



THRIVE

Learn how to enhance your personality by generating better NOISE (decrease Neuroticism and increase Optimism, Internal locus of control, Self-esteem, and Extroversion) and performing the comprehensive 7-part, five-minute Happier Horizons Thriving Habit.

BEYOND THE MAIN GOAL OF BECOMING HEALTHIER, HAPPIER, AND THRIVING MORE, YOU BENEFIT FROM THIS COURSE BY GAINING THE ABILITY TO:

- ⇒ Decrease your neuroticism
- ⇒ Increase your optimism
- ⇒ Increase your internal locus of control
- ⇒ Increase your self-esteem
- ⇒ Increase your extroversion
- ⇒ Perform diaphragmatic breathing, PMR, and meditation easily
- ⇒ Use visualisation, NOISE affirmations, and Thought Stoppage
- ⇒ Complete the daily five-minute Happier Horizons Thriving Habit

TIMETABLE *(Full 2 day course)*

DAY 1

9:00AM – 10:00AM	HAPPINESS AND NEUROTICISM
10:00AM – 10:15AM	BREAK
10:15AM – 11:30AM	THE POWER OF DIAPHRAGMATIC BREATHING
11:30AM – 11:45AM	BREAK
11:45AM – 12:45PM	HAPPINESS AND OPTIMISM
12:45PM – 1:45PM	LUNCH
1:45PM – 2:30PM	THE POWER OF PROGRESSIVE MUSCULAR RELAXATION
2:30PM – 2:45PM	BREAK
2:45PM – 3:45PM	HAPPINESS AND INTERNAL LOCUS OF CONTROL
3:45PM – 4:00PM	BREAK
4:00PM – 5:00PM	THE POWER OF MEDITATION

DAY 2

9:00AM – 10:45AM	HAPPINESS AND SELF-ESTEEM
10:45AM – 11:15AM	BREAK
11:15AM – 12:15PM	HAPPINESS AND EXTROVERSION
12:15PM – 12:30PM	HAPPINESS AND NOISE
12:30PM – 1:00PM	CREATE YOUR NOISE AFFIRMATION
1:00PM – 2:00PM	LUNCH
2:00PM – 2:30PM	THE HAPPIER HORIZONS THOUGHT STOPPAGE TECHNIQUE
2:30PM – 3:30PM	THE POWER OF MENTAL IMAGERY
3:30PM – 4:00PM	BREAK
4:00PM – 5:00PM	THE FIVE-MINUTE HAPPIER HORIZONS THRIVING HABIT

TAILORED TO YOUR SPECIFIC AUDIENCE

Different course material is reported and the presentation style adapted depending upon your audience's interests and cultural, demographic, and educational backgrounds.

COURSE OBJECTIVES:

BY THE END OF THIS TWO DAY COURSE YOU WILL:

- ➔ Know the key characteristics of all five NOISE variables
- ➔ Feel the power of diaphragmatic breathing
- ➔ Experience the strength of progressive muscular relaxation
- ➔ Notice the effectiveness of meditation
- ➔ Create your own NOISE affirmation
- ➔ Understand how to harness the power of mental imagery
- ➔ Perform the Happier Horizons Thought Stoppage Technique
- ➔ Focus on your values and goals more effectively
- ➔ Be able to do the five-minute Happier Horizons Thriving Habit

DAY 1 LESSONS

HAPPINESS AND NEUROTICISM

This session focuses on neuroticism (and the opposite, emotional stability). You will discuss the major characteristic of this personality style and examine the disadvantages of neuroticism, along with the relationship between neuroticism and unhappiness. The contrast between becoming more emotionally stable and therefore gaining those benefits is contrasted with your desire to resist change and maintain your familiar sense of self. You will assess your own level of neuroticism, examine the differences between male and female levels of neuroticism, and examine the research concerning whether individuals can change their level of neuroticism to become more emotionally stable. In effect, you will assess whether the Greek philosopher Epictetus is correct when he proposed, "There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will." For instance, you will see the research showing how neurotics are more likely to be angry, depressed, embarrassed and self-conscious, post-natally depressed, respond more negatively and less positively to social comparison information, develop an eating disorder or psychosis, and have lower quality of life after breast conserving therapy due to cancer.

