



Event Details

When:

Wed 27th July
5.00-7.00pm

Where:

The Robin Hood Hotel
315 Portrush Rd Norwood

Cost:

\$10 (pay at the door)

RSVP:

Jo Saies, Convenor
0412 319 394
josaies@pbperformance.com.au
By 22nd July

Nibbles provided

**Drinks available for purchase
from the bar**

Happiness and Positive Psychology

July Special Interest Group

Resilience

AGENDA

1. Welcome

2. Discussion: Are we good enough?

If we are in the business of helping people be better or happier in some way, how do we know if we're succeeding? Can we ever know, and does it really matter? What keeps us doing what we do?

3. Resilience

Positive Psychology recognises that bad things do happen, and rather than denying reality, stresses the importance of developing skills and characteristics that allow us to bounce back following adversity. What is resilience, why is it so important, and how can we develop it in ourselves and others?

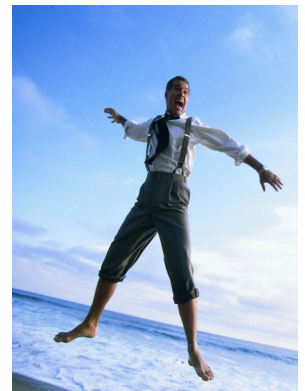
4. What have you seen, heard or read?

Describe a book you've read, a speaker you've seen or an interview you've heard on an aspect of happiness or Positive Psychology. What was the main message, why is it important, how have you applied it in your coaching or your own life?



Jo Saies is Adelaide's premier Positive Psychology Coach. As Director of PB Performance Coaching, she helps develop positive, productive and high performing people. With qualifications in Psychology, Human Resource Management and Positive Psychology Coaching, Jo has been helping people achieve their full potential for over 25 years. She has been an active member of ICF in SA and the ACT since 2005.

Jo's credentials as a high energy speaker, successful leader, outdoor adventurer and former Australian representative athlete, provide a unique blend of experience, wisdom and insight. When Jo describes her trek to Everest Base Camp, her volunteer work with Camp Quality (where laughter is the best medicine!) or how she gets down a mountain as a visually impaired ski-racer, you are left in no doubt that she exemplifies what it means to lead a truly flourishing life.



The Happiness and Positive Psychology Coaching Special Interest Group is a professional development forum for coaches and professionals interested in the science of happiness and positive psychology, and how we can apply it in our professional practice, within organisations and to our own lives.

