



## The How of Happiness: The Research and Strategies behind Happiness

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

Forty percent of a person's capacity for happiness is within his or her capacity to change. In ***The How of Happiness***, Dr. Sonja Lyubomirsky shows how intentional activities can be used to achieve a happier life. Included are research, strategies and exercises, such as practicing optimism, savoring life's pleasures, harnessing individual strengths, and practicing gratitude. All are backed with empirical research.

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

- Determine your "happiness set point"
- Use scientific research to demystify the many myths about happiness
- Understand what contributes to and impedes happiness
- Explain the traits, behaviors and attitudes of happy people
- Describe and, using empirical research, demonstrate the effectiveness of twelve happiness-increasing strategies
- Explore how you can incorporate happiness strategies into your practice

**How it Works:** Purchase and read the book, complete the reflection questions, pass the post test and earn 12 credits.

**Registration:** Complete and save the registration form that is available on-line and email to [info@kaizensolutions.org](mailto:info@kaizensolutions.org) or fill in the form below and fax (780-459-8867).

*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.*

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

**About Val Kinjerski, MSW, PhD, RSW**  
*Facilitator, Speaker, Consultant*

Dr. Val Kinjerski is a leading authority on the topic of Spirit at Work. Prior to dedicating herself to the creation of spirit at work, Val held social work positions ranging from front-line to program development to senior management. Her research is widely published in management, leadership, health care and career journals. Val is the author of *Rethinking your Work: Getting to the Heart of What Matters*.



**To download our FAQ, for more information or grievances:**  
[www.kaizensolutions.org](http://www.kaizensolutions.org) (780) 459-2588 [Val@kaizensolutions.org](mailto:Val@kaizensolutions.org)

*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](http://www.aswb.org) through the Approved Continuing Education (ACE) program.*

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



[www.kaizensolutions.org](http://www.kaizensolutions.org)



*Home Study Registration Form  
With Val Kinjerski, MSW, PhD, RSW*

**Course #1203: The How of Happiness: The Research and Strategies Behind Happiness**

Course Name: The How of Happiness		Course: #1203	
Name:		Job Title:	
Organization:			
Address:			
City:		Province/State:	
Postal Code/ Zip:		Email:	
Phone: (      )		Fax: (      )	
Course Fees: \$139		Course # 1203 12 CEUs	
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 types of 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 <b>not</b> want to be included. <input type="checkbox"/> No thanks.			
<b>Further details provided upon registration.</b> 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

**Fax:** (780) 459 – 8867 📠 **Phone:** (780) 459-2588 📞 **Email:** [Val@kaizensolutions.org](mailto:Val@kaizensolutions.org)



[www.kaizensolutions.org](http://www.kaizensolutions.org) 📞 (780) 459-2588 📞 [Val@kaizensolutions.org](mailto:Val@kaizensolutions.org)