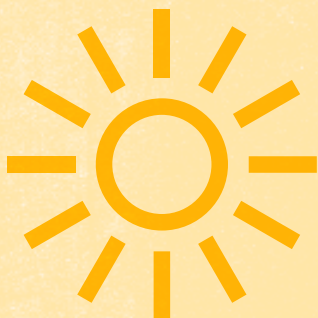


HAPPINESS & its causes

10-11 JUNE 2015, LUNA PARK SYDNEY

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AT HOME



WORLD'S BIGGEST
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TOOLS and 
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for a
HAPPIER
LIFE



Gretchen Rubin,
The Happiness Project,
USA

IN CARE



Barbara Fredrickson, USA,
positive emotions expert

AT WORK



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"THIS IS OUR 4TH CONFERENCE...
AS ALWAYS WONDERFUL,
INSPIRING. WE BROUGHT 9
EMPLOYEES WHO ALL LEARNT SO
MUCH... THANK YOU. YOU ARE OUR
ANNUAL INSPIRATION."

Julie Fleming, Business Owner

HAPPY & WELLED



Happiness is important. It's important for your own life satisfaction and enjoyment. And it is equally important for your family, the people in your care and the people you work with.

Over the past 10 years, *Happiness & Its Causes* has been a forum for exploring the many and varied causes for a happy and fulfilling life. We present the world's brightest minds in psychology, science, education, business, religion and the arts and package it into an unforgettable two days. Join us in 2015 for an incredible exploration of human potential.

Cultivate good qualities

Witness a compelling dialogue on fostering love, compassion and ethics with Nobel Peace Laureate **His Holiness the Dalai Lama**, acclaimed positive emotions researcher **Barbara Fredrickson**, and pioneering compassion researcher **Paul Gilbert OBE**.

Enhance happiness

Be inspired by New York Times best-selling author of *The Happiness Project* **Gretchen Rubin**, meet the 'Indiana Jones of positive psychology' **Robert Biswas-Diener**, and explore happiness and desire with riveting spiritual teacher **Robina Courtin**.

Improve health & wellbeing

Discover how consistency trumps motivation with influential fitness expert **Michelle Bridges**, how mindfulness enhances performance with international mindfulness guru **Rasmus Hougaard**, and how 'happiness myths' could be making you unhappy with acclaimed psychologist **Russ Harris**.

Personal stories to inspire

Be moved by the courage of **Ruby Wax** who battled depression throughout her comedy career, **Keelen Mailman** – the first Aboriginal woman to run a commercial cattle station, and policeman **Allan Sparkes** who suffered post traumatic stress after rescuing a child from a stormwater drain.

THE WELLNESS SHOW

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40+ WORLD-
RENOWNED
SPEAKERS!



LOVE, COMPASSION & ETHICS:
A DIALOGUE

His Holiness the Dalai Lama,
Nobel Peace Laureate



LOVE 2.0: FINDING HAPPINESS &
HEALTH IN MOMENTS OF CONNECTION

Professor Barbara Fredrickson, USA,
acclaimed positive emotions researcher



THE HAPPINESS PROJECT

Gretchen Rubin, USA, New York Times
best-selling author of *The Happiness Project*



COMPASSION & WELLBEING

Professor Paul Gilbert OBE, UK,
pioneering compassion researcher and
initiator of Compassion Focused Therapy



SANE NEW WORLD: HOW TO
SURVIVE THE 21ST CENTURY

Ruby Wax, UK, TV personality, comedian,
author and mental health campaigner



THE UPSIDE OF YOUR DARK SIDE

Robert Biswas-Diener, USA, leading cross-
cultural researcher widely known as the
'Indiana Jones of positive psychology'

HOW TO CULTIVATE GOOD QUALITIES

9:00

WELCOME



MC: Benson Saulo, Senior Consultant, PriceWaterhouseCoopers' Indigenous Consulting, and Youth Advocate



9:15

A CONVERSATION WITH HIS HOLINESS THE DALAI LAMA



"We are all, by nature, oriented toward the basic human values of love and compassion. We all prefer the love of others to their hatred."
His Holiness the Dalai Lama



