

# Happiness 101

**A workshop about the science of happiness. Learn lifelong skills that contribute to a more cheerful life.**



## **Workshop Details**

**Thurs April 16, 2020**

**9:30 am – 4:30 pm**

## **Location:**

**Spruce Lodge  
643 West Gore Street  
Stratford, Ontario  
Griffith Room**

## **Cost**

Free for residents of Stratford and area age 18+  
\*\*Spaces are limited.  
Register early to avoid disappointment.

## **Registration**

To register please call Amanda from the STAR Family Health Team at: 519-655-2322



## **About the Workshop**

Happiness 101 is a workshop for people who want to achieve greater levels of happiness and overall well-being, no matter what their starting point. Based on the research findings from Positive Psychology (the scientific study of optimal human functioning), participants will learn scientifically proven interventions that lead to lasting and sustainable happiness.

## **Benefits of happiness include:**

- **Decreased cortisol (stress hormone) levels**
- **Increased immune function**
- **Decreased physiological reactivity to stress**
- **Better quality of life**
- **Longer life (7.5 to 10 years longer!)**
- **Better sleep**
- **Less pain & less stress**

## **You will learn:**

- The 5 Pillars of Psychological Well-being and Happiness
- The 10 Characteristics of Authentically Happy People – and what we can do to foster these characteristics in ourselves
- How to identify and use our 'Signature Strengths' to increase well-being
- Scientifically proven interventions and habits that lead to increased happiness, resilience, fulfillment and well-being

## **About the Presenter**

Angela Rolleman, MSW, RSW, is a registered social worker, speaker, and trainer from Stratford. Currently, Angela has her own business providing on-site training workshops for organizations as well as personal development workshops for individuals; she is an instructor for the Wilfrid Laurier University Faculty of Social Work Professional Development Program; and she runs a company called Mission: Empowerment, which provides personal and professional development seminars and events. For more information about Angela: [www.angelarolleman.com](http://www.angelarolleman.com)