

THE NEW SCIENCE OF HAPPINESS AND WELL-BEING

Simply Happy

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- ⇒ Understand The Science Of Happiness and be "Simply-Happy" NOW!
 - ⇒ Accelerate your Parenting Skills, Your Health and Your Learning
 - ⇒ Allow the Science of Happiness to build skill in Work/Life Balance
 - ⇒ Build a Motivated Workplace with Well Being and Happiness Concepts
 - ⇒ Help Your Children be more Successful and Happy
 - ⇒ Receive Tools To Sustain Happiness For The Rest Of Your Life
 - ⇒ Understand Latest Scientific Research on Happiness and Money

HAPPINESS - CAN IT BE TAUGHT?

The last 10 years has seen the growth of a whole new school of thought - Positive Psychology – the Science of Happiness. This new research shows that all of us CAN learn how to be happier; and many individuals, societies and organizations are implementing this research to help them succeed. Happiness CAN be taught! Join us at the **New Science of Happiness and Well-Being Conference** and understand how you can flourish by putting the science of positive psychology to work in your community, your organization and your life.

Happiness - Our Deepest Desire

2 Days of Quality Learning

Organised by Philip Merry's- Global Leadership Academy Pte Ltd

9 LEADING AUTHORITIES ON HAPPINESS !!!

Keynote Speaker : Dr. Martin Seligman



Founder of Positive Psychology, Fox Leadership Professor of Psychology at the University of Pennsylvania, Director of the world's first masters degree in Positive Psychology and best selling author of "**Authentic Happiness – Using the New Positive Psychology to realize your potential for lasting Fulfillment**"

Topic – in extended sessions with Dr. Seligman you will understand the origins and impact of the science of happiness, get up to date with the latest findings and understand what constitutes the "full life"



DR. SONJA LYUBOMIRSKY

Professor of Psychology at the University of California, Riverside, Co-holder of a US \$1,000,000 5 year grant to conduct research on how to permanently increase happiness, author of **"The How of Happiness: A Scientific Approach to Getting**

the Life You Want"

Topic - Hear how you can create superior health and even longer life as well as clarifying your "genetic happiness "set point" from an expert in happiness and health research



PHILIP MERRY

Singapore based team and leadership consultant for 30 years and has worked in 47 countries with a reputation for helping global organisations explore how to be more effective - 20,000 Singaporeans have

attended his programmes since 1991

Topic – Happiness in a Global World - impact of cultural mindset on success in the workplace and how to identify and change old cultural patterns that cause stress and block happiness



DR. GEORGE VAILLANT

Professor of Psychiatry at Harvard Medical School with 35 years as Director of the Study of Adult Development at the Harvard University Health Service. His published works include: **Adaptation to Life, Aging Well**

Topic - Discover the medical profession's most powerful tool to combat stress and clarify how emotions are important to both "East" and "West"



DR. CATHERINE LIM

Singapore author of 18 books, including **O Singapore!, The Bondmaid, Following the Wrong God Home, Unhurried**

Thoughts at my Funeral, political commentator, lecturer

Topic - How Singaporeans can grow their own "joy and happiness" by understanding the clash between "tradition and modernity"



DR. ILONA BONIWELL

Programme Leader for the first Masters Degree in Applied Positive Psychology in Europe, consultant for the BBC series "The Happiness Formula" and author of **Positive Psychology in a Nutshell**

Topic - Positive Education: Bringing Well-Being to Parents, Schools and Universities



DR. JUDY WILLIS

MD & neurologist, middle school teacher and author of **Research-Based Strategies To Ignite Student Learning: Insights from a Neurologist/Classroom Teacher, Brain-Friendly Strategies for Inclusion**

Topic - Practical skills for Parents and Teachers to increase alertness, focused attention, mental effort, creative problem solving in children and students as well as how to reduce the stress that blocks learning



DR. PAUL ROZIN

Professor of Psychology at the University of Pennsylvania, specialist in happiness, culture and food and recipient of the American Psychological Association's Distinguished Scientific Contribution Award in 2007

Topic - Asian versus American perspectives on the "good life" and the fascinating topic of food and pleasure



DR. DAVID CHAN

Professor of Psychology at Singapore Management University, David Chan is consultant to the Singapore Prime Minister's Office, Ministry of Defence, Ministry of Community Development, Youth and Sports, Police Force, Prison Service, and is Chairman

of the International Advisory Panel to Singapore's National Addictions Management Center and National Council on Problem Gambling

Topic - The Science of Happiness and Well-Being: Singapore Perspectives

BENEFITS TO ATTENDEES

Personal Well-Being and Health

- Understand the science of happiness
- Be "Simply-Happier"
- Build meaning into your life that enhances long term happiness
- Form more emotionally stable relationships
- Clarify why money alone does not always buy happiness
- Integrate the pursuit of happiness and the drive for material wealth
- Be aware of the impact of cultural values on happiness
- Find happiness and well being beyond stress
- Clarify how happiness is linked to optimum health
- Hear the latest neuro scientific findings about the human brain and happiness
- Receive tools to sustain happiness for the rest of your life
- Understand what builds happy communities

