



The Secrets of Extremely Happy People

With Guest Speaker Angela Rolleman

Monday March 21, 2016

9:30am to 4:00pm

Registration at 9:15 am

Bridges to Health

71 Ann St Kitchener,
ON N2B 3T3



For more information or to register, please contact Cara at 519-957-5001 ext. 225 or CaraL@houseoffriendship.org



Description and Topics Covered:

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

Angela is a registered social worker, speaker & trainer. Currently she is an instructor for the Wilfrid Laurier University Faculty of Social Work Professional Development Program; she has her own business providing on-site training workshops for organizations as well as personal development workshops for individuals; and she works part-time as a social worker at the Family Health Team in Woodstock. To learn more, visit www.angelarolleman.com

This workshop is open to all genders. Free onsite and street parking. GRT #20 or #204 (allow 10 min. walk). GRT bus tickets are available when requested in advance. Nutritious snacks and a light lunch will be provided. There is no cost to participate in the workshop. Please register in advance and let us know of any allergies or other accommodations needed.

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