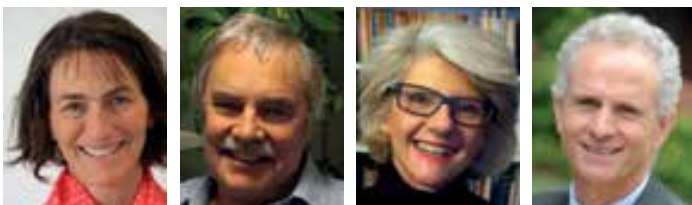
An inspiring and in-depth exploration of the interconnection between ethics, love and compassion, and how to foster kind hearts and minds in our children and ourselves.

His Holiness the 14th Dalai Lama, revered spiritual leader and Noble Peace Laureate
Moderator: Richard Fidler, respected broadcaster and presenter of *Conversations with Richard Fidler* on ABC Radio

LOVE, COMPASSION & ETHICS: A DIALOGUE WITH THE DALAI LAMA

Witness a unique dialogue between His Holiness the Dalai Lama and a panel of world leading scientists and educators fostering ethical, loving and compassionate global citizens.

His Holiness the Dalai Lama and **Richard Fidler** will be joined by:



Professor Barbara Fredrickson, USA, acclaimed positive emotions researcher and best-selling author of *Positivity* and *Love 2.0*
Professor Paul Gilbert OBE, UK, pioneering compassion researcher and initiator of Compassion Focused Therapy
Dr Sue Knight, chief evaluator of the Primary Ethics trial in NSW schools and creator of the Primary Ethics curriculum
Charlie Scudamore, visionary educator and Vice Principal at Geelong Grammar School

11:30 – 13:00

LUNCH BREAK

HOW TO OVERCOME OBSTACLES & ADVERSITY

13:00

SANE NEW WORLD



With her own periods of depression and now a Masters from Oxford in Mindfulness-Based Cognitive Therapy to draw from, Ruby Wax uses mindfulness, neuroscience and comedy to explore how we can find calm in a frenetic world.

Ruby Wax, UK, TV personality, comedian, mental health campaigner and author of *Sane New World: Taming the Mind*

13:30



THE HAPPINESS TRAP

Learn how to dispel the four big 'happiness myths' that can actually make you miserable if you believe them.

Dr Russ Harris, internationally-renowned Acceptance & Commitment Therapy trainer and best-selling author of *The Happiness Trap*

13:50



PERSONAL STORY: THE COST OF BRAVERY

A courageous policeman put his life on the line to rescue an 11-year-old boy from a flooded storm water drain. The rescue, however, triggered a downward spiral into post-traumatic stress disorder and depression.

Allan Sparkes, author, *beyondblue* Ambassador, and recipient of Australia's highest bravery decoration, the Cross of Valour

14:10

PANEL: SURVIVING AND THRIVING

We all face obstacles in our lives – what can we do to not only survive but also thrive when life knocks us down?



Ruby Wax, Dr Russ Harris and **Allan Sparkes** will be joined by:



Dr Timothy Sharp, leading psychologist whose focus is on enhancing happiness in individuals, families and organisations

Moderator: Richard Aedy, well-known broadcaster and presenter of *Sunday Profile* on ABC Radio National

14:40

MOMENTS OF HAPPINESS

Imagine if every person donated one moment each day to keep happiness flowing. Be inspired by the countless ways you can help happiness grow.

Susan Pearce & Martina Sheehan, authors of *One Moment Please* and *Wired for Life* whose fresh approach brings clarity, hope and the motivation to act



15:00 – 15:45

AFTERNOON COFFEE

HOW TO BE HAPPY AT WORK & PLAY

15:45

HAPPY & CREATIVE



Happy people tend to be more creative and productive at work. Explore the link between happiness and creativity and learn how to boost your creative potential.

Sue Langley, master trainer, researcher and international expert in positive psychology, neuroscience and emotional intelligence

16:05

BALANCING PLEASURE & ACHIEVEMENT



A fulfilling life requires us to strike a considered balance between experiencing pleasure in the moment and achieving meaningful goals. Consider how some simple changes can bring a great sense of fulfillment to your life.

