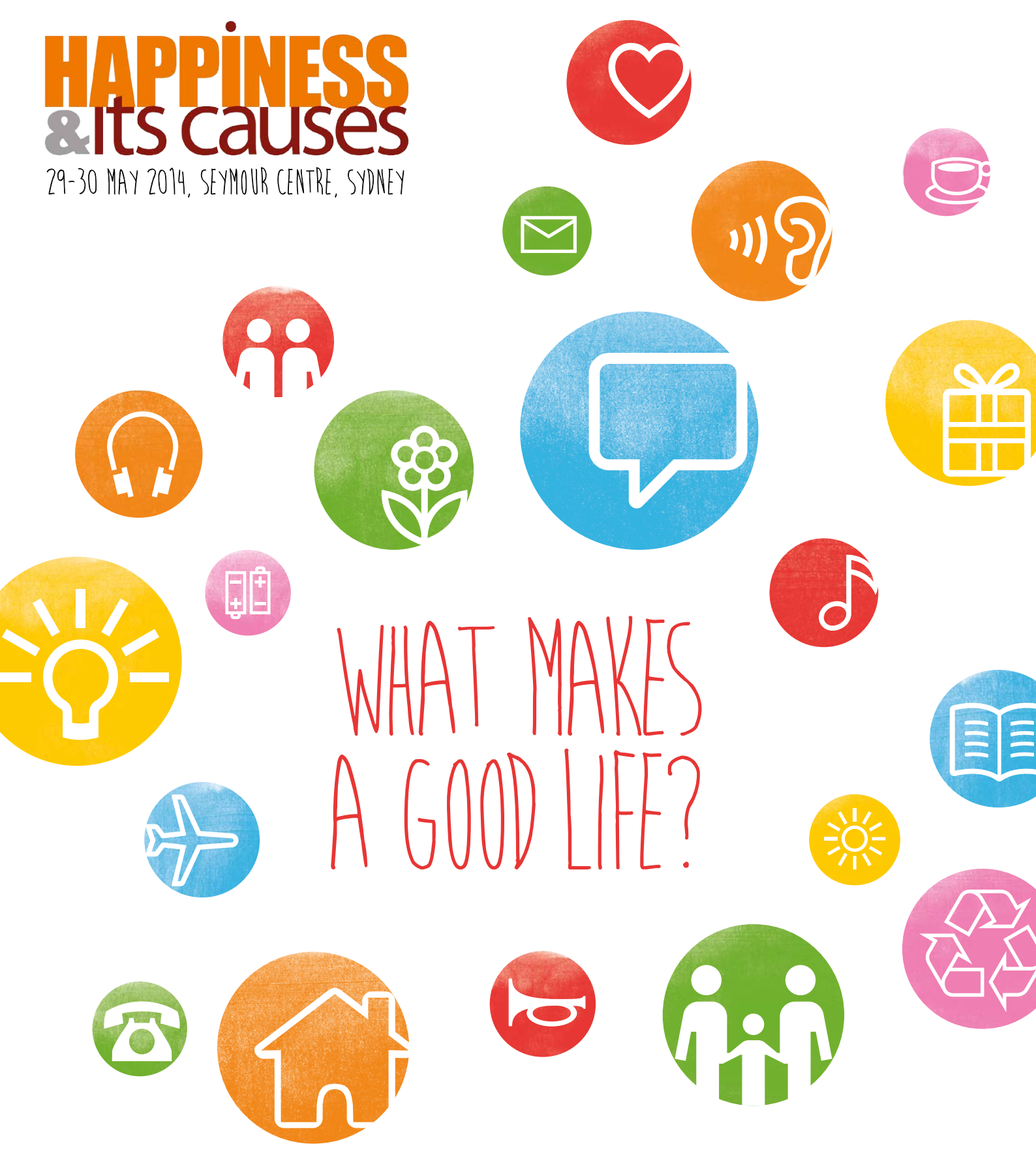


HAPPINESS & its causes

29-30 MAY 2014, SEYMOUR CENTRE, SYDNEY



WHAT MAKES A GOOD LIFE?

