

25+ speakers  
7 workshops  
World's leading  
happiness  
conference!

# HAPPINESS & its causes

Featuring



**Professor David Matsumoto,**  
San Francisco State  
University, USA  
World authority on  
recognition of emotions



**Dr Craig Hassed,**  
Monash University,  
Australia  
Pioneer of **world-first**  
wellbeing program for  
medical students



**Lillian Too,**  
International Best-Selling  
Author, Malaysia



**Arun Abey,**  
ipac Securities Group,  
Singapore & Australia  
Leading **financial planner**  
Author: *How Much Is  
Enough?*



**Dr Belinda Khong,**  
Macquarie University,  
Australia  
Mindfulness and  
psychotherapy expert



**Petrea King,**  
Quest for Life  
Foundation, Australia  
Cancer survivor and  
well-being pioneer  
Author: *Your Life Matters*

20-21 November, 2008,  
Suntec Singapore, International Convention & Exhibition Centre



## Tools & techniques for a happier life

At **home** • in the **workplace** • at **school** • in **care**

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**Plus**  
Full Day  
Pre Conference Workshop  
Wednesday 19 November



**Matthieu Ricard, France**  
"The world's **happiest man**"  
Best-Selling Author: *Happiness:  
A Guide to Developing Life's  
Most Important Skill*  
Separately bookable

# Happiness & Its Causes

Tools & techniques for a happier life

## An exploration of human happiness

Have you noticed that everyone is talking about happiness? How to improve the happiness and overall quality of life is today's no.1 issue. This is amidst a society in which relationship breakdowns, the use of antidepressants, mental health problems and other symptoms of unhappiness are all trending up.

### London, Sydney, San Francisco . . . now in Singapore!

*Happiness & Its Causes* is a conference like-no-other that explores the underlying causes of happiness and wellbeing for you as an individual, your workplace and society at large. The conference is run in Sydney, London and San Francisco and now in Singapore for the first time!

This ground-breaking international conference on the tools & techniques for a happier life features over 25 leading speakers from fields such as science, psychology, philosophy, economics and religion. As such, it does not seek to promote one particular view, but provides you with a concise and stimulating insight into the best of modern and ancient wisdom.

The *1<sup>st</sup> Annual Happiness & Its Causes Asia* will be a meeting place for hundreds of delegates from industry, government, professional services and those seeking practical techniques to enhance happiness at home and in the workplace.

Many have hailed attendance at *Happiness & Its Causes* as a life-changing experience. Join us in November 2008 for an extraordinary journey!

### Can we learn to be happy?

The new science of positive psychology is at the forefront of research into how we can use our own minds to create happier lives. Meanwhile, neuroscience is reporting on the connection between training the mind to be more positive and actual changes in the structure of the brain. Both of these fields hold the tantalising prospect that happiness can be enhanced by mental training.

At the same time, there are now serious questions being raised about the effectiveness of treatments for unhappiness and depression. Are pharmaceutical interventions as effective as we have assumed or are there more effective ways to restore emotional balance?

Be inspired with the thought that the path to genuine and lasting happiness may lie in developing positive qualities of altruism, kindness, generosity and compassion. Rather than being a self-centred search for hedonistic pleasure, the path to happiness may lie in creating a more caring and humane society.

### A conference of highlights

- Fascinating discussion on learning to be happy with **Matthieu Ricard**, dubbed by research scientists as "the happiest man in the world", world authority on recognition of emotions **Dr David Matsumoto**, initiator of world-first wellbeing program for medical students, **Dr Craig Hassed** and local Singaporean positive psychology expert, **Dr Titus Foo**.
- 10 overseas speakers including Australian cancer survivor and well-being pioneer, **Petrea King**, international best-selling author, **Lillian Too**, mindfulness and psychotherapy expert **Dr Belinda Khong** and Cognitive Behaviour Therapist and relationships counsellor **Dr Ross Menzies**.
- Leading international financial planner **Arun Abey**, Author: *How Much Is Enough?* and businesswoman and publisher **Bernadette Bolger** present and lead a workshop on the link between money and happiness.
- A special focus on happiness amongst children and young people with child psychiatrist **Dr Daniel Fung** and some of Singapore's young people working for a better society.
- Participation by Singapore's leading experts on mental health in the workplace including **Dr Chua Hong Choo**, **Clare Yeo** and **Dr Patricia Yap** from the Institute of Mental Health.

### Who attends *Happiness & Its Causes*?

*Happiness & Its Causes* is aimed at those with a professional or personal interest in understanding and developing our potential to be happy. So whether you are attending as an individual, as a professional or as part of a company or organisational team, you will be equally at home.

Whether your goal is to find a way to enhance your own day-to-day happiness or more effectively care for others, the issue is the same – you need to develop new ways of thinking about yourself, your environment and your problems. As such, the conference is of particular interest to those working in such areas as:

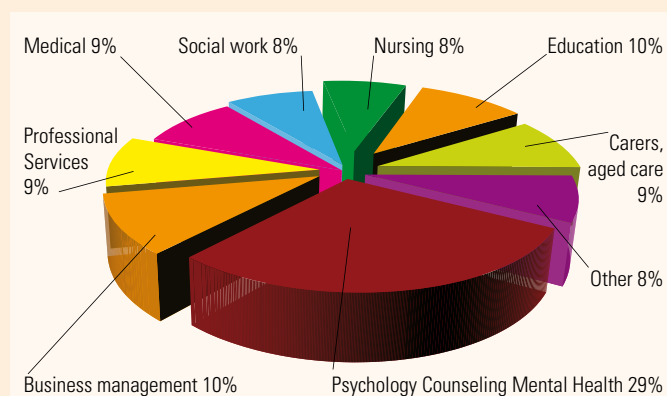
- Psychology
- Psychotherapy
- Mental health
- Neuroscience
- Medicine
- Counselling
- Teaching
- Social work
- Nursing
- Coaching
- Human resource management

“ Fantastic once again, after the third time! Thank you. ”  
**Paul Russell**, Mental Health Services, **Australia**



“ It left me full of hope for a better future. ”  
**Simona Azzarello**, La Mela e il Seme, **Italy**

### Look who attends



*Happiness & Its Causes* is a highly affordable conference, priced to ensure that as many people as possible can attend. Why not bring your entire family, office or team?