Family & Education

- Accelerate your parenting skills
- Build a relationship with your children that helps them thrive
- Learn how teachers and parents can partner to enhance happiness for children
- Develop strategies to reduce the brain's filters that block learning
- Understand strategies to help children reduce stress, increase alertness, sustain optimism, increase motivation, build strong long-term memories, develop higher-level thinking and practice creative problem solving,
- Hear the Implications of Positive Psychology for classroom and the whole school environment
- Build more happiness into your family life
- Understand how positive psychology is linked to life long learning
- Get clear on how happiness is connected to your unique talents and life purpose

The Workplace

- Develop a strategy for growing a happier organisation
- Build skills in work/life balance
- Let the science of happiness accelerate the success of your training and HR activities
- Understand how positive psychology impacts optimum performance
- Develop a happier work environment
- Develop happier, more motivated employees
- Understand the leader's role in developing happiness
- Understand what positive psychology means for Singapore and the region
- Understand the Fuzzy Logic of Happiness – and Reconcile East and West in Singapore.
- Clarify Management in Organizations and Policy Making in Singapore.



World Premiere in Singapore

South East Asia is one of the most economically vibrant regions in the world and **The Science of Happiness and Well Being** conference will attract many people from Singapore and around the region. As personal wealth grows – well-being and happiness are not necessarily increasing. Money alone does not necessarily buy happiness and people are looking for something else to give meaning to their lives – hence, the interest in alternative medicine, meditation and other spiritual practices.

The New Science Of Happiness And Well-Being will share the history of, and latest research on happiness as well as help participants understand how to develop long-term happiness in their own lives. We now understand the "SCIENCE" of Happiness – and that understanding has enormous implications for the workplace, health, education, parenting, for the pursuit of material possessions and for the journey of life.



THE NEW SCIENCE OF HAPPINESS AND WELL-BEING



Positive Psychology – The New Science of Happiness and Well-being

Positive psychology is touching the lives of people and workplaces around the world and transforming attitudes to health, ageing, education, parenting, families, cultural values and economic development all over the world. Positive people are more engaged, happier and optimistic. From a business perspective, positive workers have fewer sick days, higher levels of self-esteem, perform better and are more determined and motivated at work. At this conference you will learn how to apply the lessons of **The New Science Of Happiness And Well-Being** to your life, the lives of those you love, to your organisation and to your community.

Evidence shows that people with higher levels of well-being and happiness:

- Have higher overall contribution to the community
- Have less health problems and recover more quickly from illness
- Are more effective parents
- Are better and happier performers at work
- Have less incidence of mental and emotional upset
- Recover more quickly from adversity
- Are more creative
- Are better team-players
- Have higher levels of motivation
- Form more emotionally stable relationships

Whether you are involved in financial services, community development, government ministries, business, human resources, social and corporate responsibility communication, organizational development, marketing, executive coaching, training or business consultancy, **The New Science Of Happiness And Well-Being** conference will make a valuable contribution to your effectiveness and success.

WHO SHOULD ATTEND?

We all search for happiness either directly or indirectly. If you want more money, a better job, a satisfying relationship, good health, long life, a better house, a great body – its because you want to be **SIMPLY-HAPPY**. The conference targets the following attendees:

BUSINESS

- Leaders/Managers involved in building a happier workforce
- People with high net worth who are still searching for happiness
- People beginning to build their career/wealth who want to include happiness from the start
- Banking and Insurance Professionals
- Entrepreneurs and Business Owners
- Expatriates adjusting to the local workplace
- Staff involved in developing happier customers
- HR and Training Staff
- Work/life Balance Professionals
- Consulting and Coaching Professionals

- Staff Training Professionals
- Educational Policy Makers
- School Principals & Department Heads
- Local and International Teachers
- University Staff
- Psychologists
- Prison Staff
- Parents
- Community and Religious Leaders

GOVERNMENT & EDUCATION

- Economic Policy Makers
- Government Ministries involved in community and workforce development

HEALTH

- Health Policy Makers
- Medical Doctors
- Nurses
- Psychotherapists
- Mental Health Professionals
- Care-givers for the aged
- Social Workers
- People who want to add more meaning and happiness to their lives

In short the conference will be benefit:

Those who want to understand the latest scientific research on what contributes to well-being in life – and who want to develop the skills to make their own life and the lives of others happier and more meaningful

WORKSHOP FORMAT

This will not be a typical “academic” conference where you are only “talked at”. Participants will be asked to take a “personal happiness journey”. Experiential exercises will be given by each speaker to enable participants to apply the learning to their own lives.

