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FEATURING



His Holiness the Dalai Lama

HAPPINESS & its causes

Key speakers include



Geraldine Doogue
Presenter, Compass
ABC Television



Dr Paul Ekman, Ph.D.
Emeritus Professor of
Psychology
University of California, USA



Pru Goward
Sex Discrimination Commissioner
HREOC



Venerable Robina Courtin
Director
Liberation Prison Project,
USA



Professor Gordon Parker
Executive Director
Black Dog Institute



Ross Gittins
Economics Editor
Sydney Morning Herald



Stephanie Dowrick
Best-Selling Author
Choosing Happiness

Pre conference workshop

Separately bookable
13 June 2007

The Art of Happiness



Dr Howard C. Cutler
International Best-Selling Author
The Art of Happiness, USA

14 - 15 June 2007, Sydney Convention & Exhibition Centre, Sydney, Australia



Tools & techniques for a happier life

Join us for an inspirational exploration of human happiness at the event-of-a-life-time!

- **Hear** 50+ speakers from psychology, medicine, politics, economics & religion
- **Understand** new developments in cognitive therapy and positive psychology
- **Learn** the techniques of Eastern psychology for enhancing happiness
- **A world class forum** featuring a rare appearance of the Dalai Lama

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OPEN ARMS
Embracing Kindness
The Dalai Lama 2007 Australia Tour

Tools & techniques for a happier life

An event like no other

Everyone wants to be happy and to avoid suffering. So why is it that there is such little understanding of what causes us to be happy and to suffer?

Despite decades of economic progress, scientific studies show that there has been no corresponding improvement in our happiness. Now is a time of re-evaluation. How can we improve the quality of our own lives and those of others we care for?

The 2nd International Conference on Happiness & Its Causes is a forum like no other that has ever been held – the **topic** is important to us all, the **programme** is ambitious in its scope and the calibre of the **speakers** extraordinary.

His Holiness the Dalai Lama will lead a faculty of over 50 expert speakers from Australia and overseas in an exploration of the techniques for achieving peace and happiness at this ground breaking event.

Can we learn to be happy?

Recent breakthroughs in **neuroscience** have confirmed that the brain can be changed through experience. This raises the tantalizing prospect that throughout our lifetime we can train our mind to be happy – to enhance our ability to think positively, diminish our negative emotions and be less affected by the events going on around us.

Western psychology is quickly adapting to this challenge. Developments in **cognitive therapy** and the emerging field of **positive psychology** have made important advances in our understanding of how to enhance human happiness. This conference will explore the causes for happiness promoted by western psychology and the unique contribution of **Buddhist psychology**.

Conference highlights

- Keynote Address by **His Holiness the Dalai Lama**
- Presentation and workshop by **Howard C. Cutler**, author of the international best-seller, *The Art of Happiness*
- 5 overseas speakers including **Paul Ekman, Corey Keys, Robina Courtin** and others
- **Geraldine Doogue** moderates a fascinating discussion between the Dalai Lama and a group of eminent Australians
- Participation by some of Australia's most thoughtful and popular media personalities including **Stephanie Dowrick, Rachael Kohn, Anne Deveson** and **Natasha Mitchell**
- Special emphasis on happiness in youth, featuring **Father Chris Riley**

Who should attend?

The conference is aimed at those who are interested in personal and professional development. It will be of particular professional interest to those working in such areas as:

- Psychotherapy
- Mental health
- Medicine
- Nursing
- Social work
- Counseling
- Coaching
- Human resource management
- Teaching

This conference will be booked out. Therefore, it is highly recommended that you confirm your attendance as soon as possible.

Day one Thursday 14 June 2007

THE BIG PICTURE

7:45 Registration

**8.50 Opening remarks from the Chairperson
Natasha Mitchell**
Presenter, *All in the Mind*, **ABC Radio National**

9:00 The Art of Happiness

- Is genuine, lasting happiness possible?
- Is happiness just a matter of biological luck?
- How can I create a happier life?
- Will searching for happiness give my life meaning?
- The science of human happiness

Dr Howard C. Cutler
Psychiatrist, International Best-Selling Author:
The Art of Happiness, **USA**

9:30 Human flourishing – from wanting a long life to wanting a life well-lived

- A Brief History of Health—from *Pathos, Salus, to Hale*
- What is Mental Health as 'something positive' and what is the counterpart to flourishing?
- Are you flourishing or languishing, and why would you want to know?
- Languishing in life - a bigger problem than depression? You may be surprised.

