



Flourish: A New Understanding of Happiness and Well-being

Complete this home study at your own pace, in privacy, and in any location that's convenient to you and earn CEUs.

What is it that enables you to cultivate your talents, to build deep, lasting relationships with others, to feel pleasure, and to contribute meaningfully to the world? In other words, what does it take to *flourish*? This home study is based on the book, **Flourish**, by Martin Seligman and introduces the theory of well-being and research-based applications that lead to flourishing.

In this 12 credit **Category A**, ACSW approved workshop applicable to all social work categories, you will:

- Explain the five elements of the well-being theory.
- Identify one's signature strengths.
- Identify evidence-based activities to increase well-being.
- Explain practical applications of the PERMA theory.

How it Works: Read the book, complete the signature strength's test, write a brief reflective essay(s), pass the post test and earn 12 credits.

Registration: Complete the form below and fax (780-459-8867) or email to info@kaizensolutions.org.

Registration fee includes course materials (except the book), post test, and continuing education certificate. \$139 for 12 CEUs. Certificates will be emailed within 30 days after successful completion of the post test.

Special Needs: Contact us if you require special assistance.

Cancellation: Refunds (minus a \$50 processing fee) are available. Please note: refunds are not available once the material has been mailed.



Val Kinjerski, MSW, PhD, RSW

Through Kaizen Solutions, Dr. Kinjerski offers online eCourses and home studies that are research-based and focus on enhancing one's well-being: ours, those we serve, and the organization. They are influenced by positive psychology and Val Kinjerski's research about spirit at work, that sense that we are fully engaged, inspired and energized by our work. Prior to dedicating herself to the creation of spirit at work, Val held social work positions ranging from front-line to senior management. She is the author of *Rethinking your Work: Getting to the Heart of What Matters*, a contributing author to two books and her research is widely published.

To download our FAQ, for more information or grievances:

www.kaizensolutions.org (780) 459-2588 Val.Kinjerski@telus.net

Kaizen Solutions for Human Services, provider # 1116, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) program.

ASWB Approval Period: August 8, 2009 – August 8, 2012.



www.kaizensolutions.org

Flourish: A New Understanding of Happiness and Well-being
Home Study Registration Form
With Val Kinjerski, MSW, PhD, RSW



Course Name: Flourish	Course # 1204 <input type="radio"/> 12CEUs
Name:	Job Title:
Organization:	
Address:	
City:	Province/State:
Postal Code/ Zip:	Email:
Phone: ()	Fax: ()
Course Fees: \$139	
Amount enclosed: \$ <input type="radio"/> Cheque <input type="radio"/> Money Order <input type="radio"/> Credit Card	
Credit Card: <input type="radio"/> Visa <input type="radio"/> MasterCard	
Credit Card #	Expiry Date:
Name on Card	Authorized Signature
How did you learn about the home study?	
What other online courses or home studies are you interested in?	
Do you require a continuing education certificate? <input type="checkbox"/> Yes please. <input type="checkbox"/> No thanks.	
We are sending all home study participants a copy of the Rethinking Your Work Newsletter. Please indicate if you do not want to be included. <input type="checkbox"/> No thanks.	
Further details provided upon registration. How would you like to be contacted? <input type="radio"/> Email <input type="radio"/> Fax	

To Register: Complete order form with payment and submit by:

Mail: Kaizen Solutions for Human Services, 82 Lancaster Cr. St. Albert AB T8N 2N8

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