Chris Skellett, NZ, clinical psychologist and executive coach, author of *When Happiness Is Not Enough*

16:25

MINDFULNESS FOR SUCCESS & WELLBEING AT WORK



In our fast-paced, always-on working culture, we are losing our ability to pay attention. Why is mindfulness critical in work-life performance and wellbeing?

Rasmus Hougaard, Denmark, a world authority on bringing the benefits of mindfulness to the workplace

16:45

HAPPINESS FOR WORRYWARTS AND OTHER STRUNG OUT PEOPLE



A self-confessed worrywart shares irreverent and entertaining approaches to being happier amidst the &%\$#.

Toni Powell, storyteller, disruptor of discontent, documentary filmmaker and author of *The Yellow Car*

17:05

IN CONVERSATION WITH BEN LEE



As obsessed as he's been with music all his life, Ben Lee has been equally drawn toward the workings of the human mind and spirit.

Ben Lee, ARIA award winning singer/songwriter and recording artist



Moderator: Barry Divola, author and journalist with *Rolling Stone* and *The Sydney Morning Herald*

17:30 WELCOME TO OUR 10TH BIRTHDAY PARTY!



You're only 10 once! Join in the fun and help us celebrate this special anniversary with drinks, nibbles, entertainment and party surprises. Mingle with fellow delegates and speakers – you never know who you'll meet!



18:30

CLOSE DAY 1

PRE-CONFERENCE FULL DAY WORKSHOPS

TUESDAY 9 JUNE 2015 09:30 – 16:30

Choose one of two full day workshops.

WORKSHOP A: LOVE 2.0 - CREATING HAPPINESS AND HEALTH IN MOMENTS OF CONNECTION



with **Professor Barbara Fredrickson, USA**, acclaimed positive emotions researcher and best-selling author of *Positivity* and *Love 2.0*

What if everything you know about love is wrong? Through her ground-breaking research, positive emotions expert Professor Barbara Fredrickson offers you an entirely new way of understanding love and appreciating its benefits.

Dr. Fredrickson redefines love not as a stable behemoth, but as micro-moments of connection between people – even strangers – and demonstrates that your capacity for experiencing love can be measured and strengthened in ways that improve your health and longevity. In this workshop, she will introduce you to lab-tested practices that can unlock more love in your life.

WORKSHOP B: THE PLEASURES AND VIRTUES OF EXERCISE



with **Dr Damon Young**, philosopher and the author of *How to Think About Exercise, Philosophy in the Garden* and *Distraction*

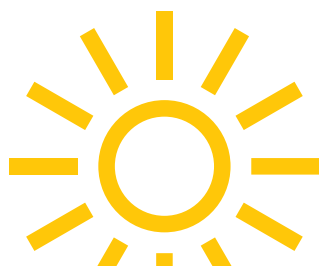
It can often seem like existence is split in two: body and mind, flesh and spirit, moving and thinking. In the office or at study we are 'mind workers', with superfluous bodies. In the gym we stretch, run and lift, but our minds are idle. Damon

Young challenges this idea, revealing how fitness can develop our bodies and minds, together.

With the help of ancient and modern philosophy, you will explore the reverie in walking, the sprinter's pride, the oneness of yoga and more. Join Damon for a day of physical and intellectual exercises to get the lungs pumping, muscles flexing and brain pulsing. Participants will be guided through activities - each at their own pace - that prompt pleasure, reflection and creativity.