Dr Corey Keyes
Professor, Sociology and Public Health, Adjunct Professor of Psychology, **Emory University, Atlanta, USA**, Co-editor,
Flourishing – Positive Psychology and the Life Well-lived

10:00 Becoming your own therapist

- The workshop is in your mind – a path to happiness
- Emotions as thoughts – how can we change the stories?
- How can I free my mind from anger, anxiety and other destructive emotions?
- Dealing with stress in a troubled world
- Developing a good heart through contemplation

Venerable Robina Courtin
Director, **Liberation Prison Project, USA**
Subject of award winning documentary "*Chasing Buddha*"

10.30 Morning Coffee and opening of the Happiness & Its Causes Festival

11:10 Panel discussion: Learning to be happy
There is now general consensus that the brain can be changed by actively developing new ways of thinking. This is an exciting conjunction of Western neuroscience, psychology and Eastern philosophy.

- How can the mind be trained to enhance the positive and diminish the negative?
- What evidence exists that mind training works?
- Is there any consensus on the techniques that are most effective?
- Is the search for happiness self-indulgent?

Moderator:
Natasha Mitchell
Presenter, *All in the Mind*, **ABC Radio National**

Panelists:
Dr Paul Ekman
Ph.D., Emeritus Professor of Psychology,
University of California, San Francisco, USA
Dr Corey Keyes
Professor, Sociology and Public Health, Adjunct
Professor of Psychology, **Emory University, Atlanta, USA**
Venerable Robina Courtin
Director, **Liberation Prison Project, USA**
Dr Howard C. Cutler
Psychiatrist, **Arizona, USA**; International Best-Selling Author
Professor Graham Burrows
President, **Mental Health Foundation of Australia**,

Chair of Psychiatry, **Melbourne University**,
President, **National Society of Hypnosis**

11:55 How happy are you?

- Is life getting better or worse?
- The science of measuring happiness
- How do you measure your wellbeing?
- What is the role of external conditions?
- Who are the happiest people?

Ross Gittins
Economics Editor, **Sydney Morning Herald**

ENGAGE WITH AND RELATE TO OTHER PEOPLE

12:15 Relationships as the key to happiness and wellbeing

- How can I build happier and healthier relationships – at work and play?
- What are your relationships for?
- Are virtual relationships affecting our connectedness?
- Looking at life 'relationally' – making lifestyle choices to nurture your relationships
- The bigger picture - nurturing national and international relationships as the basis for achieving happiness, peace and social harmony

Amanda Gordon
President, **Australian Psychological Society**

12.35 Lunch Break

14:00 Panel discussion: Desire, love & attachment

- Why are so many relationships troubled?
- How does love become destructive?
- Is attachment harmful to a good relationship?
- What are the successful ingredients of a good relationship?
- How to develop healthy and satisfying relationships

Moderator:
Anne Hollonds
CEO, **Relationships Australia (NSW)**
Panelists:
Amanda Gordon
President, **Australian Psychological Society**

Dr Julian Short
Psychiatrist, Author: *An Intelligent Life*
Dr Ian Gawler
OAM, Therapeutic Director, **The Gawler Foundation**
Betty Green

Liverpool Women's Health Centre, Co-founder,
Domestic Violence Committee Coalition
Venerable Chonyi (Dr Diana Taylor)
psychologist, touring teacher, **FPMT**

14:45 Happiness in finding work/life balance

- How can I be happier at work?
- Stress in the workplace – friend or foe?
- Are you suffering from Deferred Happiness Syndrome?
- How to achieve work/life balance
- Work as a vocation for finding satisfaction in life.

Dr Barbara Pocock
Professor, Director, Centre for Work + Life
University of South Australia, Author *The Work/Life Collision*

15.05 Afternoon tea break

15:45 Panel discussion: Finding meaning in work

- Is work a source of happiness?
- When does it become a source of suffering?
- The phenomena of 'presenteeism' and 'binge-working'?
- Can work be a means of pursuing our higher goals?
- Is there a place for compassion and ethics in the workplace?