## A focus on practical tools & techniques

*Happiness & Its Causes* will give you all the information that you need to assess different approaches to happiness, apply the learning and make positive changes. **Personal Stories** is a unique feature of *Happiness & Its Causes*, giving voice to the lived experience of those who have overcome suffering in their lives. Moving and inspiring, these stories are a testament to the power of the human spirit.



- Be inspired by the success of social enterprise **Barista Express Café** in helping people recovering from a mental illness find jobs. Hear from **Kala Karkal** on what the project has meant to patients and family members.
- Acclaimed Singaporean playwright, **Haresh Sharma**, talks about The Necessary Stage's ground-breaking production *Off Centre* which explores mental illness and the plight of those dealing with marginalisation, stigma, friendship, societal and familial pressures.

“ Very thought provoking and inspirational. ”  
**Lynette Sementz, Australian Psychological Society**

## Don't forget the workshops!

Practical workshop sessions are another feature of *Happiness & Its Causes* that are important in enhancing your learning experience.

**Matthieu Ricard's** full day pre-conference workshop is a special opportunity that should not be missed. The workshop is based on Matthieu's highly acclaimed book and is the first and only time that this workshop will be offered in Singapore.



There are 6 half day post-conference workshops. How will you decide to spend your day? With world authority on the recognition of emotions, truth and lies, **Dr David Matsumoto**? With cognitive behaviour therapy and relationships expert, **Dr Ross Menzies**? Or will you delve into specialist workshops on mindfulness and stress reduction, happiness at work, how to best use money for a happier life or join in an experiential workshop on the essence of health and a happier more meaningful life.

## About the venue



**Suntec Singapore**  
 International Convention & Exhibition Centre  
 1 Raffles Boulevard, Suntec City,  
 Singapore 039593

Tel +65 6337 2888

[www.suntecsingapore.com](http://www.suntecsingapore.com)

Suntec Singapore is a world-renowned, international venue that is the perfect location for meetings, conventions and exhibitions.

Situated in the Central Business District, while only 20 minutes from Changi International Airport, Suntec Singapore is at the heart of a self-contained, totally integrated events infrastructure. In addition to its first-class facilities, Suntec Singapore offers direct access to 5,200 hotel rooms, 1,000 retail stores, 300 restaurants and the region's new centre for the performing arts, Esplanade – Theatres on the Bay.

“ The speakers were all excellent and it was great to hear so many different viewpoints and perspectives, which all came together to give a very inclusive sense of the 'causes of happiness'. ”

**Ruth Iantorno, Programme Director, Sheffield YMCA, UK**

# Happiness & Its Causes

Tools & techniques for a happier life

Day one Thursday

9:00 **Welcome**

9:05 **Opening remarks from the Chairperson**  
**Lillian Too**, International Best-Selling Author, **Malaysia**

## THE SCIENCE OF HAPPINESS

9:15 **The ESSENCE of Health & Happiness**

- What does the medical research show are the essential ingredients for health, wellbeing and happiness?
- Can we educate ourselves to make choices that lead to healthier & happier lives?
- How can we manage stress in today's busy, modern world?
- Is finding meaning in life essential for happiness?
- The mind/body connection – the role of nutrition & exercise
- The importance of connection to others in relationships, families, communities and the wider society
- How can we improve our environment to be more conducive to health and happiness?

**Dr Craig Hassed**, Senior Lecturer, Department of General Practice, **Monash University, Australia**

9:45 **Happiness: developing life's most important skill**

- Is happiness the purpose of life?
- Is true, lasting happiness possible?
- Happiness and altruism: does happiness make us kind or does being kind make us happy?
- Towards a science of happiness

**Matthieu Ricard**, Best-Selling Author *Happiness: A Guide to Developing Life's Most Important Skill*, **France**

*Dubbed by research scientists as "the happiest man in the world", Matthieu Ricard shows in his revolutionary book that happiness is not just an emotion but a skill that can be developed.*

10:15 **Happier: using the new science of positive psychology to realise your potential for lasting fulfillment**

- Can you make yourself lastingly happier?
- Can we learn to be optimistic?
- Discover and renew your signature strengths and virtues
- The new science of Positive Psychology

**Dr Titus Foo**, Consultant Psychologist/CBT Psychotherapist, **Positive Psychology Centre, Singapore**; Lecturer, **James Cook University, Singapore**

10:45 **Morning Coffee**



11:15 **The art and science of skillfully reading and understanding emotions in yourself and others**

- Recognising emotion in others – a cross-cultural perspective
- What do our faces reveal about our emotional states?
- Is happiness different across cultures?
- Twelve different happy emotions
- Is it possible to recognize emotions, truth and lies from facial expressions and body language? What does the research say?
- What are the implications for areas such as business, law enforcement, health care and national security?

**Dr David Matsumoto**, Professor of Psychology, Director Culture and Emotion Research Laboratory, **San Francisco State University, USA**; Director and CEO, **The Ekman Group – Research Division**; Author: *Culture & Psychology*

*Internationally acclaimed author and psychologist, Dr David Matsumoto, is a world authority on the recognition of emotions across cultures.*

11:45 **Panel: 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 science help us in the quest for happiness?
- Nature or nurture – how far can we go in changing our brain to be happier?
- 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?
- Case studies on the power of action and thought to increase well-being

**Matthieu Ricard**, Best-Selling Author *Happiness: A Guide to Developing Life's Most Important Skill*, **France**

**Dr David Matsumoto**, Professor of Psychology, Director Culture and Emotion Research Laboratory, **San Francisco State University, USA**; Director and CEO, **The Ekman Group – Research Division**; Author: *Culture & Psychology*

**Dr Craig Hassed**, Senior Lecturer, Department of General Practice, **Monash University, Australia**

**Dr Titus Foo**, Consultant Psychologist/CBT Psychotherapist, **Positive Psychology Centre, Singapore**; Lecturer, **James Cook University, Singapore**

12:30 **Lunch break**



20 November 2008

**FLOURISHING, AGEING & HAPPINESS**

**14:00 The mind/body connection – living a longer, healthier and happier life**

- What makes some people seem so youthful?
- How can I maximize my nutrition for a healthier, happier life?
- Regaining well-being and vigor after illness
- Managing chronic illness and pain – can my mind help my body heal?
- The mind/body connection – using the mind to boost the immune system.

