



The Balanced Life

Presents

Positive Psychology and the Power of Optimism

Friday, August 23, 2019, 8:30 am-4:30 pm
9238 Madison Blvd. Bldg. 1 Suite 800 Madison, AL 35758
6 Contact Hours to be awarded at completion of workshop
Cost to attend: \$70.00 by 8/9/19
\$100 through 8/22/19
\$130 day of/onsite

Name: _____

Address: _____

Phone: _____ Email: _____

Request(s) for accommodations: _____

Payment (Check One):

Check enclosed: Make checks payable to **The Balanced Life**. Mail check and registration form to:

ATTN: Dana Hampson 9238 Madison Blvd. Bldg. 1 Suite 800 Madison, AL 35758

Credit Card: Please mail completed registration form to the address above or email to address below. Once received, you will be emailed an invoice to pay on line. *You are not considered registered until payment is made.* In order to receive the early bird or late registration rate, payment must be made on or before the dates listed above.

Further inquiry contact: dana@thebalancedlifellc.com or 256.258.7777 x 101.

Content Description and Objectives:

- Learn the five Pillars of Life Satisfaction and Contentment –
- Be able to shift thinking from pessimism to optimism and define each
- Practice techniques for mindful awareness of language and the power of semantics
- Review the history of the Positive Psychology movement

Presented by Maggie Minsk, LPC, CHt

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