- Happiness and YOUR Health
- Happiness and YOUR Life Journey
- Happiness and YOUR Life-long learning
- Happiness and YOU as a Parent
- Happiness and YOUR Child’s Education
- Happiness and Teaching
- Happiness and YOUR Brain
- Happiness and YOUR Cultural Values
- Happiness in a Global World



CONFERENCE MATERIALS

Participants will receive both the speaker’s papers as well as a **SIMPLY-HAPPY WORKBOOK** with personal happiness exercises, where they will record their own personal action plan to become happier by applying **SIMPLY-HAPPY** learning to their own lives.

PRICING – all prices in Singapore \$

- Discount Price Jan 1 – Feb 29 **\$988**
- Discount Price Mar 1 – Mar 31 **\$1,200**
- Full Price April 1 – 16 **\$1,388**
- Corporate Bulk Discounts – please call for details



PROGRAMME AT A GLANCE

The New Science of Happiness and Well-Being

Wednesday 16th April – Thursday 17th April 2008
8.30am – 6.00pm

Wednesday 16th April 8.30am – 6.00pm
Registration 7.30am

- Session 1 -** Positive Psychology: The Pursuit of Happiness at Work, at School, and at Home
- Session 2 -** Positive Psychology: The Pursuit of Happiness at Work, at School, and at Home (cont.)
- Session 3 -** The How, What, When, and Why of Mental Health: Is it Possible To Become Lastingly Happier and, If Yes, How?
- Session 4 -** Happiness and the Journey of Life
- Session 5 -** The Sheherazade Magic: A Singaporean Writer Shows The Joy And Power Of Story-Telling

Thursday 17th April 8.30am – 6.00pm

- Session 6 -** The Science of Happiness and Well-Being: Singapore Perspectives
- Session 7 -** Positive Education: Bringing Well-Being to Parents, Schools and Universities
- Session 8 -** Parenting and Teaching with the Brain in Mind
- Session 9 -** Positive Psychology and Culture: Pleasure, Domains of Life, and the World of Food
- Session 10 -** Happiness in a Global World: Culture in your Heart or on your Back
- Session 11 -** Question Time



The New Science of Happiness and Well-Being DAY ONE, Wednesday 16th April 2008

7.30 am Registration

8.30 am Welcome – Philip Merry, Founder and CEO of Conference Organiser, Global Leadership Academy

Official Opening

9.00 am Session 1. Keynote

Positive Psychology: The Pursuit of Happiness at Work, at School, and at Home

Dr Martin Seligman - Professor of Psychology, University of Pennsylvania, USA

- What is Happiness?
- Why Positive Psychology matters to Corporations
- Positive Psychology Builds Intellectual, Social, and Physical Capital
- Optimism and Success
- Positive Interventions
- Positive Education
- The Full Life
- The Politics of Well Being

Positive Psychology is the study of four modes of "happiness:"

- The Pleasant Life
- The Engaged Life
- The Meaningful Life
- The Achieving Life.

Each of these modes is separately measurable and each is buildable. A "Full Life" has all these elements although there are serious tensions among them. I suggest that psychology in the coming decade will supplement its focus on healing mental illness with a



new focus on understanding and building what makes life worth living. The Positive Workplace will focus on building engagement and meaning at work. Positive education will teach the skills of Positive Psychology in secondary schools, to prevent depression and help to build lifelong happiness among young people.

10.30 am Morning Break

11 am Session 2.

Positive Psychology: The Pursuit of Happiness at Work, at School, and at Home (cont.)

Dr Martin Seligman - Professor of Psychology University of Pennsylvania, USA

12.15 Questions

12.30 pm Lunch

1.30 pm Session 3.

The How, What, When, and Why of Mental Health: Is it Possible To Become Lastingly Happier and, if Yes, How?

Sonja Lyubomirsky - Professor of Psychology, University of California, Riverside

- Folk Wisdom About the Pursuit of Health and Happiness
- Three Historical Sources of Pessimism About Increasing Happiness
- How Can Health and Happiness Be Achieved and Sustained?
- The Three Determinants of Happiness
- Happiness is Partially Genetically Determined
- The Influence of Life Circumstances on Happiness
- The Advantages of Intentional Activities
- Five Double-Blind Controlled Happiness Interventions
- Counting Blessings vs. Expressing Gratitude
- Visualizing One's Best Possible Self
- Committing Acts of Kindness
- 12 uniquely formulated "Happiness Strategies"
- Secrets to Achieving Health and Happiness: Motivation, "Fit," and Effort (In Other Words, Happiness Takes Work!)