MIHALY CSIKSZENTMIHALYI

ONE OF THE GREATEST PSYCHOLOGISTS OF OUR AGE

JANE GOODALL

LEGENDARY PRIMATOLOGIST

MATTHIEU RICARD

INSPIRING HUMANITARIAN MONK

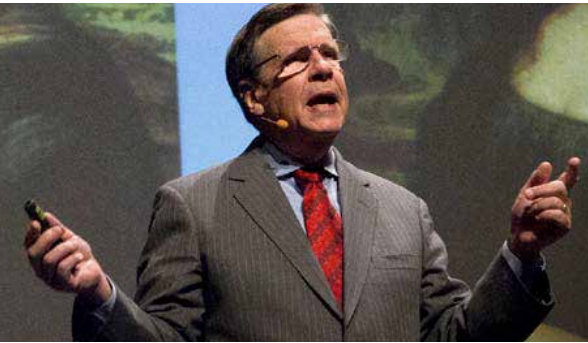
INCORPORATING

YOUNG
MINDS.



HAPPINESSANDITSCAUSES.COM.AU

TOOLS & TECHNIQUES



Explore the varied causes of a happy and meaningful life – for ourselves and others – at *Happiness & Its Causes* 2014. Be uplifted, informed and motivated by a faculty of 30+ world-renowned international and Australian speakers – leaders in psychology, science, education, business, spirituality, the arts and more!



A UNIQUE OPPORTUNITY TO MEET WORLD-LEADING PSYCHOLOGISTS

Discover how to bring 'flow' into your life with celebrated psychologist **Mihaly Csikszentmihalyi**. Explore how to combat the narcissism epidemic with leading researcher **Jean Twenge**. Learn how to make your willpower work for you with respected social psychologist **Roy Baumeister**.



PERSONAL STORIES TO INSPIRE

Be moved and uplifted by **Gail Mabo**, as she pays tribute to her father Eddie Mabo, by acclaimed jazz trumpeter **James Morrison** as he recounts the magic of a life in music and by **Robert Hoge**, born with a giant tumour on his forehead, whose life is filled with joy and optimism.



LEARN HOW TO THRIVE

Explore why skills for wellbeing should be taught in schools with international wellbeing expert **Felicia A. Huppert**. Learn how to care for yourself and others with mind-body healing pioneer **Petrea King**. Get practical tips for creating balance in your life with respected media personality **Deborah Hutton**.



HOW SHOULD WE LIVE?

Consider how we should best meet the challenges of today's world for happier, more meaningful lives with inspiring humanitarian monk **Matthieu Ricard**, legendary chimpanzee researcher **Jane Goodall** and leading social researcher **Hugh Mackay**.



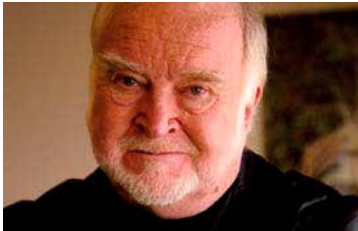
Be part of the world's leading forum exploring happiness and wellbeing. The action packed program is designed to suit individuals and professionals in psychology, education, health care, business...in fact, anyone! Bring your whole team or family to this inspiring event.

FOR A HAPPIER LIFE

The world's leading happiness event is celebrating its 9th year! And to mark the occasion we're including some new, interactive and fun elements – a cocktail party, HAPFEST powered by Pecha Kucha, the Young Minds forum, more live performers plus lots of other goodies.

A vibrant conference experience with 30+ speakers, interactive sessions & 7 workshops!

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



LIVING IN 'FLOW': THE SECRET OF HAPPINESS

Professor Mihaly Csikszentmihalyi, USA, one of the greatest psychologists of our time, pioneering researcher into optimal experience or 'flow' and best-selling author of *Flow: The classic work on how to achieve happiness*



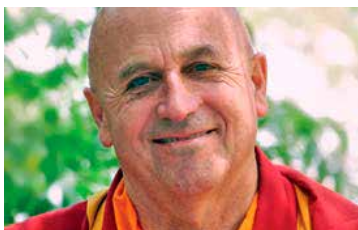
SOWING THE SEEDS OF HOPE

Dr Jane Goodall, DBE, UK, legendary primatologist, environmentalist and UN Messenger of Peace