Moderator:
Australian Human Resources Institute
Panelists:
Dr Anthony Grant, Director

Coaching Psychology Unit, School of Psychology,
University of Sydney; Co-Author *Coach Yourself @ Work*
Dr Barbara Pocock
Professor, Director, Centre for Work + Life,
University of South Australia
Pru Goward
Sex Discrimination Commissioner, **HREOC**
Kate Carnell
CEO, **Australian Division of General Practice**
Salim Lee
Director, **Regents Garden Group, Perth**

HAPPINESS IN YOUNG PEOPLE

16:30 Laying the foundations for happiness and wellbeing

- Is there a 'happiness crisis' among young people?
- How do we teach resilience skills to young people?
- Research on preventative approaches to depression
- Importance of attachment relationships for surviving trauma
- Implications for parents – how can I teach my child to be happy?

Associate Professor Nick Allen
Clinical Psychologist and Principal Research Fellow
ORYGEN Youth Health;
Department of Psychology, **University of Melbourne**

16:50 Panel discussion: happiness = youth?
In this session we will hear the voices of inspirational young people and of those working closely with young people.

- Are today's teenagers more vulnerable?
- Is being a happy hedonist enough?
- Is there a loss of meaning in life for young people?
- Developing relationships and connectedness in the new information age
- How to maintain hope in the face of global challenges
- Young people's values in the search for happiness

Moderator:
Dr Tim Sharp
Founder and Chief Happiness Officer, **The Happiness Institute**
Panelists:
Trisha Broadbridge
Young Australian of the Year, 2006
Shyla Bauer
Director, **Loving Kindness Peaceful Youth**
Father Chris Riley
Founder and CEO, **Youth Off The Streets**
Khoa Do
Filmmaker, Young Australian of the Year, 2005

17.30 Close

19.30 Gala Conference Dinner for Youth Off The Streets at Dockside, Cockle Bay Wharf, Darling Harbour
After Dinner Speaker: Father Chris Riley

About the venue

With its prime Sydney waterfront location and world-class facilities, **Sydney Convention & Exhibition Centre** is Australia's largest and most successful venue for conferences, exhibitions and special events. It is the centrepiece of Sydney's beautiful Darling Harbour precinct, on the edge of the central business district. Darling Harbour has many fine restaurants, museums, a retail marketplace, outdoor entertainment venues, accommodation and ample parking.



Day two Friday 15 June 2007

7:45 Registration and light refreshments

8:50 Opening remarks from the Chairperson

Dr Craig Hased
Senior Lecturer, Department of General Practice
Monash University

9:00 Happiness in a material world

"Whether one believes in religion or not, whether one believes in this religion or that religion, the very purpose of our life is happiness, the very motion of our life is toward happiness."

The Dalai Lama will address the conference live and in person for one hour and will take questions from the audience. This is an extraordinary opportunity to spend focused time with a world statesman, religious leader and self-proclaimed 'simple monk'.

His Holiness the 14th Dalai Lama, Tenzin Gyatso

Nobel Peace Prize Winner



10:00 A dialogue with the Dalai Lama

The growing affluence and pace of change within Western society is placing stress on individuals and families. Rather than improving our happiness and wellbeing, the conditions of plenty in which we live appear to be undermining it. In this discussion, the Dalai Lama will be joined by a group of eminent Australians to address the fundamental issues:

- The challenge of plenty – can we have it all and be happy?
- Are we being spoiled with choice?
- How do we explain the contradiction between material progress and our failure to achieve happiness?
- Can this contradiction be resolved without going backwards in our economic development?
- Has the collapse of belief systems left us in a moral/happiness vacuum?
- Strategies for dealing with a national epidemic of unhappiness and depression
- What can we do to encourage young people to develop healthy thinking and behaviour?