Content originally developed for:

THE SCHOOL OF LIFE



HOW TO BE HAPPY & CONTENT

8:40

WELCOME



MC: Nkandu Beltz, Founder and Director, Youth Empowerment Program Australia



8:45

THE HAPPINESS PROJECT



Be inspired by the year Rubin spent test-driving the wisdom of the ages, current scientific studies, and lessons from popular culture about how to be happier.
Gretchen Rubin, USA, thought-provoking and influential writer on happiness, author of New York Times best-seller *The Happiness Project*

9:15

THE UPSIDE OF YOUR DARK SIDE



Learn how harnessing the darker parts of our personality can make us wiser and in certain situations, more effective.
Dr Robert Biswas-Diener, USA, widely known as the 'Indiana Jones of positive psychology' because of his research in Greenland, India, Kenya, Israel and other countries

9:40

HAPPINESS WHEN THE CHOCOLATE RUNS OUT



Getting what we want, like delicious chocolate, a great job or a new partner, is our main method for achieving happiness, and we certainly work hard at it! But what if we lose it? Or what if we can't find it? What then?
Robina Courtin, USA & Australia, riveting teacher, inspiring Buddhist nun and Founder of Liberation Prison Project

10:00

PERSONAL STORY: HOW I RESCUED MY BRAIN



A moving and uplifting story of how a forensic psychologist seeing the toughest, most heartbreaking cases suffered emotional trauma and ultimately a stroke, then set out to rewire his brain drawing on the principles of neuroplasticity.
David Roland, psychologist, author and founder of the Australian branch of The Compassionate Mind Foundation

10:20 – 11:00

MORNING COFFEE

HOW TO CREATE A HAPPIER WORLD

11:00

OPTIMISM



"Optimism is a key ingredient for any successful human endeavor – and isn't keeping Earth viable the greatest endeavor we can ever undertake? It is a fortunate life if a person feels more optimistic than ever before. That's me."
Bob Brown, one of Australia's most thoughtful and recognised public figures



11:20

PANEL: CAN ANGER BE A FORCE FOR GOOD?

Anger is often seen as a destructive force but can it sometimes have a positive effect on our lives?

Panellists: Gretchen Rubin, Dr Robert Biswas-Diener, Robina Courtin, Sue Langley



Moderator: Natasha Mitchell, award-winning science journalist and presenter of *Life Matters* on ABC Radio National



11:50

PERSONAL STORY: THE POWER OF BONES



From childhood poverty, abuse and racism to running a cattle station, be transfixed by one extraordinary woman's heartbreaking but uplifting story of triumph against all odds.

Keelen Mailman, first female Aboriginal station manager for Mt Tabor, home to her native Bidjara people

12:10

THE WISDOM OF COMPASSION



Drawing on sacred texts from Judaism and Islam, Westlake and Lior have created a hauntingly beautiful song cycle – Compassion.

Nigel Westlake, award winning composer and musician, film scores include *Babe* and *Miss Potter*
Lior, one of Australia's most cherished singer/songwriters, critically acclaimed and ARIA nominated independent artist

Moderator: Geraldine Doogue AO, one of Australia's most respected broadcasters and presenter of *Compass* on ABC TV



12:35 – 14:00

LUNCH BREAK

HOW TO BUILD CONFIDENCE & VITALITY

14:00

THE POWER OF FIRST-HAND EXPERIENCES



Hear about the dramatic effects of educating young people in an atmosphere where fear does not determine the school's policies and practices.

John Marsden, popular, award winning author and visionary educator; Founder and Principal of Candlebark School, Victoria

14:20

SLEEP & WELLBEING



Explore the links between sleep, our physical health and sense of wellbeing.

Dr Carmel Harrington, sleep scientist and author of *The Complete Guide to a Good Night's Sleep*

14:40

FROM SHARING TO CARING



Gen Z is more connected than any previous generation. How can schools leverage the power of social media to nurture young people's ability to think ethically and act compassionately?

Dan Haesler, engaging educator, writer and consultant

14:55

PERSONAL STORY: SHY



What is shyness? Where does it come from? Why does it create such distressing turmoil beneath an assured professional front?

Sian Prior, writer, broadcaster, singer and author of *Shy: A Memoir*

15:15 – 16:00

AFTERNOON COFFEE

HOW TO BE HAPPY & WELL

16:00

THE MOTIVATION MYTH: THE SECRET TO SUCCESS



Lost your motivation? Can't find your mojo? Don't worry – it's not necessarily game over. Hear how you can use consistency to trump motivation in achieving your life goals.