PERSONAL STORY: MY FATHER EDDIE MABO

Gail Mabo, artist, actress and the family appointed spokesperson on behalf of her father, Eddie Koiki Mabo



CULTIVATING ALTRUISM: A PATH TO HAPPINESS

Matthieu Ricard, Nepal, inspiring humanitarian monk and best-selling author *Happiness: A Guide to Developing Life's Most Important Skill*



THE NARCISSISM EPIDEMIC: CAUSES AND SOLUTIONS

Professor Jean Twenge, USA, psychologist and leading researcher into narcissism and youth mental health



THE MAGIC OF MUSIC

James Morrison AM, acclaimed musician and jazz trumpet player extraordinaire



08:30



WELCOME & OPENING REMARKS FROM THE CHAIRPERSON

Yassmin Abdel-Magied, inspiring young woman, blogger and mechanical engineer who founded Youth Without Borders and was named Young Queenslander of the Year in 2010

08:40



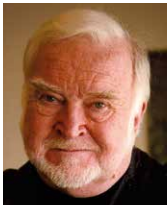
OPENING PERFORMANCE: RHYTHM HUNTERS, LADOAI – SACRED EARTH, SACRED SPIRIT

Be transported by an intense and frenetic dance spectacle involving small drums called rapai, choreographed movement based on the traditional dance from West Sumatra, Indonesia, and group vocals in Minangkabau dialect.

Rhythm Hunters, a dynamic force in world music

HAPPINESS & A LIFE OF PURPOSE

08:50



LIVING IN 'FLOW': THE SECRET OF HAPPINESS

What makes us really glad to be alive? A fascinating exploration of the experience of 'flow', a state of joy, creativity and total involvement. Learn how to actively bring 'flow' into your life.

Professor Mihaly Csikszentmihalyi, USA, one of the greatest psychologists of our time, pioneering researcher into optimal experience or 'flow' and best-selling author of *Flow: The classic work on how to achieve happiness*

09:15



IN CONVERSATION WITH MIHALY CSIKSZENTMIHALYI

An in-depth and engaging conversation about the life, work and passions of world-leading psychologist, Mihaly Csikszentmihalyi.

Moderator: Richard Fidler, respected broadcaster and presenter of *Conversations with Richard Fidler* on ABC Radio

09:45



PERSONAL STORY: MY FATHER, EDDIE MABO

Be inspired by an emotional and highly personal insight into the life of Eddie Mabo, the celebrated land rights activist who rewrote the history of this country, as told by his daughter, Gail.

Gail Mabo, artist, actress and the family appointed spokesperson on behalf of her father, Eddie Koiki Mabo

10:05

MORNING COFFEE BREAK

10:45



CULTIVATING ALTRUISM: A PATH TO HAPPINESS

What is the link between altruism and happiness? How important is altruism in meeting the challenges of today's world? Hear the latest science on altruism and practice cultivating an altruistic heart and mind.

Matthieu Ricard, Nepal, inspiring humanitarian monk and best-selling author of *Happiness: A Guide to Developing Life's Most Important Skill*

11:20



THE NARCISSISM EPIDEMIC: CAUSES AND SOLUTIONS

A riveting presentation on the rise in narcissism and decline in empathy over recent years. Examine the causes and discover what we can do to combat the narcissism epidemic.

Professor Jean Twenge, USA, psychologist and leading researcher into narcissism and youth mental health and author of *The Narcissism Epidemic: Living in the Age of Entitlement*

11:50



PEACE IN PRACTICE: CARING FOR OURSELVES AND OTHERS

If we're always giving to others without attending to ourselves we become depleted. When we are replenished we can meet our challenges with wisdom and compassion.

Petrea King, well-known cancer survivor, naturopath, mind-body healing pioneer and author of *Your Life Matters*

12:10



THE MAGIC OF MUSIC

Be transported by a virtuoso jazz musician as he talks about the power of music to transform our own lives and the lives of others.

James Morrison AM, acclaimed musician and jazz trumpet player extraordinaire

12:40

LUNCH BREAK

HAPPINESS & YOUR MIND

14:00



WILLPOWER: HOW TO MAKE IT WORK FOR YOU

A compelling exploration of the science of self-control and willpower. Discover why we so often fail to break bad habits and how we can increase our willpower.