**Petrea King**, Founding Director, **Quest for Life Foundation, Australia**, Author: *Your Life Matters*

**14:30 Flourishing and positive ageing**

- How can we be happier in later life?
- What factors influence a successful transition into retirement?
- Developing practical tools to increase wellbeing for the elderly
- Facing the challenges of an ageing population – an holistic approach

**Dr Mary Ann Tsao**, President, **Tsao Foundation**

**15:00 Afternoon coffee**



**EMOTIONAL WELLBEING, RESILIENCE & HAPPINESS**

**15:30 Emotional resilience and subjective wellbeing – the Asian context**

- Can we learn to respond better to stress?
- What does positive psychology have to say about coping in difficult situations?
- The importance of cultural conditioning in developing resilience models
- Individual and collective resilience – the Asian context
- How health professionals coped with the SARS epidemic
- Resilience in the individual and the family

**Associate Professor Weining Chang**, Head of the Division of Psychology, **Nanyang Technological University**

**15:55 Dealing with unhappiness and difficult emotions**

- When does unhappiness become a medical problem?
- When do I need to seek help?
- “Talking therapies” – the best prescription for depression and anxiety?
- Antidepressants – friend or foe?
- What are the most successful strategies for coping with mild depression and general unhappiness at home and in the workplace?

**Dr Chua Hong Choon**, Consultant and Chief of the Department of Psychiatry, **Institute of Mental Health and Woodbridge Hospital**; President, **Singapore Psychiatric Association**



**16:20 Panel: 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?
- What makes some people flourish in later life?
- How important is our family and community in helping us deal with problems?
- Cultivating happiness and wellbeing in difficult times

**Moderator:**

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

**Panellists:**

**Dr Mary Ann Tsao**, President, **Tsao Foundation**  
**Petrea King**, Founding Director, **Quest for Life Foundation, Australia**, Author: *Your Life Matters*  
**Associate Professor Weining Chang**, Head of the Division of Psychology, **Nanyang Technological University**

**Dr Chua Hong Choon**, Consultant and Chief of the Department of Psychiatry, **Institute of Mental Health and Woodbridge Hospital**; President, **Singapore Psychiatric Association**

**17:00 Close Day 1**



# Happiness & Its Causes

## Tools & techniques for a happier life

Day two Friday 2

**9:00 Opening remarks from the Chairperson**  
**Dr Craig Hassed**, Senior Lecturer, Department of General Practice, **Monash University, Australia**

### PRACTICAL TOOLS & TECHNIQUES

**9:10 Mindfulness – a practical tool for a happier life**

- What is “mindfulness” and why has it attracted so much interest in science and psychology?
- The inter-relationship between mindfulness and psychotherapy
- Managing stress in the workplace and at home
- Leading a happier life through mindfulness

**Dr Belinda Khong**, Consulting Psychologist and Lecturer, Department of Psychology, **Macquarie University, Australia**

**9:40 Feeling happy: a guide to living a happier life using cognitive behaviour therapy (CBT)**

- What are the tools of CBT?
- How successful is CBT in enhancing positive thinking?
- What evidence is there that CBT helps in managing negative moods?
- How can I use CBT to be more effective and happier at work?
- Can I use CBT to improve my relationships with friends, family and colleagues?

**Dr Ross Menzies**, Associate Professor of Psychology and Head, Anxiety Disorders Clinic, **The University of Sydney, Australia**, International expert trainer in CBT, **National University of Singapore**

### PUTTING IT INTO PRACTICE – HAPPINESS IN DAY TO DAY LIFE

**10:10 Personal Story: Barista Express Café – a social enterprise**  
Barista Express Café was set up by social enterprise company Dignity Links to help people recovering from a mental illness find jobs. Director (Operations), Kala Karkal, will talk about the enterprise and what it has meant to patients and family members.  
**Kala Karkal**, Director (Operations), **Dignity Links and Barista Express Café**

**10:25 Morning coffee**

**10:55 Personal Story: Off Centre – a play exploring mental illness**  
Acclaimed Singaporean playwright, Haresh Sharma, talks about The Necessary Stage’s production *Off Centre* which deals with mental illness. The production process involved research with psychiatrists, social workers, nurses and patients. The play brings mental illness and the plight of its sufferers to the attention of the general public and deals with marginalisation, stigma, friendship, societal and familial pressures.  
**Haresh Sharma**, Resident Playwright, **The Necessary Stage**

**11:10 Panel: positive actions for creating a happier society**

- Can we promote kindness and hope in communities?
- Is it possible for me to really make a positive difference in the lives of others?
- Forgiveness and letting go through mindfulness
- In what way can neighbours encourage and help those who care for others on a full-time basis?
- Who are the everyday heroes in our communities?

**Kala Karkal**, Director (Operations), **Dignity Links and Barista Express Café**  
**Haresh Sharma**, Resident Playwright, **The Necessary Stage**  
**Dr Belinda Khong**, Consulting Psychologist and Lecturer, Department of Psychology, **Macquarie University, Australia**  
**Matthieu Ricard**, Best-Selling Author: *Happiness: A Guide to Developing Life’s Most Important Skill*, **France**

### HAPPINESS, MONEY & WORK

**11:50 How much is enough?**

- Why are lottery winners no happier than the rest of us?
- Why are the world’s two richest people giving away their fortunes?
- Are we choosing what makes us happy?
- What is the link between money and happiness?
- Teaching children about money

**Arun Abey**, Executive Chairman, **ipac Securities Group, Singapore & Australia**, Author: *How Much Is Enough?* and **Bernadette Bolger**, General Manager, **A & B Publishers**; Managing Director, **Vitality Plus Pharmacies, Australia**



**12:15 Do I laugh or cry? – managing stress and distress at work**

- Is stress a natural and necessary part of the workplace?
- How do I recognise and manage early signs of distress and not coping in the workplace – in myself and others?
- Dealing with the spectrum of emotions in the workplace
- Caring for the carers – how to manage emotional burnout

**Clare Yeo**, Principal Clinical Psychologist & Consultant, Corporate Consulting Services, **Institute of Mental Health, Singapore**

**12:40 Lunch**

1 November 2008

**14:00 Panel: happiness, career success and work/life balance**

- Is career success an essential ingredient for a happy life?
- Is work always a source of happiness?
- When does it become a source of suffering?
- Is it possible to have a successful career and still have time for family, friends and relaxation?
- How can we maintain a healthy work/life balance given the demands of the modern workplace?

