

Outline for “Living your Authentic Happiness” Seminar/Workshop

What does it mean to be authentically happy? To be truly in flow with life and all it has to offer. How would it be if you believed in and lived a life that represented your happiness, not a universal concept of happiness that is only attainable occasionally? What if life was all of a sudden easy and in flow, all because you understand and apply your God given strengths?

World renowned psychologist and author Martin Seligman has turned the psychology world on its ear by declaring that to “fix” our society’s pandemic of apparently psychological disorders, we need to begin focusing on a persons strengths, not there negative pasts and issues. The phenomenal success this technique is having can only be described as staggering.

Steeped in research, extensive testing, investment of millions and millions of dollars and robust application by hundreds of thousands of people world wide, this amazing technology, created by the President of the American Psychology Association, and delivered by a fully accredited Master Coach in the field, truly is a fresh and exciting new way to see life and live it to the full – easily.

In this 2 hour workshop/seminar you will discover:

- What is authentic happiness
- What are Signature Strengths
- What are YOUR Signature Strengths
- How to apply and live them every day
- How to appreciate others Signature Strengths
- How would life be if YOU lived authentically everyday by applying your Signature Strengths and appreciated the ones of those around you

Who is this workshop for?

EVERYONE – There is no doubt we are in a place in time space and history where we are losing a sense of self and what is truly important to us both individually and corporately. What would it be like to truly enjoy all your relationships because you appreciated both yours and everyone else’s