Moderator

Geraldine Doogue
Presenter, *Compass*, ABC TV

Panelists

His Holiness the 14th Dalai Lama, Tenzin Gyatso
Clive Hamilton

Executive Director, **The Australia Institute**,
Author *Growth Fetish* and *Affluenza*

Professor Gordon Parker
Executive Director, **Black Dog Institute**

Linda Burney
MP, **Canterbury Electorate, NSW**, former Director General for the NSW Department of Aboriginal Affairs

11:00 Morning coffee

11:40 The varieties of happiness

- Happiness as an emotion, a mood, an outlook, a trait
- Twelve different happy emotions
- Happy emotions not named in the English language
- Selectivity in the experience of happiness
- Happiness as a motive

Dr Paul Ekman

Ph.D., Emeritus Professor of Psychology
University of California, San Francisco, USA;
Author: *Emotions Revealed*

RESILIENCE IN THE FACE OF ADVERSITY

12:10 Forum: Personal Stories

This special forum will 'give voice' to the lived experience of people with depression. How have their lives and those of family and carers been affected? Hear how each person faced the challenge of re-gaining wellbeing and happiness in challenging circumstances.

Moderator

Leonie Young
Chief Executive Officer, *beyondblue: the national depression initiative*

Personal Story 1

Garry McDonald, Board Member, *beyondblue*; Actor

Personal Story 2

Craig Hamilton, Ambassador, *beyondblue*, Sports News Broadcaster, **ABC Television**, Author: *Broken Open*

12:40 Lunch break

14:00 Forgiveness - a path to happiness

- Why forgiveness is important for your happiness
- Are resilient people more forgiving?
- Have we forgotten how to forgive in our blaming society?
- Halting the cycle of anger, conflict and violence
- Cultivating compassion, joy and equanimity

Stephanie Dowrick

Interfaith Minister, Author: *Forgiveness and Other Acts of Love*

14.20 Panel discussion: Strategies for dealing with life's challenges

- Why do some people deal with tragedy better than others?
- How can we bounce back from life's knocks?
- Is it possible to be happy when seriously ill?
- Inner calm in the face of outer chaos
- Cultivating happiness and wellbeing in difficult times

Moderator

Philip Armstrong
National Manager, **Australian Counsellors Association**

Panelists

Anne Deveson

Author, *Resilience*

Petrea King

Founder and CEO, **The Petrea King Quest for Life Centre**

Ven David Lungtok,

Director, **Thubten Shedrup Ling Monastery**, Bendigo

Shehzi Yusaf

Clinical Psychologist, Convenor, Islam and Psychology Interest Group, **Australian Psychological Society**

Professor Bob Cummins

School of Psychology, The Australian Centre on Quality of Life,

Deakin University

15:05 Afternoon tea

YOUR PLACE IN SOCIETY

15:45 The spiritual path - is happiness a matter of faith

- Is there a connection between spiritual meaning in life and happiness?
- The "new believers" – an overview of contemporary trends in religion and spirituality
- Spiritual consumerism – is it making us happier or are we

being overwhelmed with choice?

- Is focusing on the "divine within" at the expense of relationships, family life and community involvement?
- Can religions agree on a global ethic?

Rachael Kohn

Presenter, *The Spirit of Things*, **ABC Radio National**

16:05 The social dimension of happiness

- Is modern western culture a health hazard?
- Does having anything/everything you want make you happy?
- Why giving in to desire is making us sick
- Is what matters most at the mercy of what matters least?
- Implications for the consumer society

Richard Eckersley

Social Analyst, **Australian National University**

16:25 Panel discussion: Is there a link between happiness and goodness?

- Are good people any happier?
- How are we to decide between what is right and wrong?
- What are the actions that give us the greatest happiness?
- How do we develop positive human qualities?
- Is restraint a virtue?
- Does the pursuit of individual happiness come at the expense of society?

Moderator

Jeanette Kennett

Principal Research Fellow, **Centre for Applied and Public Ethics**

Panelists

Richard Eckersley

Social Analyst, **Australian National University**

Dr James Franklin

Associate Professor, School of Mathematics and Statistics, **UNSW**

Rachael Kohn

Presenter, *The Spirit of Things*, **ABC Radio National**

Renate Ogilvie

Psychotherapist, Senior Teacher, **Vajrayana Institute**

Dr Dirk Baltzly

Senior Lecturer, School of Philosophy & Bioethics,

Monash University

CONCLUSION

17:10 Wellness as a foundation for happiness

- How to stop stress from killing you
- Integrating career, family, and personal growth
- Are drugs the answer?
- Research on the power of mindfulness
- Implications for carers and employers

