



THE POWER OF GRATITUDE: THE RESEARCH AND THE PRACTICE

Begins October 11. Complete this eCourse on your own time, in any location that's convenient to you and earn CEUs.

The ability to notice, appreciate and savor the elements of life is an essential determinant of well-being. Research has shown that those of us who are grateful are happier, more hopeful and more helpful to others. We report higher levels of well-being. But, we are not born being grateful. It is something that we learn and develop throughout our lives. In *The Power of Gratitude* you will be introduced to gratitude and the research behind it: what it is, the benefits, and how to cultivate it. We will also explore gratitude at work.

In this interactive and experiential, 4-week eCourse, you will:

- Identify the psychological, social, and physical health benefits of gratitude.
- Describe research-tested methods for boosting gratitude in everyday life.
- Experience and assess at least two gratitude practices.
- Explore how to incorporate gratitude strategies into your practice and at work.

In addition, upon successful completion, Social Workers will receive **12 Category "A"** CEUs under the ACSW competence requirements. This eCourse is applicable to all social work categories. Other professionals: Contact your regulatory board to determine course approval.

How it Works: On a weekly basis, you'll be listening to meditations, reviewing videos, completing self-assessments, reading articles, adopting a gratitude practice, participating in e-discussions and, if you are interested in earning CEUs, taking a post-test.

Registration: Fill in the form below and email to info@kaizensolutions.org or fax to 780.459.8867. You will be sent an invitation with instructions on how to sign in and get started.

*Registration fee includes all course materials. No charge for post test and continuing education certificate. Regular fee \$299. **Early Bird** through October 1: \$239. 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 access to the course has been given.

About Val Kinjerski, MSW, PhD, RSW
Facilitator, Speaker, Writer

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 published in management, leadership, health care and career journals and she has presented at numerous regional, national and international conferences. 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 📄 780.459.2588 📄 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 through the Approved Continuing Education (ACE) program.

ASWB Approval Period: August 8, 2012 – August 8, 2015.



www.kaizensolutions.org



The Power of Gratitude: The Research and the Practice
eCourse Registration Form
With Val Kinjerski, MSW, PhD, RSW

Course Name: The Power of Gratitude		Course # 1301 <input type="radio"/> 12 CEU	
Name:		Job Title:	
Organization:			
Address:			
City:		Province/State:	
Postal Code/ Zip:		Email:	
Phone: ()		Fax: ()	
Regular Fees <input type="radio"/> \$299		Early Bird through October 1 <input type="radio"/> \$239	
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 eCourse?			
What other types of eCourses 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 course participants a copy of our 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			
I am aware that this course this course requires approximately 3 hours participation per week. _____ Initial please.			

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