**Lillian Too**, International Best-Selling Author, **Malaysia**

**Tara Melwani**, Director, **Jay Gee Enterprises**

**Lynette Yeo Balota**, Executive Director, **Singapore Association of Social Workers**

**Association of Social Workers**

**Arun Abey**, Executive Chairman, **ipac Securities Group, Singapore & Australia**, Author: *How Much Is Enough?*

**Clare Yeo**, Principal Clinical Psychologist & Consultant, Corporate Consulting Services, **Institute of Mental Health, Singapore**

**HAPPINESS & YOUNG PEOPLE****14:40 Bringing Up Happy Children**

- Every parent wants a “happy childhood” for their children. What best supports this?
- What will most effectively help children to flourish, whatever their temperament?
- How can children understand and survive sadness, anger and other challenging emotions?
- How do parents’ values and expectations affect their children’s emotional wellbeing?

**Dr Daniel Fung**, Consultant Psychiatrist, **Child Guidance Clinic** and **Institute of Mental Health, Singapore**

**15:00 Afternoon coffee****15:30 Panel: happiness=youth?**

In this session we will hear the voices of inspirational young leaders in the community 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

**Bernise Ang**, Founder, **Singapore International Youth Council**

**Melissa Kwee**, Chairperson, **Halogen Foundation Singapore**, awarded Singapore Youth Award 2007

**Farid Hamid**, Principal Trainer, **Ithaca**, Academic Associate, **Republic Polytechnic**

**Dr Daniel Fung**, Consultant Psychiatrist, **Child Guidance Clinic** and **Institute of Mental Health, Singapore**

**HAPPINESS & RELATIONSHIPS****16:05 And they all lived happily ever after (... is romantic love the key to happiness?)**

- What are the successful ingredients of happy relationships?
- What if my needs are different to my partners needs?
- What are the warning signs of relationship mismatch?
- Balancing work, family and intimate relationships.

**Fiona O’Shaughnessy**, Principal Consultant, **Emerge, Singapore**

**16:25 Panel: 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?
- 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.

**Dr Ross Menzies**, Associate Professor of Psychology and Head, Anxiety Disorders Clinic, **The University of Sydney, Australia**, International expert trainer in CBT, **National University of Singapore**

**Fiona O’Shaughnessy**, Principal Consultant, **Emerge, Singapore**

**Dr Jonathan Marshall**, Assistant Professor, Lee Kuan Yew School of Public Policy, **National University of Singapore**

**Sulynn Choong**, Founder and CEO, **Asian Centre of Applied Positive Psychology, Malaysia**

**17:00 Close Day 2**

# Happiness & Its Causes

Tools & techniques for a happier life

**Pre-conference workshop**  
Wednesday 19 November 2008  
**Separately bookable**

## Happiness: A Guide to Developing Life's Most Important Skill

**9:00 – 17:00 – full day workshop,**  
Suntec Singapore, International Convention & Exhibition Centre



with **Matthieu Ricard**

Learn how to develop the inner conditions for true happiness! A unique opportunity to hear from the French monk dubbed by scientists as "the happiest man in the world".

### About the workshop

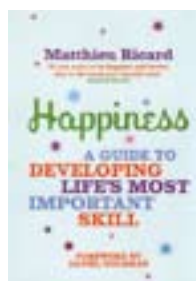
Instinctively, we tend to put all our hopes and fears in the outer world. Yet, our control over the world is limited, temporary and often illusory. Although outer conditions matter and we should improve them as much as possible, it is the mind that translates them into happiness or suffering.

If happiness is the "goal of goals", we therefore need to identify and cultivate the inner conditions for genuine well-being – altruism, compassion, inner strength, freedom and peace. Simultaneously, we need to gradually phase out from our mind the mental toxins – hatred, craving, mental confusion, arrogance and envy – which destroy our own happiness and that of others.

In essence, through sustained training we need to familiarise ourselves with a new way of being, to transform ourselves to better transform the world and contribute to a more compassionate society. Workshop participants will:

- **Identify** mental states that are conducive to well-being and those that destroy it
- **Learn** how to train in and meditate on loving kindness and compassion
- **Explore** how to go from the lose-lose situation of selfishness to the win-win attitude of altruistic love
- **Hear** current scientific research that is providing fresh insights into the capacity of the mind for change

### About the book



*Happiness: A Guide to Developing Life's Most Important Skill*

by **Matthieu Ricard**

Never has happiness as an emotional and physical state been so widely discussed. Matthieu Ricard is one of the most compelling voices on the subject, and one of the few who can bring together the teachings of eastern and western thought. In this accessible new work, Ricard provides a straightforward assessment of how to create true and lasting happiness.

“ If you want to be happier and healthier, this is the book you should read. It combines Buddhist wisdom with modern psychology to provide the best available philosophy of life and practice for the twenty-first century. ”

– **Professor Richard Layard,**  
London School of Economics, author of *Happiness: Lessons from the New Science*

**Post-conference workshops Saturday 22 November**

## Make your choice of one of the

**Morning workshops 9:00 – 12:00**

### Workshop 1



#### **Recognition of emotions, truth & lies**

with **Dr David Matsumoto,**

Professor of Psychology, **San Francisco State University, USA,**  
Director and CEO, **The Ekman Group – Research Division;**  
Author: *Culture & Psychology*

Micro expressions – facial expressions of emotion that are very brief (1/15 of a second) – are the key to understanding human emotions. When viewed in slowed motion they look like ordinary expressions of emotion: happiness, fear, anger, disgust, sadness, contempt or surprise. Most people do not notice them without the specialized training provided in this workshop. First the participants learn how to identify micro expressions. Then they will receive training and practice on how well they can now spot micro expressions and feedback on which emotions they are missing. Information taken from micro expressions in family relationships, friendships, and business negotiations, through interactive breakout groups.