Dr Craig Hased

Senior Lecturer, Department of General Practice,
Monash University

17:30 Close of Conference



Pre Conference Workshop Wednesday 13 June 2007

9:00am – 5pm – full day workshop

Sydney Convention & Exhibition Centre, Darling Harbour, Sydney

The Art of Happiness Workshop – first time in Australia!



with
Dr Howard Cutler
Psychiatrist
Arizona, USA

International Best-Selling Author: *The Art of Happiness*

About the workshop

The **Art of Happiness Workshop** is based on *The Art of Happiness* books, but supplemented with additional techniques and exercises drawn from recent developments in the **science of human happiness**, and the emerging field of **Positive Psychology**. The workshops are designed to help participants apply *The Art of Happiness* principles and practices to their own daily lives, with the result of leading lives of **greater personal satisfaction and fulfillment**.

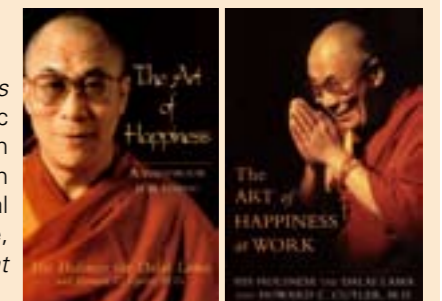
The idea that the purpose of our existence is to seek happiness seems like common sense, and Western thinkers from Aristotle to William James have agreed with this idea. But isn't a life based on seeking personal happiness by nature self-centered, even self-indulgent? Not necessarily. In fact, scientific evidence has conclusively established an inextricable link between personal happiness and kindness and compassion toward others.

We begin, then, with the basic premise that the purpose of our life is to seek happiness. It is a vision of happiness as a real objective, one that we can take positive steps toward achieving. And as we begin to identify the factors that lead to a happier life, we will **learn how the search for happiness offers benefits not only for the individual but for the individual's family and for society at large as well**. Workshop participants will:

- **Examine** the sources of happiness.
- **Identify** the factors that lead to a happier life
- **Develop** strategies to deal more effectively with the problems of daily life.
- **Explore** methods to help overcome mental states such as anger, hatred, greed, jealousy, discouragement and fear.
- **Learn** how to apply *The Art of Happiness* principles and practices resulting in a happier life for yourself and others.

About the books

The Art of Happiness: A Handbook for Living is a groundbreaking collaboration between **His Holiness the 14th Dalai Lama**, and **Dr Howard C. Cutler, M.D.**, a Phoenix, USA, based psychiatrist.



The Art of Happiness has become a classic manual on human happiness along with a second international best-selling volume, *The Art of Happiness at Work*.

Post conference workshops Saturday 16 June 2007 - Half day separately bookable workshops

Make your choice from among eight half day workshops – you may attend one of four morning workshops and one of four afternoon workshops.

Morning workshops 9:00 am - 12:00 pm

Workshop 1



The Fundamentals of Positive Psychology with **Dr Corey Keyes**, Professor, Sociology and Public Health, Adjunct Professor of Psychology, **Emory University, Atlanta, USA**; Co-editor, *Flourishing – Positive Psychology and the Life Well-lived*

Three fundamentals of positive psychology will be illustrated in this workshop. First, the absence of the negative (e.g., illness or suffering) does not mean the presence of the positive (e.g., health and happiness). Second, the *complete state* of mental health (the presence of the positive and the absence of the negative) represents a markedly better state of feeling and functioning in life than merely the absence of the negative. Third, *being and becoming* are related to distinct facets of subjective well-being. You will learn about the measurement of the “mental health continuum” and the diagnosis of states of *flourishing, moderate mental health, and languishing*. You will learn about the author’s “**complete mental health**” approach to diagnosing and assessing patient and population mental health. Participants will engage in a **break-out group brainstorming session to generate suggestions for ways to promote flourishing that could be implemented in private practice and investigated scientifically.**

Workshop 3



Choosing Happiness: Life & Soul Essentials with **Stephanie Dowrick**, Interfaith Minister, Author: *Forgiveness and Other Acts of Love*

Learn how to change the way you relate to other people so you can be happier. Most importantly, learn how to change the way you relate to yourself. Stephanie Dowrick will offer a very practical interactive workshop based on her most recent book, Australian best-seller *Choosing Happiness: Life & Soul Essentials*. This will be suitable for people of all ages and stages and will focus on the key psychological and spiritual attitudes and skills that **promote resilience, inner stability and an authentically positive and uplifting response to life.**

