

# FLOURISHING SKILLS GROUP

## SESSION DESCRIPTIONS



### #1. INTRODUCTIONS

Learn what the science of happiness and well-being (Positive Psychology) is all about. Tell strengths stories and uncover the power of focusing on “what’s right with you” in a world that’s constantly focusing on what’s going wrong.

### #2. STRENGTHS

Discover what your top signature strengths are. Learn about naming, spotting and amplifying strengths. Use these skills to become more effective in the world by leveraging what you’re already doing well.

### #3. GRATITUDE

Learn about how evolution has biased your mind and body for negativity and how you can counter this tendency to worry, judge and ruminate by practicing gratitude. Learn the science of gratitude and novel gratitude exercises.

### #4. SAVORING

Positive life events alone are not enough to bring out happiness. Harnessing these approaches to savoring enable you to get more positivity out of your day-to-day experiences.

### #5. CONNECTIONS

Learn to build more positive and authentic connections with the people in your life. Uncover simple tools for helping the people in your life become happier and healthier.

### #6. VISUALIZATION

Many people waste their energy thinking about things they “should change” but rarely do. Uncover this research based approach to effectively move towards your best possible self.

### #7. MIND CHATTER

Is your mind-full or are you mindful? Learn about how your brain works. Identify how to redirect and reprogram your limiting beliefs to more empowering, solution oriented thoughts.

### #8. HABIT CHANGE

Of course you can teach an old dog new tricks, you just need to know the science of how habits form and how they are broken. Learn to identify the trigger, habit loop and appropriate rewards to break old habits.

### What participants are saying...

I highly recommend Marla’s workshop on Flourishing Skills. It provided me the confidence to consider leaving a successful, but stagnant, career to pursue my dream career, which I had been ruminating over for ages. Focusing on the positive in my life really opens one up to all the possibilities life has to offer. I especially resonated with the lessons on how to break bad habits, replacing them with newer productive ones. I found the workshop offered practical and useful tools to make small present changes in my life. With her open-heartedness and generosity, Marla creates a safe environment for sharing ideas, thoughts and feelings.

Christine Andreopoulos

**LENGTH:** 8 Week Program  
**MEETS:** WEEKLY  
**TIME:** TBD  
**STARTS:** TBD

\$425.00 + hst to be paid in full

Limited to **12 people.**

Pre-registration & interview required.

**LOCATION:**

TBD

**Put the science of flourishing into practice.**

**CONTACT MARLA FOR DETAILS**

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### Marla Warner, BSC, CWC, CAPP, RYT

Marla is a professional speaker, facilitator, consultant and coach whose focus is wellbeing and productivity. She works with individuals and in organizations. Marla is the principal of **For Health** Wellbeing Consultants.

She loves offering FSGs because it is an incredible opportunity to bring people together and get to put this powerful research into practice.