THE NEW SCIENCE OF HAPPINESS AND WELL-BEING

The New Science of Happiness and Well-Being DAY ONE, Wednesday 16th April 2008

(Session 3 continued)

Happy people enjoy countless benefits – not just feeling good, but enhanced productivity and creativity, more fulfilling relationships, superior physical health, and even longer life. Until recently, however, many scientists were pessimistic about the very notion that happiness can be lastingly increased. First, happiness is heritable and very stable over the life course, and second, we have a remarkable capacity to adapt to any positive changes in our lives. I have developed a model suggesting that such pessimism is unwarranted. I will start by showing how to measure and understand our genetic **"happiness set point"** and then describe how this set point determines just 50% of happiness, while a mere 10% can be attributed to differences in people's life circumstances. This leaves a surprising 40% of our capacity for happiness within our power to change. Drawing on my research with thousands of participants, I will describe a detailed yet easy-to-follow program to increase health and happiness in our day-to-day lives by introducing a dozen uniquely formulated "happiness strategies" – that is, intentional activities, or mindful actions that we can practice on a regular basis. In particular, I will focus on longitudinal studies – and their implications – of the practice of committing acts of kindness, staying optimistic when imagining the future, and expressing gratitude in optimal ways. Most important, I will discuss the critical factors that bolster our likelihood of success – for example, how to find the right fit between the happiness activities and our personalities, interests, and goals, as well as how to understand the many obstacles to happiness and how to overcome them. In sum, emphasizing how much of our health and happiness is within our control, I will address the scientific "how" of my happiness research, demystifying the many myths that unnecessarily complicate its pursuit.

2.45 pm Questions

3.00 pm Afternoon Break



3.30 pm Session 4.

Happiness and the Journey of Life

George Vaillant M.D. - Harvard Medical School/ Brigham and Women's Hospital

- What are positive emotions?
- What is the difference between happiness and positive emotions?
- The medical profession's most powerful tool against stress – the ability of positive emotions to stimulate the parasympathetic nervous system
- Why emotions are as important to the "east" as to the "west"?
- Why positive emotions matter to corporations?
- Positive emotions and adult development

This session explores the proposal that six positive emotions:

1. "parental" love (attachment)
2. trust (faith)
3. compassion
4. forgiveness
5. joy
6. hope

constitute what we mean by spirituality. Until recently these emotions have been grossly ignored by psychology and are yet are just as important to clinicians, family members and employers as they are to religious organizations. The so-called negative emotions of anger, sadness, and fear are present oriented, predominantly self-oriented and activate the sympathetic (stress responsive) nervous system. These are the emotions that preoccupy clinicians and occupational health therapists. In contrast, the positive emotions (listed above) are future oriented, prosocial and often activate the parasympathetic (soothing) nervous system. These emotions have experimentally been demonstrated to enhance leadership, creativity, cognition and tolerance. Translated into psychiatric jargon, negative emotions move us toward narcissism; positive emotions lead us away from narcissism. Until the last twenty years, however, we knew little about the positive emotions. Consider the fact that the leading American text, **The Comprehensive Textbook of**

THE NEW SCIENCE OF HAPPINESS AND WELL-BEING

The New Science of Happiness and Well-Being DAY ONE, Wednesday 16th April 2008

(Session 4 continued)

Psychiatry, half a million lines length, devotes 100-600 lines each to shame, guilt, terrorism, anger, hate and sin, and, of course, devotes thousands of lines to depression and fear/anxiety. In contrast the textbook devotes only five lines to hope, one line to joy and not a single line to faith, compassion, forgiveness or love. Our scientific understanding of emotions depends on two new sciences each younger than atomic physics, ethology and neuroscience. The neuroscience of the positive emotions came of age with the fMRI, which permits such emotions to become tangible to scientists instead of being the fuzzy notions of the clergy. Put differently, human evolution has created a brain that is really two brains: a "mammalian" brain that can feel, love and trust and empathize via limbic mirror cells and spindle cells of the insula and the anterior cingulate (to be explained in lay terms in the lecture) and a "Homo sapiens" "neocortical brain" that can speak, think and analyze. The session will try to communicate the new neuro scientific findings about this emotional "mammalian" brain to the audience more used to only conceptualizing behavior in terms of the "human" analytical brain.

4.45pm Questions

5.00pm Session 5.

The Scheherazade Magic: A Singaporean Writer Shows The Joy And Power Of Story-Telling

Dr Catherine Lim

- The life-saving power of story-telling, as proved by Scheherazade
- How story-telling has contributed to my happiness both as a writer and as a person
- Telling stories both to inspire, to entertain and to spread joy
- The potential in EVERYONE to create their own



- stories for greater understanding of self and others
- Some practical tips on writing a short story that will help increase your happiness - anybody can!

"I will describe how three decades of telling stories based on my childhood experiences and my observations of life in a society where tradition clashes with modernity have brought me much happiness and fulfillment. I will show that, with the help of some writing tips, others too can create simple tales from the rich store of experiences and memories that everyone has. Whether sad or happy, troubling or inspiring, such tales can contribute to a person's sense of self-understanding, identity and rootedness, the ultimate condition for true happiness."

