



What enables human beings to thrive? Lecture and Presentation From the International Positive Psychology Association

Highlights from the 1st World Congress in Philadelphia
brought to the citizens of the Cowichan Valley

When:

Tuesday, September 28, 2010 - 7:30 to 9:30 pm. Presentation followed by Q&A

Where:

Quw'utsun' Cultural and Conference Centre - Comeakin Room
200 Cowichan Way, Duncan, BC - across from Real Canadian Superstore and between
the Casino and Vancouver Island University

Who:

Johanna Vanderpol, Local Positive Psychology Coach and Author

See how the science of positive psychology is leaving behind the illness model and
bringing to us the strengths model of what's right with us as human beings

Admission: \$5.00

Information:
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How can you live a more flourishing life?
Thrive instead of survive.
What is the optimal life for you?
What does the scientific research have to say
on what is true happiness?
How do we create this way of living in schools
and business as well as our personal lives?
What do emotions have to do with it?
What is happening in the world today to make
this happen?

Johanna is a local Coach who helps people
find and live their dreams. She moves people
forward to higher well-being. She brings her
training and expertise to individuals, schools
and businesses. Johanna is the author of
"Honouring Your Emotions: Why it Matters."
She is currently dedicated to bringing news
and practical application of Positive
Psychology to the Cowichan Valley through
her coaching, workshops and presentations.

Come and find out.