

## The Secrets of Extremely Happy People

With Guest Speaker Angela Rolleman



Monday March 23, 2020

9:30 am to 4:00pm

Addiction Services, House of Friendship  
Communtech Hub - 151 Charles St. W., Kitchener

For more information or to register, please contact  
Fiona 519-742-8327 ext. 221 or  
fionaa@houseoffriendship.org



### The Secrets of Extremely Happy People

It has been suggested that overcoming addiction or substance abuse problems is 15% about changing your substance use and 85% about changing your lifestyle. So how does one know which lifestyle changes to focus on, and which will lead to sustainable happiness and well-being? Fortunately, researchers in the field of Positive Psychology have found the answers to this question, by studying the happiest people in the world to learn their secrets. Based on these research findings, participants will learn scientifically proven interventions that lead to lasting and sustainable happiness.

- Factors that influence one's happiness level
- The 10 Characteristics of Extremely Happy People – and what we can do to foster these characteristics in ourselves
- The 5 Pillars of Psychological Well-being and Happiness
- The Positivity Ratio
- Scientifically proven interventions and habits that lead to increased happiness, resilience, fulfilment and well-being

Speaker Biography: 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.

**Spaces are available—Register in advance to reserve your space. Let us know of any allergies or other accommodations needed.**

**Nutritious snacks and a light lunch will be provided.**

**There is no cost to participate in the workshop.**

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