Workshop 2



Learning to Recognize Concealed Emotions: Micro Expressions with **Dr Paul Ekman**, Ph.D., Emeritus Professor of Psychology, **University of California, San Francisco, USA**; Author: *Emotions Revealed*

Micro expressions -- facial expressions of emotion that are very brief (1/15 of a second) are signs of concealed emotions. When viewed in slowed motion they look like ordinary expressions of one of the seven universal emotions: happiness, fear, anger, disgust, sadness, contempt or surprise. Micros are the result of either deliberate suppression or unconscious repression. **Most people do not recognize micro expressions without the specialized training provided in this workshop.** First the participants will take a test of how well they can recognize micro expressions. Then they will receive training and practice. A post test will reveal how well they can now spot micro expressions and feedback as to which emotions they are still missing. **The use of information taken from micro expressions in family relationships, friendships, and in the workplace will be learned through interactive breakout groups.**

Workshop 4



Stillness in Daily Life: A Meditation-Based Workshop with **Dr Ian Gawler**, OAM, Therapeutic Director, **The Gawler Foundation**

“All of man’s difficulties are caused by his inability to sit, quietly, in a room by himself”. *B Pascal – French Philosopher*

Yet so many people these days seem to find their lives becoming busier and busier. So much to do. Doing, doing, doing. No time for being still. No time for stillness. No time for being. And stillness has so much to offer. For in stillness there is deep natural peace, deep natural rest. Time to regain balance. Time for healing. And more profoundly, time to reconnect with the essence of who we are. The possibility of a direct experience of our fundamental nature. The awareness that comes from this experience in inner stillness can then inform how we live our lives. More centered, more balanced; and the natural expression of compassion and loving kindness. **In this workshop, meditation that leads into this stillness will be introduced and practised.** Ian Gawler draws on his experiences with Ainslie Meares and the therapeutic application of meditation, as well as the Dzogchen tradition of his long term teacher Sogyal Rinpoche.

Afternoon workshop 2:00 pm - 5:00 pm

Workshop 5



Unravelling Our Negative Emotions with **Venerable Robina Courtin**, Director, **Liberation Prison Project, USA**; subject of award winning documentary “*Chasing Buddha*”

In our contemporary understanding of the human mind, we give equal status to the positive and negative emotions, such as anger, kindness, love, jealousy, self-hate and the rest. We assume that we’re all born this way, that this is what we’re stuck with. We do our best to keep the disturbing emotions under control, but not with much conviction; and even though we can see that they cause us and others so much distress, we even defend our right to have them. According to Buddha’s model of the mind, however, the positive emotions are at the core of our being, are what actually define us. The disturbing emotions, he says, are like pollution, additives: they simply don’t belong. This empowering and radical approach to understanding our human experience is the basis of Buddhist practice. Through the use of Buddha’s skillful psychological techniques called “meditation” **we are able to unravel the complexity of our own emotions and gradually develop our innate potential for kindness, empathy, joy and happiness.**

Workshop 7



The Heart of Healing with **Petrea King**, Founder and CEO, **The Petrea King Quest for Life Centre**

We so often get caught in the ‘doing’ of life, yet real healing and health is found in our capacity to ‘be’ rather than ‘do’. **It is in our being that we discover the heart of healing.** Illnesses, accidents, disappointments and tragedies cause us to stop in our tracks and consider the question of our own existence and the challenges we face. Asking:

- Who am I?
- What am I doing on the planet?
- Am I living the life I came here to live?
- If not, why not?
- And what am I going to do about it?

can cause a powerful awakening to the great privilege of human existence. In human form we are creative beings who have choice. We do not have to be helpless victims of our history. In human form we can discover the peace that passes all understanding, where we are no longer defined by our physical limitations or our mental and emotional turbulence.

Workshop 6



Relationships: survive and thrive with **Ven Tenzin Chonyi (Dr Diana Taylor)**, psychologist and traveling teacher, **FPMT**, and **Renate Ogilvie**, Psychotherapist and Senior Teacher, **Vajrayana Institute**

An experiential workshop using meditation, visualisation techniques, mindfulness principles and discussion in small groups to **explore the dynamics of intimacy, love and attachment** from a Buddhist point of view.

