

# Positive Psychology Workshop

## Authentic Happiness 1 & 2

*Learn how to achieve daily joy and lasting fulfillment*

*"We all live with the objective of being happy; our lives are all different and yet the same." - Anne Frank*

The Positive Psychology Centre is offering a series of Authentic Happiness workshops that focus specifically on positive psychology techniques.

The workshops are intended to help individuals:

- understand the nature of happiness
- become happier
- achieve daily joy and lasting fulfillment

### Learning Objectives

The workshops will provide you with practical techniques and knowledge to increase your sense of happiness. In each session you will learn new interventions which you can put into practice. At the completion of the workshops you can choose the techniques that best suit you and practice those on a daily basis to achieve lasting happiness.

### Workshop Overview

#### Authentic Happiness 1

- Identifying your Signature Strengths
- Using your Signature Strengths
- Expressing gratitude
- Practicing acts of kindness
- Avoiding over thinking and social comparison
- Nurturing social relationships
- Individual Happiness Action Plan
- Practical exercises

#### Authentic Happiness 2

- Developing strategies for coping
- Learning to forgive
- Increasing Flow experiences
- Savouring life's joys
- Committing to your goals
- Practicing religion and spirituality
- Taking care of your body:
  - Meditation
  - Exercise
  - Acting like a happy person
- Individual Happiness Action Plan
- Practical exercises

### Did you know?...

That research shows Positive Psychology techniques help people:

- be happier
- increase well-being
- increase positive emotions
- decrease depression, and
- decrease hopelessness

### Learning Outcomes:

These workshops will assist you to:

- Gain deeper insight into your life purpose
- Identify your strengths
- Understand how to use your strengths
- Create more love, trust and satisfaction
- Understand your innate potential for joy
- Increase your self esteem and self love
- Understand the psychology of unhappiness
- Understand how your thinking influences your emotional state
- Discover your full potential and being the best that you can be

### Facilitators

**Kari Sotamaa**, Psychologist, MPsych, BPsych, M.Sc. (Econ.&Bus. Adm.), P.G.Dip. Education

Kari Sotamaa is a registered psychologist, workshop facilitator, University lecturer, and published author. He brings to the workshops a wealth of personal life experience and expertise in traditional and non-traditional therapies and treatments. Kari's mission in life is to help people to live a better, happier and more meaningful life.

#### Guest Facilitator

**Peter Kyriakoulis**, Director of Positive Psychology, Clinical Psychologist, MPsych, BPsych, MAPS

### Venues

Positive Psychology Ctr  
984 Centre Road  
Oakleigh South 3167

Positive Psychology Wellness Ctr  
1 Ross St  
Mornington 3931

### Enquiries and enrollment:

*Workshops are limited to 10 people so please reserve your place well in advance.*

*For enquiries or to enrol contact us at [enquiries@positivepsychology.net.au](mailto:enquiries@positivepsychology.net.au) or phone 03 9570 8440*

## Testimonials

**There has been great success with these workshops since they started running two years ago. Upon follow up many attendees many attendees have reported feeling happier and have found the workshops to be a valuable experience. Below are some of the testimonials.**

*"Kari is an extremely fine facilitator. Not only does he display great empathy, patience, and understanding, he is also a very kind young man. Sensitive, well chosen background music accompanies many exercises thereby enhancing their mood + momentum. I have thoroughly enjoyed the opportunity of participating in 2 Kari's workshops. He is a fine young man, mature beyond his years. So I can certainly recommend his courses in every way. Thank you Kari!"*

Sylvia Ronayne, Auckland, New Zealand

*"Kari workshops were very supportive without judgments. I didn't expect to experience such breakthrough in my personal journey. Kari has great charisma and radiates love and acceptance which made me feel comfortable to explore my vulnerabilities and issues. I throughout enjoyed his workshops and learned a lot!"*

Charlotte, Auckland, New Zealand

*I found totally inspiring to hear Kari's stories of what he have gone through and how brave he has been to keep pushing himself through barriers, when its so easy to sit back and not push and challenge ourselves as it is too uncomfortable and scary. Some of us seem to enjoy things to be simple. By pushing ourselves we meet other people that are just like ourselves facing the challenges that life presents to us. So by joining Kari's workshop was great for the soul and hopefully a lot more people hear about his workshops and learn from the experience.*

Val Morgan, Auckland, New Zealand

*Kari has exceptional skill of making sense even to the most difficult issues. He's way of using metaphors helps to understand feelings that would otherwise be hard to process. My personal life and growth in profession has gained very much from conversations with Kari and his unconventional support. Kari's understanding on human behavior and sensibility makes him one of the kind.*

Pekka Holma, a film maker, Helsinki, Finland

*"I can most warmly recommend Kari as a facilitator. I've had numerous coaching discussions with Kari and yet many of those have been very profound and therapeutic. Kari is brave enough to speak about things using their right names, unlike many other therapists as far as my experience. Especially, I respect the fact that he comprehends profoundly psychological phenomena and concepts because of his education and vast life experience way beyond his age. As a character Kari is courageous, open, and always willing to help. I can honestly say that Kari educates himself all the time in order to give the best for his clients. He does everything for his clients and I'll be always grateful for that!"*

Anna, Helsinki, Finland

*"When I first met Kari I immediately felt at ease. He made me feel comfortable enough to be honest and express my true feelings and emotions. Kari has a sense of warmth, compassion and true caring about him. I can easily tell how passionate he is about his profession and how he genuinely wants to help people better their lives. It was also great to hear him talk about his own experiences and give examples about his own journey through life. Kari has helped me see aspects of my life differently and has given me ideas, tools and motivations to make positive changes for success in my life."*

Briana Lawrence, South Australia