



## Event Details

**When:**

Wed 9th November 2011  
5.00-7.00pm

**Where:**

The Robin Hood Hotel  
315 Portrush Rd Norwood

**Guest Speaker**

Mario Virgili, Psychologist

**Cost:**

\$10 (pay at the door)

**RSVP:**

Jo Saies, Convenor  
0412 319 394  
josaies@pbperformance.com.au  
By 4th November

Nibbles provided

Drinks available for purchase  
from the bar

## Happiness and Positive Psychology

### November Special Interest Group

## Engagement and Flow

### AGENDA

#### 1. Welcome

#### 2. Engagement and Flow

Flow, a state of gratification we enter when we feel completely engaged, is characterised by intense absorption and involvement in the present moment. Positive psychologists believe the experience of flow is an essential component of optimum human functioning. Positive Psychology Doctoral student Mario Virgili will join Jo Saies to look at what is flow and how can we create it in our lives at work and beyond? From an employer's perspective, what are the benefits of having engaged employees and what can you do to influence this?

#### 3. What have you seen, heard or read?

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

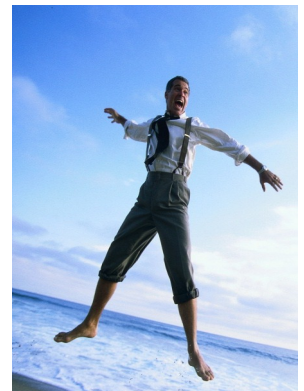
#### 4. What's on

A brief look at up-coming happiness and positive psychology conferences, seminars and activities.



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.*