THE POWER OF DIAPHRAGMATIC BREATHING

You will now be taught what is arguably the most effective psychological technique - diaphragmatic breathing. After explaining some basic information about your diaphragm, you will learn why it is so important to use your diaphragm effectively. You will then learn how to do diaphragmatic breathing. It will be taught in such a way that you can teach others how to do it. You will be encouraged to begin a 3-minute per day diaphragmatic breathing routine. Then, proof of the effectiveness of diaphragmatic breathing is presented, looking at the evidence from research studies, literature reviews, and what my previous clients have said. For instance, you will learn how a healthy person with normal blood pressure was monitored by researchers while he performed diaphragmatic breathing every two hours for two weeks, which resulted in a systolic blood pressure decrease of 5.9 mmHg. A study involving randomly assigning 67 asthmatic adults to either 16 weeks of diaphragmatic breathing training, 16 weeks of physical exercise, or a wait list control group is also mentioned. The adults in the diaphragmatic training group experienced a reduction in intensity of asthmatic symptoms, a reduced amount of asthma medication, and a 300% increase in the amount of exercise they were conducting.

HAPPINESS AND OPTIMISM

Do you think American boxer Muhammad Ali was unwilling to try new things because he felt that he would fail? Do you think South African anti-apartheid activist Nelson Mandela believed that nothing he did would make a difference? Do you think Neil Armstrong, when walking on the moon, believed the world was doomed? Do you think the West Germans knocking down the Berlin Wall believed in a good future for a united Germany? Clearly there would be no point for a West German to help knock down the wall if he or she thought the future would be worse. During this session you will learn the definition and characteristics of optimism-pessimism. You will be taught the psychological, professional, physical, and health advantages of being an optimist. For instance, you will see research showing that optimists are more likely to: adjust more effectively after breast cancer surgery or a failed attempt at in vitro fertilization, have faster physical recovery during hospitalisation for coronary artery bypass surgery and a faster rate of return to normal life activities subsequent to discharge, and have higher self-esteem. You will also see how optimists are less likely to: be anxious; get depressed, even if they have a chronic disease such as multiple sclerosis, or if they have a limb amputated. You will see research demonstrating that individuals can become more optimistic. You will measure your own level of optimism and then you will be encouraged to both think optimistically and speak optimistically with emphasis from Winston Churchill's 4th June 1940 speech to the House of Commons.

THE POWER OF PROGRESSIVE MUSCULAR RELAXATION

During this session you will learn the basics of progressive muscular relaxation (PMR) along with the philosophy behind the technique and the three basic steps of PMR (deliberately tensing certain muscle groups, letting them go, noticing the muscles relax as the tension goes). The key of PMR will be emphasized (to note the difference between being tense versus being relaxed). You will initially learn how to complete PMR with a 1 muscle group (biceps muscle) progressive muscular relaxation routine. After hearing tips on how to make PMR more effective, you will then learn the 60-second Happier Horizons Whole Body PMR Routine. Research will be presented indicating that PMR causes a decrease in anxiety, depression, panic attacks, psychosocial dysfunction, tension, pain intensity, and pain-related distress, improves emotional well-being and quality of life, and decreases hypertension, nausea, epileptic seizure frequency, sleep disturbance and time to fall asleep for insomniacs, and irritable bowel syndrome symptoms.

HAPPINESS AND INTERNAL LOCUS OF CONTROL

In this session you will discover the major characteristics of individuals with an internal locus of control and note how they understand three simple words: “action causes reaction.” You will learn the characteristics of external locus of control, do a simple locus of control quiz, and examine the advantages of having an internal locus of control. You will be presented with research that shows that individuals with an internal locus of control are less likely to be anxious, depressed, discontent, maladjusted, neurotic, schizophrenic, or have post-traumatic stress disorder, are happier, clean their teeth more frequently, have fewer unplanned pregnancies, and respond to marital difficulties more actively and directly. Externals, however, report experiencing more “stress”, are more likely to commit suicide, participate in violence, and use less avoidant coping strategies. You will observe research demonstrating that it is possible to become more internal and then given an opportunity to assess your own level of locus of control. The take home message is that high internality helps you feel that you can cope with the demands of life. Hence, you have less anxiety. Therefore, you are more likely to like yourself and be happy. Finally, you will be encouraged to act more internally by learning and using I-Messages.