Professor Roy Baumeister, USA, respected social psychologist exploring self-control, self-regulation, meaning and happiness and author of *Willpower: Rediscovering the Greatest Human Strength*



14:30

WHY MINDFULNESS IS BETTER THAN CHOCOLATE



Is mindfulness merely a tool for stress reduction or is there more to the practice? Explore how mindfulness can help you know more about the nature of your own mind and why this can lead to a happier life.

David Michie, best-selling author and meditation coach, who launches his new book *Why Mindfulness is Better than Chocolate* at the conference

14:50

WHAT'S THE RIGHT THING TO DO?



How do we become ethical thinkers? How do we encourage ethical debate in the next generation? Take part in an interactive conversation about a topical ethical dilemma.

Michael Parker, engaging philosophy teacher and author of *Ethics: 101 conversations to have with your kids*

15:25

AFTERNOON COFFEE BREAK & BOOK LAUNCH

HAPPINESS, CREATIVITY & PLAY

16:00

TOUR OF THE TREEHOUSE



Be taken on an exhilarating tour of a 39 story treehouse and learn about the joys and risks of immersing yourself in creative play. Hear how one of Australia's most popular children's authors creates his books.

Andy Griffiths, one of Australia's favourite children's authors; best-selling author of *The Day My Bum Went Psycho* and *The 39 Story Treehouse*

16:20

ENGAGING & CREATING: SONG NATION

An inspiring story of the power of film and song to engage young people in their community, culture and country in remote and rural areas.



Panellists:

Gail Mabo is joined by:

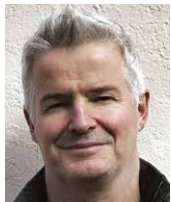
Toby Finlayson, filmmaker and artistic director

Joel 'Roc West' Westlake, composer and music director

Moderator: Yassmin Abdel-Magied

16:40

FOCUS, SNAP, SHARE



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* and Creative Director at the Black Dog Institute

17:00

PERSONAL STORY: THE UPS AND DOWNS OF THE CREATIVE LIFE



Musician and poet Steve Kilbey has written some of the most loved anthems of Australian music. The iconic frontman for The Church discusses art, collaboration and philosophy.

Steve Kilbey, musician, poet and artist, and lead singer-songwriter and bass guitarist of *The Church*



Moderator: Barry Divola, author and journalist with *Rolling Stone* and *The Sydney Morning Herald*

17:20

DRINKS PARTY



18:00

HAPFEST - POWERED BY PECHA KUCHA*

19:00

CLOSE DAY ONE



HAPFEST - POWERED BY PECHA KUCHA*

18:00 - 19:00, Seymour Centre



What makes me happy?

Be entranced by a series of stories about happiness, accompanied by short visual presentations. An opportunity to get together with fellow delegates and hear people share their ideas, works, thoughts, holiday snaps – whatever makes them happy.

* **PechaKucha 20x20** is a simple presentation format where presenters show 20 images, each for 20 seconds. The images advance automatically while the presenter talks along to the images.

08:40

WELCOME & OPENING REMARKS FROM THE CHAIRPERSON



Ehon Chan, passionate young social entrepreneur who initiated the award-winning men's suicide prevention campaign 'Soften the Fck Up'

HAPPINESS, HOPE & THE FUTURE

08:50

SOWING THE SEEDS OF HOPE



Be entranced by the world of the Gombe chimpanzees and be encouraged by Dr Goodall's message of hope, in the face of the threats facing our planet, to make a positive difference in the world each and every day.

Dr Jane Goodall, DBE, UK, legendary primatologist, environmentalist and UN Messenger of Peace

09:20

PERSONAL STORY: I CAN CHANGE YOUR MIND ABOUT CLIMATE CHANGE



Be motivated by a young woman passionate about social and environmental justice who became a climate change campaigner after her grandparents' farm in North Western NSW was affected by drought.

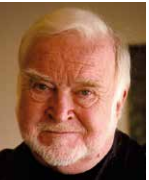
Anna Rose, environmental crusader, founder of the Australian Youth Climate Coalition, lecturer in leadership and activism, and author of *Madlands: A Journey to Change the Mind of a Climate Sceptic*

09:40

YOUNG MINDS FORUM: HOW DO WE GROW A GOOD PERSON?