Topics include:

- Romantic love and its expectations
- Attachment and letting go
- Ego and conflict: anger, depression and running away
- The art of listening: assertiveness, acceptance and inner renewal
- Pseudo intimacy and real intimacy
- Communication: exchanging ourselves for the other

Workshop 8



Healthy Self Esteem: Using Cognitive Behaviour Therapy to Build and Maintain Healthy Self-Esteem with **Dr Sarah Edelman**, Psychologist and Author, **University of Technology, Sydney**

Our self-esteem is the way we perceive our own worth as human beings, and as such, it has enormous implications for every aspect of our lives. It affects our ability to feel happy, safe and valued, and to have healthy relationships based on equality and mutual respect. Over the course of our lives most of us experience events that challenge our sense of self-worth, and have the potential to affect the way we perceive ourselves. In this workshop participants will learn to recognise some of the beliefs and ways of thinking that contribute to diminished self-esteem, and will learn practical strategies for changing those beliefs. Cognitive Behaviour Therapy (CBT) is a widely used psychological approach in clinical psychology and self-improvement programs. It has a well established track record in helping people to manage a range of psychological problems, including anxiety, depression, anger, stress and relationship difficulties. **In this workshop participants will learn how to apply the principals of CBT in the process of building and maintaining healthy self-esteem.**

Gala Dinner

Thursday, 14th June, 2007 at 7:30pm - Dockside, The Balcony Level, Cockle Bay Wharf, Darling Park, Sydney



Enjoy a wonderful evening of fun and networking with conference delegates at the Gala Dinner. Affording panoramic views of Cockle Bay Wharf and Darling Harbour, Dockside boasts one of Sydney’s most dazzling locations. The evening will include a gourmet vegetarian three-course meal, music, dancing and inspirational dinner speaker, *Youth Off the Streets* founder, **Father Chris Riley**.



All profits will be in aid of the activities of **Youth Off the Streets** which supports chronically homeless and drug addicted young Australians as they work to turn their lives around. “It is our goal that these young people will leave our care drug free, with a high school education, living skills and a full or part time job in hand.” Places for the Gala Dinner are strictly limited. Friends and partners are welcome.



Sponsorship & Exhibition Opportunities

The **2nd International Conference on Happiness & Its Causes** is a large high-profile event that will be a focus of attention of Australian and international media. It will bring together a highly qualified audience of up to 3,000 thinking individuals, concerned with personal and professional development and wellbeing. This is a truly unique opportunity to showcase your brand.



Sponsorship options range from Platinum Sponsorship to hospitality-based packages. There are a limited number of desk-top exhibition stands in the **Happiness & Its Causes Festival**, an area that will be the focus of attention during breaks, with book-signing, music, refreshments and shopping. For further details on sponsoring or exhibiting please contact: **Steve Congerton: mobile 0410 594 665; email: steve.congerton@terrapinn.com**

Supporting organizations

This conference is kindly supported by the following organizations: Rigpa; Sakya Tharpa Ling, NSW; Great Stupa of Universal Compassion, Vic; Liberation Prison Project; Chenrezig Institute, Qld; Buddha House, SA; Atisha Centre, Vic; Langri Tangpa Centre, Qld; Kadam Sharawa, NSW; Chag-Tong Cen Tong Centre, Tas; Chandrakirti Centre, NZ; Dorje Chang Institute, NZ; Chengawa Study Group, ACT; Hayagriva Centre, WA; Tara Institute, Vic; Kunsang Yeshe Centre, NSW

Photo Credit

His Holiness the Dalai Lama photo courtesy of Franck Schmutz, <http://www.dorje-pictures.net/>

Registration form



14 - 15 June 2007, Sydney Convention & Exhibition Centre, Sydney, Australia

5 easy ways to register

Phone: +61 2 9005 0777
Enquiries: +61 2 9005 0706
Fax: +61 2 9281 5517
Online: www.happinessanditscauses.com.au
Mail: Happiness & Its Causes, Terrapinn Pty Ltd, GPO Box 3924, Sydney, NSW 2001, Australia

Yes, please register me for:

