



(RE)CONSTRUCTING WELL-BEING

Begins October 18. Complete this **8-week** eCourse on your own time, in any location that is convenient to you and earn CEUs.

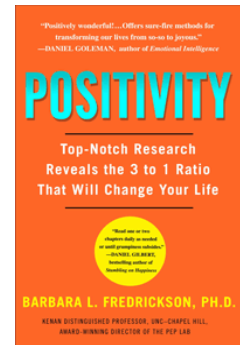
How do we nurture well-being in ourselves, and those we serve? How do we nurture the meaning that brought us to this work, and the positive emotions that give us energy to show up every day?

This eCourse examines possibilities, based on scientific findings, for tilting life paths toward meaning and connection, and upward spirals of hope and well-being. It is based on the book, *Positivity*, by Barbara L. Fredrickson and introduces the science of wellbeing and applications that lead to greater satisfaction and meaning in life. Fredrickson's research focuses on how positive emotions broaden minds and build resources in a manner that leads toward flourishing.

Upon completion of this eCourse, participants will be able to:

1. Explain the broaden and build theory of positive emotions.
2. Explain the positivity ratio and its relation to well-being.
3. Identify two methods, and use one, to assess one's positivity ratio.
4. Identify research-based activities to decrease negativity and increase positivity with oneself and others.

Positivity is often available in your local library. You will also find it in [paperback](#) and as a [Kindle ebook](#). Please note: You do not need to own a Kindle to purchase the ebook; you can download Kindle software to your computer *at no cost*.



CE Credit: This eCourse qualifies for *16 Category A* credits. A Certificate of Completion will be awarded upon successful completion of the discussion questions, post-test and course evaluation.

How it Works: This 16-hour, 8-week eCourse is presented in eight parts, one each week. It includes videos, self-assessments, readings, facilitated e-discussions, a post-test and evaluation.

Fee: \$399. **Special Early bird until January 21:** \$299. *No charge for post test and continuing education certificate.*

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. *Contact us if you require special assistance.*

Instructor: *Joy L. Salmon* has worked in public, nonprofit and private sectors in a variety of roles, from direct services to administration; she has also created and taught online courses at universities. She has a Ph.D. in Counseling Psychology & Human Systems and is a licensed psychologist.

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

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



**eCourse Registration Form
With Joy Salmon, PhD**

Course Name: (re)Constructing Well-Being	Course: #1302
Name:	Job Title:
Organization:	
Address:	
City:	Province/State:
Postal Code/ Zip:	Email:
Phone: ()	Fax: ()
Regular Course Fees <input type="radio"/> \$399	Early Bird thru October 4 <input type="radio"/> \$299
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 / 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 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	
I am aware that this course this course requires approximately 2 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



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