Michelle Bridges, Australia's most recognised and influential health and fitness expert

16:20

HOW TO THINK ABOUT EXERCISE



Is exercise only about hard biceps and fast lap times? Explore how exercise can develop both our bodies and minds, enriching our intellect and enhancing our character.

Dr Damon Young, philosopher and the author of *How to Think About Exercise*, *Philosophy in the Garden* and *Distraction*

16:40

HAPFEST – POWERED BY PECHAKUCHA*

WHAT MAKES ME HAPPY & WELL?

Be entranced by a series of stories about happiness and wellbeing, accompanied by short visual presentations.

* **PechaKucha 20x20** is a simple presentation format where presenters show 20 images, each for 20 seconds. The image advances automatically while the presenter talks along to the images.



EAT YOUR WAY TO HAPPINESS

Energy, vitality and serotonin - it's all in your food! A healthy view on nutrition is essential for our mental stability, emotional resilience and physical health.

Michele Chevalley Hedge, accredited nutritionist, author and founder of My Family Wellness



INTO THE HIMALAYAS

Be amazed by a solo trekking odyssey from Pakistan to Nepal across thousands of kilometres of mountain terrain – a psychological journey coming to terms with the tragic loss of a much loved brother.

Jono Lineen, curator at the National Museum of Australia and author of *Into the Heart of the Himalayas*



EMERGING FROM THE EGO TRAP

You come out the other side of brain cancer a more compassionate person. But did it really need a near fatal disease to reveal this better, happier side of yourself?

Stuart Taylor, experienced management consultant with a focus on resilience, performance and cognition



CAN A SIMPLE QUESTION CHANGE YOUR LIFE?

The great writer and philosopher Voltaire once said, "Judge a man by his questions rather than his answers." Discover how four simple questions can ignite lasting change in your life.

Michelle McQuaid, positive psychology researcher, author and workplace trainer

17:10

GRAND FINALE



17:30

CLOSE DAY 2

VENUE



Luna Park Sydney is an iconic funfair situated on beautiful Sydney Harbour - and only five minutes from Sydney's CBD. Located in Milsons Point, this dynamic venue is incredibly easy to access by train, ferry, bus or car.

PLATINUM PREMIUM SEATING



All seats in the auditorium have uninterrupted views of the stage. However you may enhance your conference experience by taking up the Platinum Seating Option. Enjoy guaranteed seating in an exclusive area close to the stage. Can be added to any conference package.

POST-CONFERENCE WORKSHOPS - FRIDAY 12 JUNE 2015

CHOOSE ONE MORNING AND ONE AFTERNOON WORKSHOP

MORNING WORKSHOPS 9:00 - 12:00

WORKSHOP 1

HOW TO BE HAPPIER AT HOME



with **Gretchen Rubin, USA**, thought-provoking and influential writer on happiness, author of New York Times best-seller *The Happiness Project*

What do we want from our homes? A place to calm and energise us, a place to feel free and to take risks, a place to be happy. Concentrating on the factors that matter for our homes such as possessions, marriage, time, parenthood, body and neighbourhood, we will explore concrete, manageable resolutions that can help us find more happiness in our lives.

WORKSHOP 2

INTRODUCTION TO COMPASSION FOCUSED THERAPY



with **Professor Paul Gilbert OBE, UK**, pioneering compassion researcher and initiator of Compassion Focused Therapy

The last decade has seen considerable research showing that cultivating compassion has a major impact on emotional states, social relationships and even physical processes. In this workshop we will explore the basics of Compassion Focused Therapy (CFT) with exercises in attention training, breath training, body and voice training for cultivation of a 'compassionate self'.

WORKSHOP 3

MINDFUL PERFORMANCE AND WELLBEING AT WORK



with **Rasmus Hougaard, Denmark**, a world authority on bringing the benefits of mindfulness to the workplace

Modern work life is defined by distractions, complexity and busyness. The brain naturally responds to this by trying to multitask - with detrimental effects. Discover how to thrive in challenging circumstances by applying a mindful way of working and explore basic strategies for overcoming 'multi-tasking'. It's about working smarter rather than working harder.