6.00 pm Close of Day One

DAY TWO, Thursday 17th April 2008

8.30am Opening

Philip Merry - Global Leadership Academy

8.35 am Session 6.

The Science of Happiness and Well-Being: Singapore Perspectives

Dr David Chan - Professor of Psychology and Dean of the School of Social Sciences, Singapore Management University

- National Accounts of Well-Being
- Levels of Analysis in Well-Being – The Nation, the Group, and the Individual
- Conceptualization and Measurement Issues in Well-Being Research
- Challenges from Negativity Bias and Defensive Pessimism
- Practical Intelligence and Well-Being
- Positive and Negative Effects of Proactive Behaviors on Well-Being
- The Fuzzy Logic of Happiness:– Reconciling East and West in Singapore
- Happiness and Well-Being Management:– in Organizations and Policy Making in Singapore

THE NEW SCIENCE OF HAPPINESS AND WELL-BEING

The New Science of Happiness and Well-Being DAY TWO, Thursday 17th April 2008

(Session 6 continued)

In the United Nations reporting system, the two major indicators taken to index a nation's well being are the GDP (Gross Domestic Product) and the HDI (Human Development Index). However, these "objective" well-being indicators may not be adequate as aggregate measures of citizens' well-being such as their level of life satisfaction and happiness. Indeed, a major part of an individual's well-being is inherently subjective insofar as it is about how the individual thinks and feels about his or her quality of life. As subjective well-being is correlated with or predictive of the individual's thoughts, emotions, and behaviors, it is important that public policy makers and organizational leaders have a good grasp of the research on happiness and well-being. In this presentation, I will first examine well-being at different levels of analysis (the nation, the group or organization, the individual) and discuss the complexities in the conceptualization and measurement of well-being in scientific research. Next, I will present several recently published studies conducted in Singapore to illustrate important issues on well-being. Drawing on research in social and personality psychology, I will discuss challenges to well-being posed by negativity bias and defensive pessimism. I will then show how the ability to judge and effectively respond to practical situations is key to enhancing well-being. Specifically, this practical intelligence or situational judgment effectiveness will determine whether an individual's proactive behaviors are adaptive or maladaptive for well-being as well as whether an individual's thinking style embedded in the tension between Eastern and Western thought may help or hurt well-being. Finally, we will discuss how the science of happiness and well-being can provide us an evidence-based approach towards developing better management in organizations and policy making in Singapore.

9.25 am Questions

9.35 am Session 7.

Positive Education: Bringing well-being to parents, schools and universities

Dr Ilona Boniwell - Programme Leader, Europe's first Masters Degree in Applied Positive Psychology

- What is positive education?
- Positive parenting
- Well-being in primary schools
- Positive psychology in secondary schools: from eliminating depression to building the skills of well-being

- Whole school approach to well-being
- Higher education in positive psychology: the magic of MAPP

Positive education is about developing the skills of flourishing and optimal functioning in children, teenagers and students, as well as parents and educational institutions. This presentation will review the world-wide progress and validation of positive psychology programmes at primary and secondary levels, including the Well-Being Curriculum and Strengths at Schools, both currently implemented in the UK, the Penn Resilience Programme, run in American and British schools, and the Positive Psychology Programme for the US secondary education system. Moreover, I will discuss how the principles of positive psychology and well-being can be applied to the whole school environment, drawing on the example of Geelong Grammar School in Australia. Finally, we will consider how bringing positive psychology into higher education can have an impact on both students and their subsequent professional choices.

10.35 am Questions

10.45 am Morning Break

11.10 am Session 8.

Parenting and Teaching with the Brain in Mind

Dr Judy Willis - Neurologist, Researcher, Middle School Teacher, Author

- Teaching and parenting for responsive and not reflexive children
- Mindful alertness to increase focused attention, harness mental energy and effort
- How reducing child/student stress increases neuro plasticity in prefrontal lobe executive function for higher cognitive processing and creative problem solving
- Strategies to reduce the brain's obstructive filters that block learning
- Strategies to increase the neurotransmitters that contribute to learning and long-term memory

Raising and teaching happier, smarter, more responsive and responsible children using mindful learning and neuro-logical "RAD" strategies. After reviewing current research about how information is processed by the brain to become knowledge, Dr. Willis will describe the strategies for parents and teachers to help children reduce stresses, increase mindful alertness, sustain optimism, increase motivation, build strong long-term

The New Science of Happiness and Well-Being DAY TWO, Thursday 17th April 2008

(Session 8 continued)

memories, develop higher-level thinking, practice creative problem solving, and approach life and learning joyfully. **Mindfulness education** teaches students to become more aware of their own state of mind and is a critical practice for students to use with **RAD** strategies to achieve their maximal potential in school and life.

12.15pm Questions

12.15pm Lunch

1.30 pm Session 9.