### Workshop 2



#### **Building better relationships using CBT**

with **Dr Ross Menzies,**

Associate Professor of Psychology and Head, Anxiety Disorders Clinic,  
**Australia,** International expert trainer in CBT, **National University of Australia**

The findings from a range of studies suggest that relationship disharmony is associated with depression, alcohol abuse, sexual dysfunction and even poorer physical health. CBT has led to clinically significant improvements in relationship satisfaction and is associated with improvements on standard tests. CBT empowers couples to generate cognitive and behavioral changes in their relationships. Typically this involves changing specific habits and beliefs, and unhelpful thinking patterns.

The aim of this workshop is to increase participants skills in: **(1)** recognizing and understanding relationships; **(2)** understanding and preventing conflict; **(3)** increasing intimate relationships. Practical, creative procedures to build better relationships.

### Workshop 3



#### **The ESSENCE of Health**

**Dr Craig Hassed,** Senior Lecturer, Department of General Practice,  
**Monash University, Australia**

and **Petrea King,** Founding Director,  
**Quest for Life Foundation, Australia,** Author: *Your Life*

**ESSENCE** is an acronym which stands for:

Education • Stress management • Spirituality • Exercise • Nutrition • Connection

The **ESSENCE** model also incorporates a range of behaviour change strategies integrated into the core curriculum for medical students at Monash University. Improvements in coping, well-being and quality of life. It has also been used for personal development with professional groups, allied health practitioners, schools and universities.

This experiential and interactive workshop will firstly give the background evidence for the model. It will then introduce mindfulness-based stress management and the behavioural strategies that help to facilitate healthy change for other aspects of the **ESSENCE** model. The model can be applied to various situations such as "The **ESSENCE** of ...". The model is also applicable to healthy ageing and managing chronic conditions such as heart disease or cancer.

**Morning coffee break 10:15 – 10:30**

### Premium Seating

All seats in the auditorium have uninterrupted views of the stage. However, you may enhance your conference experience by taking up the Platinum Seating option. Enjoy guaranteed premium seating in an exclusive area close to the stage during the two conference days. This option can be added to any conference package. Please see the booking form for details.

November, six half-day workshops – Suntec Singapore, International Convention & Exhibition Centre

## The three morning and one of the three afternoon workshops

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 and in the workplace will be learned

Clinic, **The University of Sydney,**  
**City of Singapore**

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General Practice,

Life Matters

ectedness • Environment

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 for both personal and professional  
 nd the general community.

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**CE** model. We will then consider how  
 “ preventing illness, mental health,  
 ncer.

45



### Afternoon workshops 14:00 – 17:00

#### Workshop 4



**How much is enough?**  
 with **Arun Abey**, Executive Chairman, **ipac Securities Group, Singapore & Australia**, Author: *How Much Is Enough?* and **Bernadette Bolger**, General Manager, **A & B Publishers**; Managing Director, **Vitality Plus Pharmacies, Australia**

Learn directly from the founder of one of the world’s largest and most successful financial planning firms as well as from a woman nominated for a number of prestigious business awards. Arun is also the author, and Bernadette the publisher, of the global best seller *How Much is Enough?*, a book that has been featured over five weeks in Singapore’s *Straits Times*.

**About the workshop:**

Most of us spend much of our time planning and helping ensure the success of our employers, but little time on ourselves. We don’t plan to fail: we simply fail to plan.

- Learn about the relationship between money and happiness.
- Build your bridge to wellbeing with a financial map that identifies your key goals and values and which will help to increase both your wealth and wellbeing.
- Learn about property and share market investment and why the astute favour shares.
- Develop the mental and technical skills that helped make Warren Buffett the world’s most successful investor.
- Understand how to prepare strategies for retirement and avoid the fate predicted for many Singaporeans by the SMU-Wharton University Report: *Asset Rich but Cash Poor in Singapore*.
- Women will learn the importance of ensuring that a financial plan takes account of their special needs.

#### Workshop 5



**Applications of mindfulness to health, wellbeing and stress-reduction**  
 with **Dr Belinda Khong**, Consulting Psychologist and Lecturer, Department of Psychology, **Macquarie University, Australia**

Meditation and mindfulness practice have gained wide acceptance in helping individuals improve their health and well-being, and to reduce stress. This workshop explores the psychological foundation and benefits of meditation and mindfulness practices. Current research on mindfulness and the relevance of mindfulness to health, well-being, inter-personal communication and stress reduction will be discussed. The workshop will also explore clinical applications of mindfulness to health issues such as depression, anxiety, cancer and eating disorders. Participants will have the opportunity to learn and experience meditation and mindfulness practices.

#### Workshop 6



**Mental health and emotional resilience in the workplace**  
 with **Clare Yeo**, Principal Clinical Psychologist & Head of the Department of Psychology, **Institute of Mental Health/Woodbridge Hospital, Singapore** and **Dr Patricia Yap** Senior Clinical Psychologist, Department of Psychology, **Institute of Mental Health/Woodbridge Hospital, Singapore**

**Learn how to be HARDY at your workplace!**

Learn how to have mental health and be emotionally resilient at your workplace. At the Institute of Mental Health, we have put together a resilience package that will teach you how to be HARDY at your workplace:

- |                                                                                                                                                                                             |                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>H</b> Hype about resilience</p> <ul style="list-style-type: none"> <li>• What is resilience?</li> <li>• Why is resilience important to us at the workplace?</li> </ul>                | <p><b>D</b> Difficult hurdles to overcome</p> <ul style="list-style-type: none"> <li>• Dealing with our mistakes and successes at work</li> <li>• Developing our personal control</li> <li>• Goal setting at work and in our lives</li> </ul> |
| <p><b>A</b> A resilient mind</p> <ul style="list-style-type: none"> <li>• Be aware of what you are thinking</li> <li>• Learn to challenge your negative thinking and win at work</li> </ul> | <p><b>Y</b> Yesterday once more</p> <ul style="list-style-type: none"> <li>• Our reflections on what we have learnt</li> <li>• From theory to applying it at work and beyond</li> </ul>                                                       |
| <p><b>R</b> Relationships and resilience</p> <ul style="list-style-type: none"> <li>• Learn how to have resilient relationships with superiors, colleagues, and subordinates</li> </ul>     |                                                                                                                                                                                                                                               |