A fascinating and enlightening discussion about bringing up the next generation to be ethical and compassionate global citizens. Young people and audience members will also have the opportunity to join in the discussion.



Panellists:

Dr Jane Goodall, Professor Mihaly Csikszentmihalyi, Matthieu Ricard, and Anna Rose



Moderator: Dr Simon Longstaff, Executive Director, St James Ethics Centre

10:40

MORNING COFFEE BREAK

HAPPINESS THROUGHOUT LIFE

11:20

FOUNDATIONS OF A FLOURISHING LIFE – WHY SKILLS FOR MINDFULNESS SHOULD BE TAUGHT IN SCHOOLS



What part can mindfulness training play in enhancing the wellbeing of young people? Consider the latest scientific research on the benefits of mindfulness for a flourishing life.

Professor Felicia A. Huppert, UK, international expert in wellbeing and author of *The Science of Well-Being*

11:40

WHAT'S GOING ON BEHIND CLOSED DOORS? SEX, MONEY AND RELATIONSHIPS



With one in three marriages ending in divorce, are relationships in Australia in crisis? Why is it easier to argue about the dirty mug in the sink than the sex drought or financial independence and autonomy?

Bernie Bolger, successful businesswoman, psychotherapist, family mediator, financial planner and mother

12:00

POSITIVE AGEING: YOU CAN'T STOP DYING BUT YOU CAN KEEP LIVING



Are you psychologically prepared for the last 30 years of your life? Did you know the 'fountain of youth' is all in your mind? Learn some practical tips for making your latter years the best years of your life.

Dr Timothy Sharp, leading psychologist whose focus is on enhancing happiness in individuals, families and organisations

12:20

PERSONAL STORY: ON THE TRAIL OF GHENGIS KHAN



Be inspired and uplifted by a story of adventure, endurance and eventual triumph – at once a celebration of and an elegy to an ancient way of life.

Tim Cope, adventurer, author and filmmaker

12:40

LUNCH BREAK

HAPPINESS & LIVING A GOOD LIFE

14:00

WHAT MAKES A LIFE WORTH LIVING?



How does our pursuit of pleasure, perfection and control affect our quality of life? What would happen if we lived by the 'Golden Rule' - treating others as we'd like to be treated?

Hugh Mackay, Australia's leading social researcher and author of *The Good Life: What makes a life worth living?*

14:20 **PANEL: IS HAPPINESS ALL ABOUT ME?**

Are we victims of a 'utopia complex', expecting the world to deliver what we want, when we want it? Are we looking for happiness in the right places?



Panellists: **Hugh Mackay, Professor Roy Baumeister** and **Professor Jean Twenge**

Moderator: Richard Aedy, well-known broadcaster and presenter of *Sunday Profile* on ABC Radio National

14:50 **GROWING HAPPINESS STARTS IN THE COMPOST**



Healthy food comes from healthy soil which comes from healthy compost. Be immersed in the world of a much-loved gardener as he shares his passion for nurturing the soil and the soul.

Costa Georgiadis, vibrant change maker, landscape architect and host of *Gardening Australia* on ABC TV

15:10 **PERSONAL STORY: UGLY**



Born with a giant tumour on his forehead, severely distorted facial features and legs that were twisted and useless, Robert Hoge has, with the love and support of his family, overcome incredible hardships to live a life filled with joy and optimism.

Robert Hoge, journalist, former speechwriter and political advisor and author of *Ugly: My Memoir*



Moderator: Natasha Mitchell, award-winning science journalist and presenter of *Life Matters* on ABC Radio National

15:30 **AFTERNOON COFFEE BREAK**

HAPPINESS TOOLS & TECHNIQUES

16:00 **LET HEALING HAPPEN**



What is the underlying cause of disease or personal crisis? Explore the link between happiness and healing and the effect of changing the language of medicine from the vocabulary of war to the language of love.