Positive Psychology and Culture: Pleasure, domains of life, and the world of food

Dr Paul Rozin - Psychology Professor, University of Pennsylvania.

- Asian Versus American Perspectives on the Good Life
- Collectivism Versus Individualism
- Harmony and Tradition Versus Agency and Choice
- Types of Pleasure
- Positive Psychology, Culture and the Domains of Life
- Work and Leisure Activities
- Food, Pleasure and Culture

Cultures differ in what they value most, although there is a great deal of variation among people within any culture. Contrasting South, Southeast, and East Asian cultures with Western developed cultures suggests greater emphasis on collectivism, harmony and tradition in the East, and greater emphasis on individualism, individual agency and choice in the West. Pleasure itself can be viewed from different perspectives, including the basic distinction between experienced, remembered and anticipated pleasure. Positive approaches to work, leisure activities and particularly food will be discussed. Food will be considered with respect to the enormous changes in the food environment in the developed world in the last 50 years, and the contrasting between eating as a pleasurable act and eating as a worrisome act.

Contrasts in attitudes to food between Americans, French, and Indians will be considered.

2.45pm Questions

3.00 pm Afternoon Break

3.30 pm Session 10.

Happiness in a Global World

Philip Merry – CEO, Global Leadership Academy, Singapore

- Global Effectiveness and Happiness
- Cultural Values – changes in Singapore
- Mindset and happiness
- How your Cultural Values make you Happy
- How your Cultural Values make you Unhappy
- Influence of Parental Messages
- How to Unblock Negative Messages
- Reframing your Mindsets to Accelerate Happiness
- Flow – Attracting Happiness
- Does your Job Bring you Happiness?

Global “connection” has had an enormous impact on nations and organisations – not always for the better. Many of us accept blindly our cultural values and do not often consider whether they contribute to our happiness or block our happiness in a global world. From over 30 years of cross cultural consulting in 48 countries I will share in this session real stories of ways in which cultural values have contributed to success or frustration in the lives of Asian and Western executives and organisations. You will apply the lessons to your own life to discover ways in which your cultural values are either in your heart – and working for you – or a burden on your back and working against you.

4.30 pm Session 11. Question session with Conference Speakers

5.20 pm Close of Conference

WORLD CLASS SPEAKERS IN THE REALM OF POSITIVE PSYCHOLOGY, HAPPINESS AND WELL-BEING

The following speakers are all confirmed

DR. MARTIN SELIGMAN – Key Note Speaker



Martin E.P. Seligman, Ph.D. works on positive psychology, learned helplessness, depression, ethnopolitical conflict, and on optimism.

He is the director of the Positive Psychology Center and the Fox Leadership Professor of Psychology at the University of Pennsylvania. Among his books are **Learned Optimism, What You Can Change & What You Can't, The Optimistic Child, Learned Helplessness**. His latest book is **Authentic Happiness**.

He received both the American Psychological Society's William James Award (for basic science) and the Cattell Award (for the application of science) and the American Psychological Association's Distinguished Scientific Contribution Award. The National Institute of Mental Health, the National Science Foundation, the Guggenheim Foundation, the Templeton Foundation, and the MacArthur Foundation have supported Dr. Seligman's research. He holds honorary doctorates from Madrid (Complutense), The University of East London, and Uppsala (Sweden).

In 1996 he was elected President of the American Psychological Association by the largest vote in modern history. He is the director of the Positive Psychology Network, and his current mission is the attempt to transform social science to work on the best things in life—virtue, positive emotion, and positive institutions—and not just on healing pathology.



THE NEW SCIENCE OF HAPPINESS AND WELL-BEING

WORLD CLASS SPEAKERS IN THE REALM OF POSITIVE PSYCHOLOGY, HAPPINESS AND WELL-BEING

DR. GEORGE VAILLANT



George Vaillant MD is a Professor of Psychiatry at Harvard Medical School and the Department of Psychiatry, Brigham and Women's Hospital. Dr. Vaillant has spent his research career charting adult development and the recovery process of schizophrenia, heroin addiction, alcoholism, and personality disorder. He has spent the last

35 years as Director of the Study of Adult Development at the Harvard University Health Service. His published works include:

- **Adaptation to Life**
- **The Wisdom of The Ego**
- **The Natural History of Alcoholism-Revisited**
- **Aging Well**

His most recent book on the positive emotions, **Spiritual Evolution** will be published by Doubleday Broadway in 2008. A graduate of Harvard College and Harvard Medical School, Dr. Vaillant did his residency at the Massachusetts Mental Health Center and completed his psychoanalytic training at the Boston Psychoanalytic Institute. He has been a Fellow at the Center for the Advanced Study in the Behavioral Sciences, is a Fellow of the American College of Psychiatrists and has been an invited speaker and consultant for seminars and workshops throughout the world. A major focus of his work in the past has been individual adult development; more recently he has been interested in positive emotions and their relationship to community development. He is currently on the Steering Committee of Positive Psychology. Dr. Vaillant has received the Foundations Fund Prize for Research in Psychiatry from the

American Psychiatric Association and the Jellinek Award for research in alcoholism. Most recently he received The Distinguished Service Award from the American Psychiatric Association.