THE POWER OF MEDITATION

You will be taught the basic principles of meditation, along with four simple meditation techniques (Breath meditation, Word meditation, Light path meditation, Breath counting meditation), interspersed with an examination of the purpose, physiological effects, advantages, and efficacy of meditation. You will be encouraged to begin a 1-minute per day meditation routine, which will be added to your 1-minute per day diaphragmatic breathing and 1-minute per day PMR routine. You will be presented with research that indicates meditation decreases anxiety, panic, blood pressure, impatience, and hostility, and increases coping and well-being. You will discuss how there are four simple reasons that explain why these physiological effects occur when you meditate: you usually meditate in a relatively quiet environment; you are typically seated in a comfortable position; you tend to meditate with a passive attitude; and when you meditate you focus on one constant stimulus. Hence, meditation is not complicated and should not be seen as something sophisticated or mystical. The power of meditation comes from the fact that if you focus your attention on only a neutral or positive thing while meditating, you cannot think negatively or feel negative emotions. The key point is that meditation works, even for busy people, and that its benefits outweigh its costs in terms of time and effort.

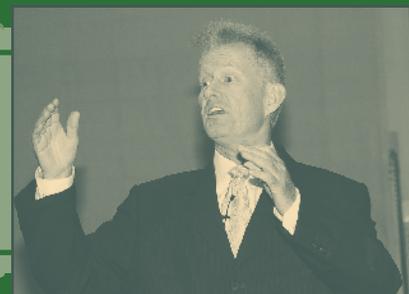
Use mental imagery in a more consistent and structured manner. In doing so, you will create a better reality, by giving yourself a chance to plan how you will handle challenges before actually confronting them and seeing them from a different, more positive perspective.

DAY 2 LESSONS

HAPPINESS AND SELF-ESTEEM

During this session you will discuss the characteristics of high and low self-esteem, distinguish them from arrogance and narcissism, and analyze how the average individual acts when their self-esteem is threatened. You will be shown research indicating the social, professional, and psychological advantages of having high self-esteem. The impact others can have on our self-esteem is explored. For instance, you have probably heard some adults blame their lives and their self-esteem on how their parents treated them. However, researchers assessing people in their late teens and early 20s, have discovered those who had been reasonably disciplined by their mothers were the ones with the higher self-esteem. Experiences such as rejection, can decrease your self-esteem, but only if you let it. For instance, a fifteen-year-old was not selected for his high school basketball team. To make it he had to believe in himself and not dwell on the rejection. Michael Jordan persisted and practised so much that by the following year, he was not only playing for the team, he was their star, and eventually arguably the world's best player. The strong link between self-esteem and happiness is presented. Research assessing the impact of psychological therapy and exercise, especially weighttraining, on self-esteem is also examined. Next, you will assess whether Martin Seligman is correct in stating that self-esteem is an over-inflated idea. He came to this conclusion because he noted, "once a depressed person becomes active and hopeful, self-esteem always improves. Bolstering self-esteem without changing hopelessness or passivity, however, accomplishes nothing." He suggests, don't focus on self-esteem, and proposes something unconventional and ground-breaking, "I believe that low self-esteem is an epiphenomenon, a mere reflection that your commerce with the world is going badly." But is he correct? You will also assess whether the method you use to increase self-esteem is important. For instance, you will look at why counselling did not increase self-esteem in the 1970s and 1980s, but has been shown to be more effective in recent years. Finally, you will look at the four keys to enhancing self-esteem (be optimistic, be active, achieve success, take note of your successes).

*Don't try to increase your self-esteem directly.
Instead, be optimistic, be active, achieve success,
and notice the success.*



HAPPINESS AND EXTROVERSION

The characteristics of introverts, extroverts, and ambiverts will be presented. You will be informed of the advantages of being an extrovert, such as being rated better performers at work, having more major life goals, being more likely to play sport and exercise, having a larger number of friends and spending more time with them, being more likely to fall in love, hesitate less, and have less conflict with peers. Hence, they are less likely to be anxious, depressed, given a psychiatric label, have low self-esteem, and are more likely to be happy. Thankfully, research indicates that individuals can become more extroverted. Then you will measure your own level of extroversion, only to discover that there is a downside to extroversion, such as being more likely to be engaged in short-term mate poaching, acting delinquently, taking more sick leave, being involved in accidents and alcohol-related offending, having more traffic violations, and being exposed to traumatic events. Then an examination of impulsivity and sociability lends itself to the conclusion that you are well advised to be sociable, but control some of your impulsive urges.