Package (AUDS)*	Dates	Before Dec 20 2006	Before Mar 30 2007	After Mar 30 2007
<input type="checkbox"/> 2 day conference fee	14 - 15 June 2007	\$495	\$595	\$695
<input type="checkbox"/> Pre-conference workshop	13 June 2007	\$245	\$295	\$345
<input type="checkbox"/> Post-conference morning workshops Please choose from 1 <input type="checkbox"/> or 2 <input type="checkbox"/> or 3 <input type="checkbox"/> or 4 <input type="checkbox"/>	16 June 2007	\$125	\$145	\$175
<input type="checkbox"/> Post-conference afternoon workshops Please choose from 5 <input type="checkbox"/> or 6 <input type="checkbox"/> or 7 <input type="checkbox"/> or 8 <input type="checkbox"/>	16 June 2007	\$125	\$145	\$175
<input type="checkbox"/> Gold pass 2 day conference, pre-conference workshop and 2 post-conference workshops AM, please choose from 1 <input type="checkbox"/> or 2 <input type="checkbox"/> or 3 <input type="checkbox"/> or 4 <input type="checkbox"/> PM, please choose from 5 <input type="checkbox"/> or 6 <input type="checkbox"/> or 7 <input type="checkbox"/> or 8 <input type="checkbox"/>	13 - 16 June 2007	\$895	\$1045	\$1195
<input type="checkbox"/> Platinum premium seating (add to 2 day conference or Gold pass price)	14 - 15 June 2007	\$200	\$200	\$200
<input type="checkbox"/> Gala Dinner	14 June 2007	\$95	\$95	\$95

*The registration fee includes refreshments and full conference documentation. The fee does not include lunch or hotel accommodation. Delegates may be refused admission if payment is not received prior to the conference.

Attendee details

	Mr/Mrs/Ms	Full name	Job title	Telephone	Email
1					
2					
3					

Address

Company name:

Address:

Postcode:.....Country:.....

Fax:.....

Venue and hotel accommodation

Venue
Sydney Convention & Exhibition Centre, Darling Harbour, Sydney, Australia
Website: www.scec.com.au

Travel and Accommodation
Travelcorp has a special airfare and hotel accommodation rate for conference delegates. Please contact Davinia at TravelCorp for all reservations.
Tel: +61 2 9563 2906, Fax: +61 2 9563 2900, Email: davinia@travelcorp.com.au

Method of payment

Payment is required BEFORE the conference date. The conference e-ticket and receipt will be sent to you once payment has been received.

Bank Transfer
 Crossed cheque payable to Terrapinn (Australia) Pty Ltd
 Dinners Club Mastercard Visa American Express
 Please invoice me

Card number:.....

Card holders signature:.....

Expiry date:.....

Bank Transfers: Account name: Terrapinn (Australia) Pty Ltd Bank Name: National Australia Bank
Address: Pitt and Hunter Street, Sydney NSW 2000 Australia BSB Code: 082067 Account Number: 04-714-0334

Data Protection

Any information provided by you in relation to the conference is being collected by Terrapinn (Australia) Pty Ltd ABN 46 003 220 424 on behalf of Vajrayana Institute Inc. and will be held in the strictest confidence. It will be added to our database for the primary purpose of providing you with information about future Vajrayana Institute events and services. Please indicate here if you do not wish to receive this information and fax back to +61 2 9281 5517. We may also share information from our database with other professional organizations (including our event sponsors) to promote relevant services, and to list brokers for direct marketing purposes. Please indicate here if you do not wish your details to be passed on and fax back to +61 2 9281 5517. You may correct your personal information appearing on this form by indicating the changes and faxing back to +61 2 9281 5517. If you require access to your personal information or further details on our privacy policy, please call the Privacy Officer at Terrapinn on +61 2 9005 0700.

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Cancellation

Should you be unable to attend, a substitute delegate is welcome at no extra charge. A charge of 50% of the registration fee will be made for cancellations received in writing at least 4 weeks prior to the conference. Alternatively, you may choose a credit note for the full value of the registration price which may be put towards another Vajrayana Institute event, which is valid for 12 months. We regret that no cancellations will be accepted within 4 weeks of the conference start date. Prepayments will not be refunded and invoiced sums will be payable in full, except in cases where it has been possible to mitigate loss. Course documentation will, however, be sent to the delegate. Terrapinn reserves the right to alter the programme without notice.