DR. CATHERINE LIM



Catherine Lim is a writer in Singapore, and has, to date, published 18 books, including collections of short stories, novels and a book of poems including **Little Ironies - short stories of Singapore, O Singapore! - Stories in celebration, The Bondmaid, Following the Wrong God Home, Unhurried Thoughts at my Funeral.**

Two of her short story collections were used as literature texts for the G.C.E. Examinations conducted by Cambridge University, and her novels are regularly used in universities and colleges. They have been published in many countries, including U.S.A., U.K. France, Germany, the Netherlands, Italy, Greece, Spain, Israel and Iceland. Before she became a full time writer, she was a lecturer in the RLC (Regional Language Centre), Singapore, conducting courses in Sociolinguistics and the teaching of Literature for teachers in Southeast Asian countries.

To maintain her links with the academic and professional worlds, she continues to give lectures at seminars and conferences both at home and abroad, and is a regular guest speaker on cruise ships. She is also a political commentator, giving lectures and writing articles on various political and social issues in Singapore. She was awarded the Southeast Asia Write Award in 1999, and an Honorary Doctorate in Literature by Murdoch University, Australia in 2000. In 2003, she was awarded the Chevalier de L'Ordre des Arts et Des Lettres by the French Minister for Culture and Communication, and in 2005 was appointed an Ambassador for the Hans Christian Andersen Foundation in Copenhagen.



THE NEW SCIENCE OF HAPPINESS AND WELL-BEING

WORLD CLASS SPEAKERS IN THE REALM OF POSITIVE PSYCHOLOGY, HAPPINESS AND WELL-BEING

JUDY WILLIS, M.D., M.Ed.,

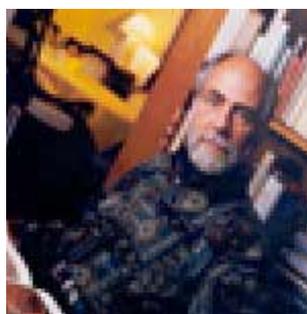


After graduating Phi Beta Kappa as the first woman graduate from Williams College, Judy Willis attended UCLA School of Medicine where she was awarded her medical degree. She remained at UCLA and completed a medical residency and neurology residency, including chief residency. She practiced neurology

for fifteen years before returning to university to obtain her Teaching Credential and Masters of Education from the University of California, Santa Barbara. She has taught in elementary, middle, and graduate schools and currently teaches at Santa Barbara Middle School. The Association for Supervision and Curriculum Development (ASCD) published her first book for education professionals, **Research-Based Strategies To Ignite Student Learning: Insights from a Neurologist/Classroom Teacher**, in August of 2006 and second book, **Brain-Friendly Strategies for the Inclusion Classroom**, in May 2007. These will be followed in April 2008 by Dr. Willis' third book focusing on brain research-based strategies for teaching reading and comprehension. Dr. Willis' first book for parents, **Parent Power for Student Success**: A parent guide to raising smarter children by a neurologist and classroom teacher, will be released by Sourcebooks this fall. She is completing a fourth book ASCD book about research-based strategies for math instruction and a book for Gifted Potentials Press about teaching middle school students with research-based gifted learning strategies. Dr. Willis is a presenter at educational conferences nationally and internationally in the field of learning-centered brain research and classroom strategies derived from this research. She has been selected to be a Distinguished Lecturer at the ASCD national conference in March 2008. Dr. Willis writes

extensively for professional educational journals and was honored as a 2007 Finalist for Distinguished Achievement Award for her educational writing by the Association for Educational Publishers. Dr. Willis is a research consultant and member of the board of directors for the Hawn Foundation, an international foundation developed and directed by Goldie Hawn to develop and implement evidence-based mindfulness education programs through collaboration with learning theorists, educators, scientists, and professionals. She is on the Management Team of the First Move Program a foundation that provides teacher instruction in the use of chess as learning tool to teach higher level thinking skills, advance math and reading ability, and build self-esteem in elementary school students, sponsored by America's Foundation for Chess. Dr. Willis has worked with Laureate Education, Inc. appearing in a series of video-lessons describing and using her RAD brain research-derived teaching strategies for graduate level teacher education and leadership training. When not teaching, writing, consulting, or making presentations, Dr. Willis is a home winemaker and writes a weekly wine column.

DR PAUL ROZIN



Paul Rozin holds a PhD. in biology and psychology from Harvard University. He is currently Professor of Psychology at the University of Pennsylvania, and is an active member of the Positive Psychology Center there. He has over 250 publications, with major interests in food choice in

a cultural context, lay beliefs about food and health, attitudes to "natural," positive psychology, disgust and contagion, the psychology of music and literature, and ethnopolitical conflict. He was the recipient of the American Psychological Association's Distinguished Scientific Contribution Award in 2007. He is particularly interested in combining evolutionary and cultural approaches to the understanding of how humans function.