Dr Helena Popovic, medical doctor, specialist in how to improve brain function, author and carer for her elderly father

16:20 **THE ART OF A GOOD CONVERSATION**



Our lives are shaped by our conversations. Examine the link between conversation and happiness and discover how to make your conversations more rewarding.

Robert Piggot, health promotion expert, author and lecturer in the art of good conversation

16:40 **SHARING INSPIRATION, BEAUTY & HAPPINESS**

16:45 **BALANCE: UNLOCKING THE KEY TO A SUCCESSFUL AND HAPPY LIFE**



The recipe for achieving balance is deeply personal and at the same time constantly changing as we move through life's different stages.

Deborah Hutton, one of Australia's most acknowledged and respected media personalities, founder and publisher of *Balance by Deborah Hutton*

17:05 **CLOSING PERFORMANCE: DJUKI MALA**



Be uplifted and entertained by an exciting fusion of traditional Yolngu and contemporary forms of dance, comedy and clowning which warms both heart and soul.

Djuki Mala (Chooky Dancers), Elcho Island

17:20 **CLOSE**

VENUE

Seymour Centre
Corner of City Rd and Cleveland St, Chippendale



A dynamic performing arts centre at the heart of The University of Sydney, the Seymour Centre is one of Sydney's most relaxed and accessible theatre environments. It is a short stroll from Central and Redfern Stations, with great transport links, ample parking and plenty of nearby facilities.

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.

PRE-CONFERENCE FULL DAY WORKSHOP

Wednesday 28 May 2014

09:30 - 16:30

TOWARDS A MORE ALTRUISTIC SOCIETY



with **Matthieu Ricard, Nepal**, inspiring humanitarian monk and best-selling author of *Happiness: A Guide to Developing Life's Most Important Skill*

How can we bring about a shift towards a more altruistic, compassionate culture? Now, more than ever, it seems we need to move to the next level of cooperation to face the many challenges that our times are confronted with: the economy in the short-term, life satisfaction in the mid-term, and the environment in the long-term.

Be uplifted and inspired by Matthieu Ricard, leading humanitarian and compelling speaker on the art and science of altruism. In this informative and engaging workshop participants will explore the latest science on altruism and learn how to cultivate a more altruistic and compassionate mindset.

Attendees will:

- Challenge the long held assumption in psychology, economics and evolutionary theory that humans are essentially selfish.
- Hear new scientific insights showing that altruism can be extended beyond our kin and those who directly benefit us, and be associated with a sense of global concern and responsibility for our fellow human beings and for animals.
- Consider findings from the collaboration between neuroscientists and contemplatives showing that altruism and compassion are skills that can be cultivated with training.
- Distinguish the differences between empathy, loving-kindness and compassion.
- Practice cultivating loving-kindness, compassion and altruism through guided meditation sessions.



POST-CONFERENCE WORKSHOPS

WORKSHOP 1

FLOW: THE PSYCHOLOGY OF HAPPINESS



with **Professor Mihaly Csikszentmihalyi, USA**, one of the greatest psychologists of our time, pioneering researcher into optimal experience or 'flow' and best-selling author of *Flow: The classic work on how to achieve happiness*

A unique opportunity to spend in-depth time with one of the world's greatest psychologists on a rare visit to Australia!

"It is by being fully involved with every detail of our lives, whether good or bad, that we find happiness, not by trying to look for it directly." Mihaly Csikszentmihalyi

Drawing on decades of extensive research, Professor Csikszentmihalyi will use his famous theory of 'flow' to explore what makes our lives more satisfying and meaningful. Participants will explore how we can all achieve 'flow' – a state of joy, creativity and total involvement – at work, play and in our relationships. Through understanding flow we can learn to live in harmony with ourselves, our society and ultimately with the greater universe.

WORKSHOP 4

WILLPOWER: REDISCOVERING THE GREATEST HUMAN STRENGTH



with **Professor Roy Baumeister, USA**, respected social psychologist exploring self-control, self-regulation, meaning and happiness and author of *Willpower: Rediscovering the Greatest Human Strength*

"It is difficult to identify any major personal problems that do not have some element of self-control failure." Roy Baumeister

Learn how to apply the latest scientific research on self-control to your life with the most influential researcher in this field. The discovery that self-control depends on a limited energy supply, and that each person's willpower fluctuates during the day has important implications for our relationships, our children, our success at work and our satisfaction in life. Explore how decision making and creative initiative can deplete your willpower. Find out why your willpower fluctuates and how to strengthen your willpower 'muscle'.