WORKSHOP 4

CREATING A PROJECT WITH PURPOSE



with **Dan Haesler**, engaging educator, writer and consultant

Learn how, by leveraging the power of social media and Web 2.0 platforms, young people can engage meaningfully in the world around them and effect change on either a school, local or global level. Walk away with a wealth of resources to develop your own Project With Purpose with the young people in your life. *Please note: laptop or tablet required.*

AFTERNOON WORKSHOPS: 14:00 - 17:00

WORKSHOP 5

OVERCOMING 'COMFORT ADDICTION'



with **Dr Robert Biswas-Diener, USA**, widely known as the 'Indiana Jones of positive psychology' because of his research in Greenland, India, Kenya, Israel and other countries

In the modern era we are able to achieve comfort more easily than at any time in history. But is this necessarily a good thing? 'Comfort addiction' can negatively impact our children, relationships and quality of life. Explore how challenge and hardship are not only unavoidable but are actually healthy and learn how to build your happiness skills.

WORKSHOP 6

BECOMING YOUR OWN THERAPIST



with **Robina Courtin, USA & Australia**, riveting teacher, inspiring Buddhist nun and Founder of Liberation Prison Project

Knowing and transforming our minds – the whole spectrum of our thoughts, feelings and emotions – is work we all need to do. We need to become our own therapists – really deeply knowing our own minds and how to change them. When we understand our minds, we can begin to develop our marvellous potential for clarity, contentment, love and happiness.

WORKSHOP 7

THE HAPPINESS TRAP



with **Dr Russ Harris**, internationally-renowned Acceptance & Commitment Therapy trainer and best-selling author of *The Happiness Trap*

Have you tried hard to be happier - and found it just wasn't that easy? If so, that's hardly surprising. Commonplace notions of happiness are misleading, inaccurate, and can actually make you miserable. See for yourself how the scientifically-proven Acceptance & Commitment Therapy (ACT) approach can help you 'escape the happiness trap' and find genuine wellbeing and fulfilment.

WORKSHOP 8

WRITING AS THERAPY



with **David Roland**, psychologist, author of *How I Rescued My Brain* and founder of the Australian branch of The Compassionate Mind Foundation

In a gentle environment, explore ways of using writing to move through difficult emotions, integrate past events, and heighten positive experiences. Exercises will include James Pennebaker's 'writing to heal' exercises, journaling with a purpose, narrative integration, self-compassion and gratitude exercises. Your level of writing skill is unimportant and there will be no pressure to read out what you have written.

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* Please note: booking fee of 1.5% applies to credit card transactions.



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PARTNER DISCOUNTS

This conference is kindly supported by a range of organisations. Special discounts apply to partner members and networks. Professional development points may also apply. Go to www.happinessanditscauses.com.au to find out more.