### Afternoon tea break 15:15 – 15:45

# A speaker faculty like no other

## Renowned International & Regional Speakers in Science, Wellbeing, Philosophy and Positive Psychology



**Dr Craig Hassed,**  
Senior Lecturer, Department of General Practice,  
**Monash University, Australia**

Dr Craig Hassed is a General Practitioner and senior lecturer at the Monash University Department of General Practice. His teaching, research and clinical interests include mindfulness-based stress management, mind-body medicine, holistic healthcare, health promotion and medical ethics. He also teaches in cancer support programs and writes regularly for medical journals particularly *Philosophy of Medicine*. His latest book, *ESSENCE of Health*, looks at how education, stress management, spirituality, exercise, nutrition, connectedness and environment all contribute to well-being, health and happiness.



**Matthieu Ricard,**  
Best-Selling Author: *Happiness: A Guide to Developing Life's Most Important Skill*, **France**

Matthieu Ricard is the best-selling author of *Happiness: A Guide to Developing Life's Most Important Skill* which explores the meaning and fulfillment of happiness. He received his PhD in Cellular Genetics at the Institut Pasteur in France, before forsaking his scientific career to concentrate on Tibetan Buddhist studies. He received the French National Order of Merit for his humanitarian work setting up clinics, schools and orphanages in the Himalayan region. Since 1989 he has been French interpreter for His Holiness the Dalai Lama and has a long-standing interest in science and Buddhism.



**Dr David Matsumoto,**  
Professor of Psychology, Director Culture and Emotion Research  
Laboratory, **San Francisco State University, USA;**  
Director and CEO, **The Ekman Group - Research Division**

David Matsumoto is an internationally acclaimed author and psychologist. He is currently Professor of Psychology and Director of the Culture and Emotion Research Laboratory at San Francisco State University, where he has been since 1989. He also works with the Ekman Group, world leaders in the recognition of emotions via facial expressions. He has studied culture, emotion, social interaction and communication for 20 years, and has approximately 400 works in these areas. His books include well-known titles such as *Culture and Psychology: People Around the World*.



**Lillian Too,**  
International Best-Selling Author,  
**Malaysia**

Lillian Too is the world's best recognized and highest selling author of books on feng shui, having sold over ten million copies of her books. After graduating with an MBA from the Harvard Business School, USA, she had an active corporate career in banking and retail before retiring to become a full time mother. She then launched a career as a writer. She resides in Malaysia where she continues to write bestselling books, gives sellout feng shui talks and runs a highly successful feng shui consultancy.



**Dr Belinda Siew Luan Khong,**  
Consulting Psychologist and Lecturer, Department of Psychology,  
**Macquarie University, Australia**

Dr. Belinda S.L. Khong is a practising psychologist and lecturer at Macquarie University, Sydney. She counsels individuals and families on relationship issues, depression, stress management, coping with change and personal growth. She is a member of the editorial board of *The Humanistic Psychologist*, *Constructivism in the Human Sciences*. She has published articles and book chapters in *Encountering Buddhism* and *Horizons in Buddhist Psychology: Practice, Research & Theory*. Belinda conducts workshops on the integration of meditation, mindfulness and psychotherapy in Australia and overseas.



**Dr Ross G. Menzies,**  
Associate Professor of Psychology and Head, Anxiety Disorders  
Clinic, Behavioural and Community Health Sciences,  
**The University of Sydney, Australia,** International expert trainer in  
CBT, **National University of Singapore**

Dr Ross G. Menzies is Associate Professor of Psychology at the University of Sydney. In 1991, he was appointed founding Director of the Anxiety Disorders Clinic, University of Sydney, a post which he continues to hold. He is the past NSW and National President of the Australian Association for Cognitive and Behaviour Therapy (AACBT). He is the Chair of Australia's bid to host the 2013 World Congress of Behavioural and Cognitive Therapies and is the Editor of Australia's national CBT scientific journal, *Behavior Change*.



**Petrea King,**  
Founding Director,  
**Quest for Life Foundation, Australia,** Author: *Your Life Matters*

Petrea King has brought her warmth, humour and wisdom to thousands of people facing life's great challenges. Author of six books and a dozen meditation CD's, Petrea is the Founding Director of the Quest for Life Centre which has conducted residential programs and provided counseling for more than 60,000 people. She has been nominated for Australian of the Year and is the recipient of numerous awards including the Centenary Medal.



**Sulynn Choong,**  
Founder and CEO,  
**Asian Centre of Applied Positive Psychology, Malaysia**

**Sulynn Choong** is a positive change consultant and certified professional coach working with organisations to energize their workforce for outstanding performance. With degrees in economics and psychology, Sulynn joined the pioneer class of *Master of Applied Positive Psychology* led by Prof Dr Martin Seligman in 2006 at the University of Pennsylvania. Sulynn is driven by her passion for promoting human flourishing. Her signature strengths are love of learning, curiosity, creativity, spirituality and zest!

## International financial experts



**Arun Abey,**  
Executive Chairman,  
**ipac Securities Group, Singapore & Australia,**  
Author *How Much Is Enough?*

Arun Abey has a passion for helping people enjoy happier lives by identifying their values and goals, and putting clear plans in place to achieve them. This led to him co-found the international lifestyle financial planning firm ipac 25 years ago. A noted strategic thinker and writer, his latest book is *How Much is Enough? Money, Time and Happiness, A Guide to Making the Right Choices*.



**Bernadette Bolger,**  
General Manager, **A & B Publishers;**  
Managing Director, **Vitality Plus Pharmacies, Australia**

Bernadette Bolger arrived in Sydney from Ireland 15 years ago with \$60 to her name. She has since built up a multimillion dollar pharmacy business, been a finalist in the Telstra Business Woman of the Year Awards and given birth to two children. As General Manager of A & B Publishers she wants to educate people, in particular women and children, about financial decisions affecting their future happiness and security.

