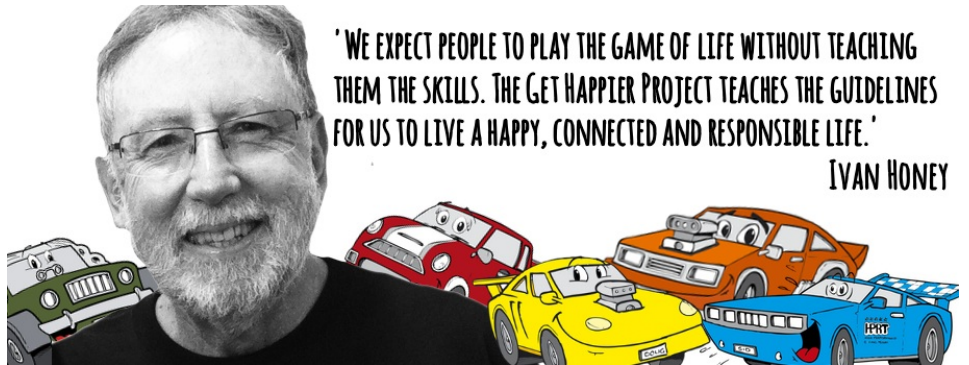


# The Get Happier Project- Three Day Workshop - Singapore, June 1-3, 2019

AN INNOVATIVE POSITIVE PSYCHOLOGY/ CHOICE THEORY APPROACH TO TEACHING, COUNSELLING AND GETTING THE BEST OUT OF LIFE

Join International trainer, Psychologist and Number One Amazon Bestselling Author, Ivan Honey for an unforgettable three days.

Learn a practical and exciting visual psychology that teaches anyone how to understand and manage behaviour.



In this Three Day Workshop you will learn about...

how we create our **feelings**, and how we can learn to **manage our emotions** effectively and **get happier!**

the source of **motivation** and **inspiration**, and how to access this for yourself, your staff, your children and clients. Discover the Get Happier School - Happier Kids, Better outcomes!

the **lenses** through which we view the world and **create our own reality**.

the **five basic needs** that **drive behaviour** and how to utilise this knowledge with yourself and others.

the most **effective questions** to ask to assist people to help themselves. You will practice the new **counselling and coaching skills** through role-play and expert support.

how to create a more **peaceful life** by giving up trying to control others or allowing others to control us.

how to apply this **knowledge immediately** to your own life to **maximize your emotional health** and provide a sustainable approach to happiness.

**Bonus!** course materials:

- The Amazing Adventures of Doug Dragster book and audio book.
- Doug Dragster's Magic Book
- Practical handouts to reuse
- Ivan's new interactive ebook, Happy Parenting

Check the website:  
[www.gethappier.net](http://www.gethappier.net)

Learn how to use the brand new **Doug Dragster's Get Happier Toolbox** (card set) and discover a powerful, transformational process to create and sustain change. Register Now!

with Dr Clare Ong

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