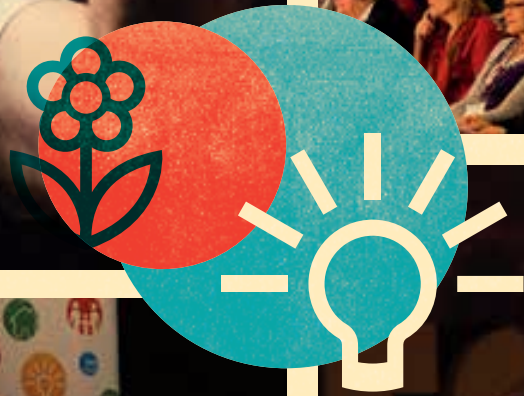
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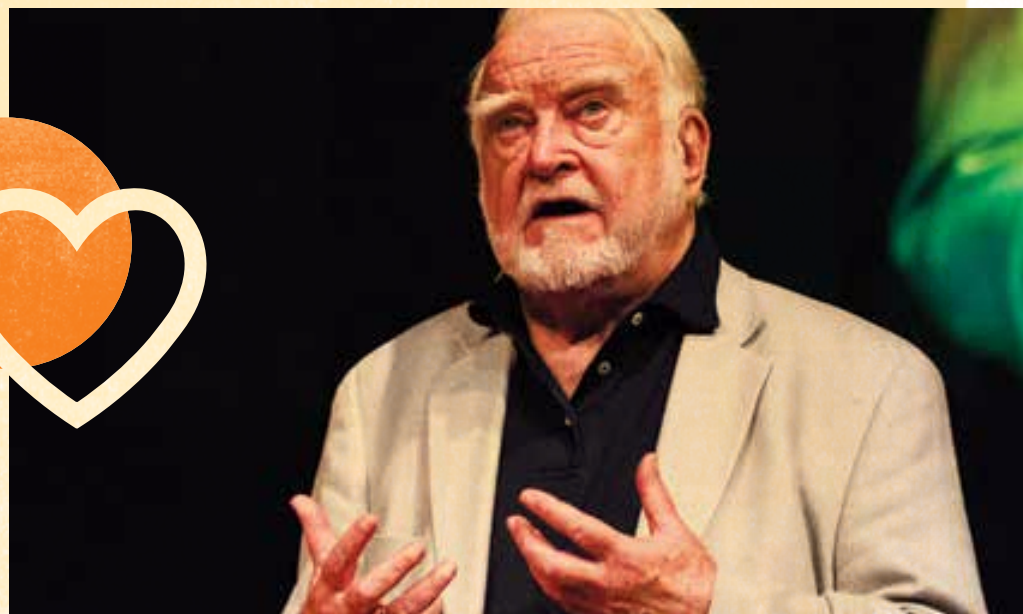
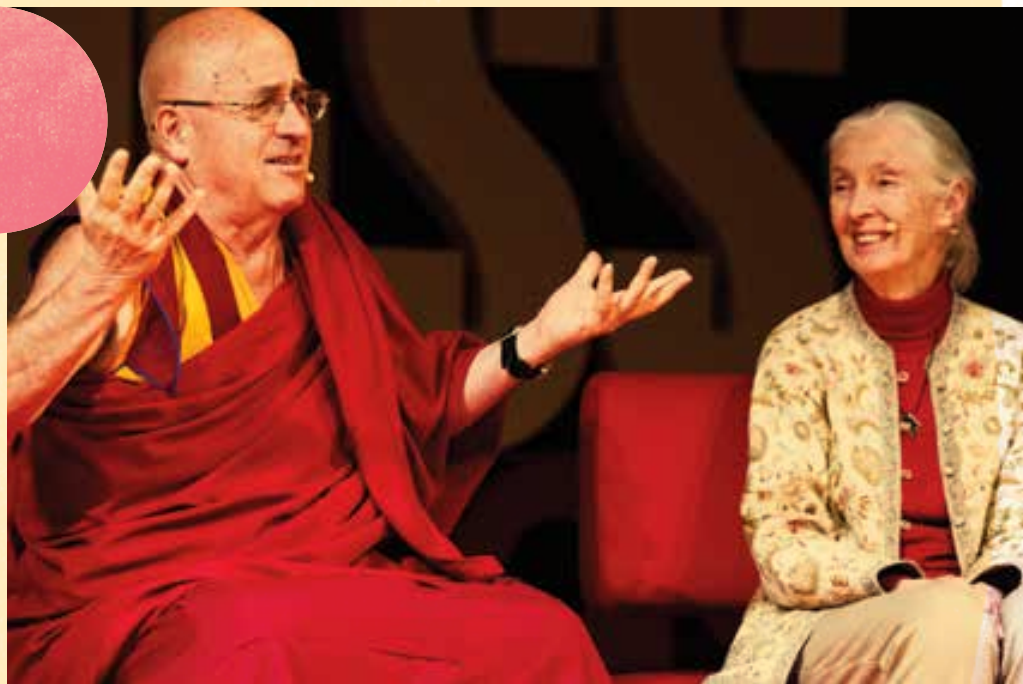
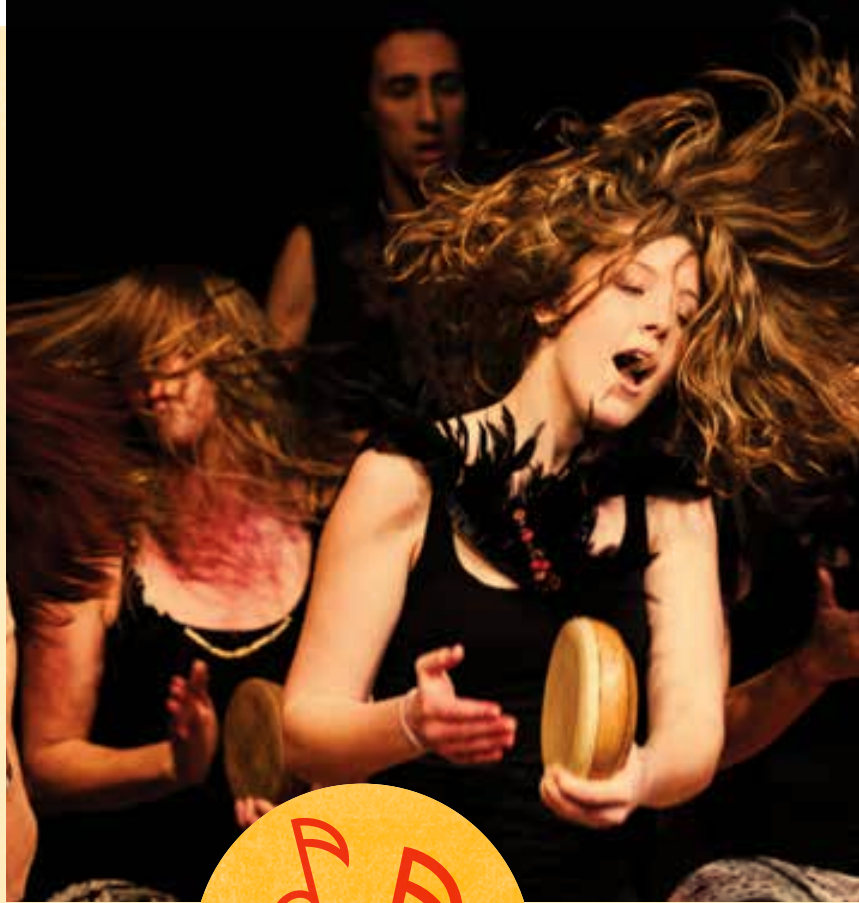
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A WELLNESS EXPO

