

**A life time
opportunity!**



Martin Seligman in Perth

One of the eminent psychologists
in the past century

presents

Flourishing – The New Pathway to Happiness & Wellbeing

EXCLUSIVE

Friday 17 February 2012

Has important implications for

- Business
- Agencies
- Government
- Public Policy
- Educators
- Mental health professionals
- Health professionals
- Parents and community

Venue & Time Perth Convention & Exhibition Centre, Riverside Theatre Level 2
12.15pm registration for 1.00pm-4.00pm

Cost (including refreshments) Non Member \$225; Group Bookings of 10 or more \$185 pp;
SPA/APS member \$155

Early Bird Rates Non Member \$185;
Group Bookings of 10 or more \$155 pp;
SPA/APS member \$125 **by 3 February 2012**

“No psychologist in history has done more than Martin Seligman to discover the keys to flourishing and then give them away to the world. *Flourish* is full of specific techniques you can use to change yourself, your relationships, and your organization. More importantly, Seligman teaches you how to look at life and see possibilities, rather than constraints. If you lead people, work with people, or know any people, you should read this book.” – Jonathan Haidt, author of *The Happiness Hypothesis*.

Sponsored by the Perth Branch of the
APS (Australian Psychological Society)



SCHOOL PSYCHOLOGISTS
ASSOCIATION OF WESTERN AUSTRALIA (INC)

Register now online at www.wa.ipaa.org.au

About the Presentation

In this seminar Seligman will detail inspiring stories of **Positive Psychology in action**:

- innovative education with resilience as part of the curricula
- a new theory of success and intelligence
- evidence on how positive mental and physical health improves lives
- innovative work places

Prof. Seligman has been on the cutting edge of psychological research for over four decades, pioneering a science that improves people's lives. And now, with his most life-changing ideas yet – ***Flourish* offers a new theory of individual satisfaction and global purpose.**

Flourish builds on Dr. Seligman's game-changing work on optimism, motivation, and character to show how to get the most out of life, unveiling an electrifying new theory of **what makes a good life—for individuals, for communities, and for nations.**

Seligman identifies five endeavours crucial to human flourishing:

- positive emotion,
- engagement,
- good relationships,
- meaning and purpose in life, and
- accomplishment

He examines each in detail, proposing that public policy has *flourishing* as its central goal.

Seligman now asks what enables us to:

- Cultivate our talents?
- Build deep, lasting relationships with others?
- Feel pleasure?
- Contribute meaningfully to the world?

In a word, what is it that allows us to flourish?

About Professor Martin Seligman

Prof. Martin Seligman is considered to be one of the most famous and influential psychologists alive. He is the world-renowned founder of Positive Psychology and is Professor of Psychology and Director, Centre for Positive Psychology, University of Pennsylvania, USA.

Despite increased prosperity in our community, depression has become an epidemic with our young people and statistics indicate that people are not fulfilled. Seligman provides evidence that Positive Psychology and Education interventions prevent and lastingly decrease depression symptoms as well as lead to a happier, more fulfilled and flourishing life.

Seligman's work over the years has taken him inside the brains of British lords, Australian school kids, billionaire philanthropists, Army generals, artists, educators, scientists. The insights gleaned from these cases are both sage and surprising, inviting you to look at the pillars of your own happiness with new eyes.

His latest book *Flourish* is his latest of twenty books which include *Authentic Happiness*, *Learned Optimism*, *Character Strengths and Virtues*, *Positive Psychology in Practice*. His work is supported by a team of researchers and funded by bodies such as the National Institute of Mental Health and National Science Foundation.

Martin Seligman continues to have a powerful, positive effect on individuals and societies, and this seminar *Flourish* will have a powerful, positive effect on you.

Flourishing – The New Pathway to Happiness & Wellbeing

PROGRAM DETAILS

Venue & Time

Perth Convention & Exhibition Centre
Riverside Theatre Level 2

12.15pm registration for 1.00pm-4.00pm

Program

1.00pm-2.30pm

Flourishing for self, relationships, education and health

2.30pm-3.00 pm

Refreshments

3.00pm-4.00 pm

Implications for organisations, communities and policy



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