HAPPINESS AND NOISE

Now you will create a sentence that summarises NOISE. It is important that you internalize the information. For example, instead of writing “People would be better off if they were more optimistic,” a more effective sentence would be “I would be better off if I were more optimistic.” The following are NOISE sentences created by previous clients: “I am only responsible for my efforts” and “You can be cool as a cucumber, but when you are in charge of your thoughts, you are in charge of your life.”

CREATE YOUR NOISE AFFIRMATION

Now you will convert your NOISE sentence into a NOISE affirmation. Affirmations are phrases that help you change who you identify yourself as. As a consequence, you will begin to behave in this new manner. Affirmations can reinforce superior technique (e.g., “presentation” used by chefs), provide self-encouragement to persevere (e.g., NIKE’s “Just do it!”), or alter mood and energy (e.g., “calm”). Affirmations are brief and don’t use many syllables. Use approximately 2 to 6 words when creating your NOISE affirmation. NOISE affirmations previous clients have created include: “Walk tall,” “Be my best,” “Results, Not Excuses,” and “Believe forward.”

THE HAPPIER HORIZONS THOUGHT STOPPAGE TECHNIQUE

You will learn the Happier Horizons Thought Stoppage Technique, which is an easy-to-learn and simple-to-teach method used to remove unwanted dysfunctional thoughts. It involves three steps that only take thirty seconds to complete. First you say “STOP” in your mind when you notice that you are concentrating on an unwanted thought or image. Second you complete one very slow diaphragmatic breath, aiming for the in-breath to take approximately 10 seconds and the out-breath to take approximately 20 seconds. Third, you say your NOISE affirmation to yourself, while thinking about what it means to you and imagining yourself living your NOISE affirmation.

THE POWER OF MENTAL IMAGERY

Everyone has used mental imagery. Imagine the ocean and you are mentally imaging. The proposal here, however, is to use mental imagery in a more consistent and structured manner. In doing so, you will create a better reality, by giving yourself a chance to plan how you will handle challenges before actually confronting them and seeing them from a different, more positive perspective. You will examine research demonstrating that regular mental imagery improves mildly mentally retarded adolescents’ anticipation, adults’ typing performance, electronic flight simulator motor performance, chronic stroke patients’ arm function, and medical students’ surgery performance. You will be shown a number of techniques to improve your mental imagery ability (The Lemon, The Pyramid, The Fingertip), taught how to perform both internal and external imagery, and shown how if you use it in an inappropriate manner, you will get dysfunctional results. For instance, researchers asked skilled soccer players to watch videos of critical game situations. Half the players saw the word “challenge” and the other half saw the word “pressure” flashed on the screen. Even though these were skilled players, the word “pressure” created more anxiety and decreased confidence in their abilities. You will then learn how to combine mental imagery with the Thought Stoppage Technique.

A good place to do the Thriving Habit is sitting on the edge of your bed or in your car.

THE FIVE-MINUTE HAPPIER HORIZONS THRIVING HABIT

You will now learn the five-minute Happier Horizons Thriving Habit, which combines the three relaxation techniques you have learnt (diaphragmatic breathing, PMR, meditation) with four effective thought-changing techniques (affirmations, thought stoppage, mental imagery, goal-setting) and the five NOISE variables. A good place to do the Thriving Habit is sitting on the edge of your bed or in your car. Sit in a comfortable position, ensuring that your back is fairly straight, your body is relaxed, especially your shoulders, neck, and face, your hands are in your lap and not on the arms of a chair, and your knees are bent so that your ankles are directly below your knees. The Thriving Habit involves 60 seconds of diaphragmatic breathing, 60 seconds of the Happier Horizons whole body progressive muscular relaxation routine, 60 seconds of colour meditation, 30 seconds of mentally imaging using the thought stoppage technique in a difficult future event, 30 seconds of mentally imaging living your life in accordance with your values, 30 seconds of mentally imaging participating in five long-term goals, and then 30 seconds of mentally imaging achieving five things in the next 24 hours. As a consequence of using the Thriving Habit regularly, you will become more relaxed, positive, focused, goal-directed, and thus ultimately happier.

Thrive



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