The Wellness Show is a unique showcase of the innovation, opportunities and technology that are transforming health and wellbeing. Over 50 organisations will be represented at this free event co-located with *Happiness & Its Causes*.



Psychology Zone

Meet the organisations at the forefront of mental health and wellbeing. How can workplaces remain mentally healthy? How is technology impacting service delivery?



Wellness Tech Zone

Technology is revolutionising the way we stay fit and healthy. Discover the latest solutions for fitness, sleep disorders, health monitoring, brain training, weight management, psychological wellbeing and much, much more!



Education & PD Zone

Big changes are underway in education. What is positive education and who is applying it? How is wellness impacting education and professional development?



Wellness Bookshop

Featuring a huge range of leading titles in psychology, health, nutrition, fitness, personal development and wellbeing.



Future Health Zone

What are the latest products and innovations in nutrition, fitness, weight-loss and disease management? How is technology and the quantified self impacting consumer choice?



Interactive Seminar Zone

The Wellness Show Interactive Seminar Zone features an all-day programme of free seminars from leading practitioners in health and wellbeing. No need to book. Just join in and start learning!



Spa, Anti-Ageing & Wellness Zone

Preventative, regenerative, wellness and anti-ageing products can have major health benefits. What are the latest products? How can they contribute to a positive lifestyle?



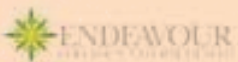
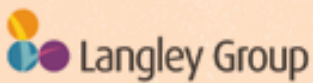
Meet the Author Zone

Published authors speaking at *Happiness & Its Causes* will be signing books throughout the event. Meet your favourite speakers!



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