MORNING WORKSHOPS: 09:00 - 12:00

WORKSHOP 2

ETHICS: 101 CONVERSATIONS TO HAVE WITH YOUR KIDS



with **Michael Parker**, engaging philosophy teacher and author of *Ethics: 101 conversations to have with your kids*

Join a workshop in which we will be looking at how to have exciting, stimulating conversations about ethics with our own children, and kids in general. Work out how to fan the flames of discussion as well as how to avoid running straight into potholes. Included will be good meaty discussions on a variety of ethical issues that really get kids (and adults) going.

WORKSHOP 3

KNOW YOUR MIND: A PATH TO CONTENTMENT



with **David Michie**, best-selling author and meditation coach, who launches his new book *Why Mindfulness is Better than Chocolate* at the conference; author of *The Dalai Lama's Cat*, *The Art of Purring* and *Buddhism for Busy People*

David outlines the theory of 'mind watching mind' meditation, before guiding you through preparation for, and experience of, this reality-transforming practice.

In this intriguing and practical workshop we will:

- Explore how, unlike in other forms of meditation, thoughts themselves are not a distraction.
- Learn techniques to objectify thoughts, rather than engage with them.
- Discover how to become an observer, rather than a victim, of your thoughts.
- Abide in the space between thoughts, the naturally clear, peaceful and profoundly contented nature of your own mind.

AFTERNOON WORKSHOPS: 14:00 - 17:00

WORKSHOP 5

THE NARCISSISM EPIDEMIC: CAUSES AND SOLUTIONS



with **Professor Jean Twenge, USA**, psychologist and leading researcher into narcissism and youth mental health and author of *The Narcissism Epidemic: Living in the Age of Entitlement*

How does narcissism undermine the wellbeing of individuals, others, and societies? In this workshop, we will explore how narcissism is measured and the behaviours it predicts. The relationship between narcissism and happiness and wellbeing is complex, differing depending on the time course and the target. When some claim that narcissism is "adaptive," we must ask, "Adaptive for whom, and when?" We will discuss strategies to reduce narcissism (individually and culturally) and address whether narcissism leads to success.

WORKSHOP 6

HAPPINESS IS AN INSIDE JOB



with **Petrea King**, well-known cancer survivor, naturopath, mind-body healing pioneer and author of *Your Life Matters*

When we face challenges in our lives, we need access to our humour, wisdom, creativity, insight, intuition and compassion. These qualities however are not haphazardly gained and are often elusive when we're under stress. In this workshop we will explore practical steps that we can take to proactively embrace and respond to our challenges. Each of us reacts differently to the stressors in our life. By understanding yourself and your reactions and by knowing what 'fluffs' you up, you can live your life on purpose.





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 at
www.happinessanditscauses.com.au

**The earlier
you book
the more
you'll save!**



Package (AUD\$)*	By 20 Dec 2013	By 28 March 2014	Final Price
2 day conference	\$895 + \$89.50 GST = \$984.50 SAVE \$200	\$995+ \$99.50 GST = \$1,094.50 SAVE \$100	\$1,095 + \$109.50 GST = \$1,204.50
Pre-conference workshop	\$445 + \$44.50 GST = \$489.50 SAVE \$100	\$495 + \$49.50 GST = \$544.50 SAVE \$50	\$545 + \$54.50 GST = \$599.50
Post-conference workshop	\$220 + \$22 GST = \$242 SAVE \$50	\$245 + \$24.50 GST = \$269.50 SAVE \$25	\$270 + \$27 GST = \$297
Gold Pass 4 Day Package	\$1,515 + \$151.50 GST = \$1,666.50 SAVE \$340	\$1685 + \$168.50 GST = \$1853.50 SAVE \$170	\$1855 + \$185.50 GST = \$2,040.50
Platinum Premium Seating	Add \$200 + \$20 GST = \$220		

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

HAPPINESS & its causes

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 A fascinating exploration of the potential of the human mind.
27 - 28 October 2014
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