## Leaders in Caring and Community



**Dr Mary Ann Tsao,**  
President,  
**Tsao Foundation**

Mary Ann Tsao is the President and Founding Director of the Tsao Foundation, dedicated to improving the quality of life of older people. Dr. Tsao is a US trained physician and has extensive experience working with disadvantaged communities in the US and Singapore. For her work on ageing in Singapore, she received the Public Service Medal in 2000 and Public Service Star in 2004. She has also worked with numerous UN agencies on ageing issues.



**Tara Melwani,**  
Director,  
**Jay Gee Enterprises**

Tara is a director of the Jay Gee Melwani group and runs the M.B. Melwani family Trust which provides education for disadvantaged Sindhi refugee children from 13 slum areas in India. She corresponds with prisoners in the USA who are interested in Buddhism and has organized public talks and a teaching event in India for His Holiness the Dalai Lama.

**Lynette Yeo Balota**, Executive Director, **Singapore Association of Social Workers**  
A social worker and trained psychotherapist, Lynette enjoys working with individuals and couples as well as training other practitioners. Her work passion centres around connecting with people and over the years she has been involved in training for effective parenting skills, improving inter-personal relationships at home and at work, balancing the work/life equation, stress management and self awareness.

## Leading Singaporean Psychologists, Psychiatrists, Counsellors, Psychotherapists and Mental Health Specialists



**Dr Titus Foo,**  
Consultant Psychologist/CBT Psychotherapist,  
**Positive Psychology Centre, Singapore;** Lecturer, **James Cook University, Singapore**

Dr. Titus Foo has lectured in Singapore and New Zealand and has worked closely with mentally ill clients at Mount Elizabeth Hospital and Sunlove Home. Currently, he lectures at James Cook University Singapore, and is a consulting psychologist and lecturer at Positive Psychology Center, Singapore. His research interests include positive psychology, cross-cultural psychology, social psychology, and cognitive behaviour therapy.



**Associate Professor Weining Chang,**  
Head of the Division of Psychology,  
**Nanyang Technological University**

Associate Professor Weining C. Chang is Head of Psychology Division of School of Humanities and Social Sciences of Nanyang Technological University. She has a deep interest in Chinese culture and psychology. She has conducted research in stress-and-coping, concept of self, achievement motivation and more recently resilience and subjective wellbeing in the Asian context for families and individuals.



**Dr Chua Hong Choon,**  
Consultant and Chief of the Department of Psychiatry,  
**Institute of Mental Health and Woodbridge Hospital;**  
President, **Singapore Psychiatric Association**

Dr Chua Hong Choon is Senior Consultant and Chief, Department of General Psychiatry at the Institute of Mental Health and Woodbridge Hospital. He has keen interests in the fields of depression, anxiety, adult ADHD and psychiatric epidemiology. Dr Chua is currently a consultant to the Ministry of Health, a Clinical Senior Lecturer at the School of Medicine (NUS) and is President of the Singapore Psychiatric Association.



**Clare Yeo,**  
Principal Clinical Psychologist & Consultant, Corporate Consulting Services, **Institute of Mental Health, Singapore;**  
Head, CARE (Caring Action in Response to an Emergency) Officer,  
**Ministry of Health, Singapore**

Ms. Clare Yeo is Head of the Department of Psychology, Institute of Mental Health, and is one of the principal collaborators spearheading the Institute's Workplace Emotional Health Programme. Trained as a clinical psychologist, she works with adult patients with a range of emotional problems, in particular anxiety and mood-related disorders. As Head CARE Officer at the Ministry of Health Ms Yeo has firsthand experience dealing with such crises as the Asian Tsunami.



**Dr Patricia Yap,**  
Senior Clinical Psychologist, Department of Psychology,  
**Institute of Mental Health / Woodbridge Hospital, Singapore**

Dr Patricia Yap is a Senior Clinical Psychologist in the Department of Psychology, Institute of Mental Health. She treats adult patients with anxiety disorders, depression, schizophrenia, and behavioural problems and often works systemically with couples and families. In working with the mentally ill, Dr Yap has been astounded by the strength and resilience she sees every day, leading her to become very interested in promoting mental health and happiness.



**Dr Jonathan Marshall,**  
Assistant Professor, Lee Kuan Yew School of Public Policy,  
**National University of Singapore**

Dr Jonathan Marshall is a psychologist and a member of faculty at the National University of Singapore. He has 10 years experience helping couples and individuals move towards their potential in relationships and work. He believes that a strong, healthy relationship provides much more than companionship and support. It helps each partner develop self-acceptance, love, and deep personal fulfillment. Fortunately no one has to be perfect to make it work.



**Fiona O'Shaughnessy,**  
Principal Consultant,  
**Emerge, Singapore**

Fiona O'Shaughnessy is the Principal Consultant of Emerge, a Singapore-based Learning and Development (L&D) Consultancy that specialises in Emotional Intelligence, Social Intelligence and Organisational Effectiveness. A resident of Singapore since 2001, Fiona offers workshops on 16 Guidelines for a Happy Life and has introduced these to Singapore government agencies and multi-national corporations to help people cope with stress and find happiness at work.

## Inspiring Personal Stories



**Kala Karkal,**  
Director (Operations),  
**Dignity Links and Barista Express Café**

After working in the IT industry and seeking deeper satisfaction, Kala moved into the welfare sector working with individuals with disabilities and those affected by trauma. Kala is currently Director (Operations) of Dignity Links Limited – a social enterprise providing training at Barista Express Café for people with psychiatric disabilities. She is also involved with SAI-I Autism Centre and Metta Youth Centre in Sri Lanka for children affected by the 2004 Asian Tsunami. Kala believes that every individual should be provided support to lead a meaningful life as a contributing member of society.



**Haresh Sharma,**  
Resident Playwright,  
**The Necessary Stage**

Resident Playwright of The Necessary Stage and Co-Artistic Director of the annual M1 Singapore Fringe Festival, Haresh Sharma has written more than 50 plays, staged in Singapore and internationally. He has a BA from the National University of Singapore and an MA in Playwriting from the University of Birmingham. His play, *Off Centre*, is a Literature text for GCE 'N' and 'O' levels. Ethos Books published *Interlogue: Studies in Singapore Literature, Vol. 6*, which presented an extensive investigation of Haresh's work over the past 20 years.