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DR. ILONA BONIWELL



Ilona Boniwell, Ph.D., is a Senior Lecturer in Positive Psychology at the University of East London, UK. She is the Programme Leader for the first Masters Degree in Applied Positive Psychology (MAPP) in Europe. Her main teaching expertise lies in the area of positive psychology, which she teaches to undergraduates, MAPP and other postgraduate students.

Her research interests include: subjective time use, time perspective, conceptions of well-being, coaching and applications of positive psychology to one-to-one work and education. She is the Vice-Chair of the newly created International Positive Psychology Association (IPPA). Ilona founded and was the first Chair of the European Network of Positive Psychology (ENPP), and is currently the member of its Steering Committee.

She also organised the first European Congress of Positive Psychology in June 2002 (Winchester). She acted as the main consultant for the BBC2 series "The Happiness Formula" (2006) and is the author of **Positive Psychology in a Nutshell** (2006).

DR. SONJA LYUBOMIRSKY

Sonja Lyubomirsky, Ph.D. is Professor of Psychology at the University of California, Riverside, where her teaching and mentoring of students have been recognized with the Faculty of the Year and Faculty Mentor of the Year Awards.



Originally from Russia, she received her A.B., summa cum laude, from Harvard University (1989) and her Ph.D. in Social/Personality Psychology from Stanford University (1994). In her work, Lyubomirsky has focused on developing a science of human happiness. To this end, her research addresses three critical questions:

- 1) What makes people happy?
- 2) Is happiness a good thing?
- 3) How can we make people happier still?

In 2002, Lyubomirsky's research was recognized with a Templeton Positive Psychology Prize. Currently, she is an associate editor of the **Journal of Positive Psychology**, a Fellow of the Society for Personality and Social Psychology, and (with co-PI Ken Sheldon) holds a 5-year million-dollar grant from the National Institute of Mental Health to conduct research on the possibility of permanently increasing happiness.

Her research has been written up in dozens of magazines and newspapers and she has appeared in multiple TV shows, radio shows, and feature documentaries in North America, Asia, and Europe.

Her book, **The How of Happiness: A Scientific Approach to Getting the Life You Want**, was released by Penguin Press (North America, January 2008) and a dozen foreign publishers.



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PHILIP MERRY



Founder and CEO – Global Leadership Academy
Philip Merry has for 30 years conducted consulting, training and coaching/counseling projects in leadership, team development and cross cultural dynamics in 47 countries. His global reputation for delivering outstanding results means that he is in constant

demand by some of the world's leading organisations – including the United Nations. He is especially sought after for his work in helping different cultures discover how they can work effectively together – helping explore what it is in their cultural values makes them happy or unhappy. Philip understands the importance of mindset and the interpersonal issues of well-being in family life and organisations – he originally trained and practiced as a marriage and family therapist before moving into leadership and team consulting. He is certified in Culture, Team and Brain Dominance profiling. Philip is English by birth – from Yorkshire – and has lived in Singapore since 1990

DR. DAVID CHAN



David Chan is Professor of Psychology and Dean of the School of Social Sciences at the Singapore Management University. He has published extensively in the areas of industrial and organizational psychology, research methods, measurement of attitudes, and adaptation to changes at work. Dr. Chan has received

several prestigious scholarly awards including the Distinguished Early Career Contributions Award, William Owens Scholarly Achievement Award, and Edwin Ghiselli Award for Innovative Research Design from the Society for Industrial and Organizational Psychology and the Dissertation Research Award from the American Psychological Association. In 2000, he was ranked 9th in the list of Top 100 most published researchers of the 1990's in the field of Industrial and Organizational Psychology. He currently serves as Senior Editor of the Asia Pacific Journal of Management, Associate Editor of the Journal of Organizational Behavior, and editorial board member for several journals such as Personnel Psychology, Human Performance, and Organizational Research Methods. He is currently an elected Representative-at-Large Member of the Executive Committee of the Research Methods Division, Academy of Management. He is consultant to the Singapore Prime Minister's Office, the Ministry of Defence, the Ministry of Community Development, Youth and Sports, the Singapore Police Force, the Singapore Prison Service, and other public and private sector organizations in Singapore and United States. He is also Chairman of the International Advisory Panel to the Singapore's National Addictions Management Center and National Council on Problem Gambling, member of the research advisory panel to the National Youth Council, and member of a panel that advises the Singapore Government on social science research issues. Together with scholars such as Nobel Laureate Dr. Daniel Kahneman and well-being researcher Dr. Ed Diener, Dr. Chan is currently on an international committee formed to help develop measures of national well-being.



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