## A Special Focus on Youth



**Bernise Ang,**  
Founder,  
**Singapore International Youth Council**

Bernise is an avid social activist who is passionate about empowering young people to realise their potential and to bring about positive change to their communities and society. She is the Founder of Sync, which works to connect young Singaporeans and equip them to be effective change agents. She also sits on the board of Youth Action for Change and in Nov 2007, in recognition of her efforts, Bernise was the first Singaporean to receive the YouthActionNet Award & Fellowship from the International Youth Foundation.



**Melissa Kwee,**  
Chairperson, **Halogen Foundation Singapore,**  
awarded Singapore Youth Award 2007

Melissa is currently Chairperson of Halogen Foundation, a youth leadership organisation that aims to make "leadership education available and accessible to every student." Melissa is passionate about the possibilities of engaging individuals to enliven and restore their communities. Her civic engagement has included youth development work, the empowerment of migrant workers, HIV-AIDS awareness, environmental education, and special education. Melissa was educated at Harvard College and has been a Fulbright Scholar to Nepal. In 2007, she received the Singapore Youth Award for Community and Youth Service.



**Farid Hamid,**  
Principal Trainer, **Ithaca,**  
Academic Associate, **Republic Polytechnic**

Farid started his career as a Deputy Public Prosecutor in Singapore. He discovered his passion for nurturing personal growth whilst volunteering as a leader on an international youth expedition in South America. Farid promptly embarked upon an 18 year career in Experiential Education serving with Outward Bound Schools and as founding Director of the Singapore International Foundation's Youth Expedition Project in 2000 involving 9,800 young people. He founded Ithaca Pte Ltd in 2007, specializing in diversity and interfaith education for youth & community leaders in Singapore.



**Dr Daniel Fung,**  
Consultant Psychiatrist,  
**Child Guidance Clinic and Institute of Mental Health, Singapore**

Dr Daniel Fung is married to Joyce and a full time father of five wonderful preteens and teens. In his spare time, he works as a psychiatrist with the Child Guidance Clinic and as Chief at the Department of Child and Adolescent Psychiatry, Institute of Mental Health. Dr Fung is also an Adjunct Associate Professor with the Duke-NUS Graduate Medical School and Nanyang Technological University. His books include the hugely successful, *Help Your Child to Cope: Understanding Childhood Stress*.

## Registration form



20-21 November, 2008,  
Suntec Singapore, International Convention & Exhibition Centre

### 4 easy ways to register

**Phone:** +65 6322 2701  
**Fax:** +65 6223 3554  
**Online:** www.happinessanditscauses.com.sg  
**Post:** Happiness & Its Causes,  
 Terrapinn Pte Ltd, 1 Harbourfront Place,  
 #18-01 Harbourfront Tower 1, Singapore 098633

### Yes, please register me for:

Package (Singapore Dollars)*	Dates	Special offer – closes 31 August	Early Bird – closes 15 October	Full – after 15 October
<input type="checkbox"/> 2 day conference fee	20-21 November	\$795 + GST = \$850.65	\$895 + GST = \$957.65	\$995 + GST = \$1,064.65
<input type="checkbox"/> Pre conference full day workshop	19 November	\$395 + GST = \$422.65	\$445 + GST = \$476.15	\$495 + GST = \$529.65
<input type="checkbox"/> Post conference workshop morning Please choose from 1 <input type="checkbox"/> or 2 <input type="checkbox"/> or 3 <input type="checkbox"/>	22 November	\$195 + GST = \$208.65	\$225 + GST = \$240.75	\$245 + GST = \$262.15
<input type="checkbox"/> Post conference workshop afternoon Please choose from 4 <input type="checkbox"/> or 5 <input type="checkbox"/> or 6 <input type="checkbox"/>	22 November	\$195 + GST = \$208.65	\$225 + GST = \$240.75	\$245 + GST = \$262.15
<input type="checkbox"/> Gold Pass – pre-conference workshop, 2 day conference and 2 post-conference workshops: morning, please choose 1 <input type="checkbox"/> or 2 <input type="checkbox"/> or 3 <input type="checkbox"/> afternoon, please choose 4 <input type="checkbox"/> or 5 <input type="checkbox"/> or 6 <input type="checkbox"/>	19-22 November	\$1,295 + GST = \$1,385.65	\$1,495 + GST = \$1,599.65	\$1,695 + GST = \$1,813.65
<input type="checkbox"/> Premium platinum seating – get close to the action! Available for 2 day conference only	20-21 November	\$200 + GST = \$214	\$200 + GST = \$214	\$200 + GST = \$214

\* The registration fee includes refreshments and conference pack. The fee does not include lunch on either day, or hotel accommodation. Delegates may be refused admission if payment is not received.

### Attendee details

	Mr/Mrs/Ms	Full name	Job title (if applicable)	Telephone	Email
1					
2					
3					

For groups of more than 3, please attach a separate sheet with details of all attendees. Alternatively call +65 6322 2701

### Address

Company name (if applicable):.....  
 Address: .....  
 ..... State: .....  
 Postcode:..... Country: .....  
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### Venue and hotel accommodation

**Venue:** Suntec Singapore  
 International Convention & Exhibition Centre  
 1 Raffles Boulevard, Suntec City, Singapore 039593  
**Tel:** +65 6337 2888  
**Web:** www.suntecsingapore.com

**Hotel accommodation:** The conference fee does not include accommodation. There is a large range of hotels in the surrounding area. A full listing can be obtained from [www.visitsingapore.com](http://www.visitsingapore.com)

### Method of payment

Payment is required WITH registration. Confirmation will be sent to you once payment has been received.

- Bank Transfer  
 Crossed cheque payable to Terrapinn Pte Ltd  
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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 of cancellations received in writing 4 weeks prior to the conference. Alternatively, you can choose a credit note for the full value of the registration price which may be put towards another World Happiness Forum event, which is valid for 12 months. We regret 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. The World Happiness Forum reserves the right to alter the programme without notice.