

# THE GET HAPPIER PROJECT

A real & practical psychology as you have never experienced before.

## EMPOWER YOURSELF: EMPOWER OTHERS

Learn the new Get Happier Framework in a 3-day transformational workshop with Ivan Honey, Psychologist, International Human Relations Expert, 2 x Amazon Best Seller & Founder of the Get Happier Project.



Discover the tools to:

- build and maintain your wellbeing and resilience,
- increase your influence,
- communicate powerfully with others,
- build relationships,
- learn the essential skills for managing, coaching, & counseling.

Ivan has worked in Singapore for many years training managers, counsellors, teachers & parents.

*"Thank you Ivan. Your program gave me real skills and practical skills to get happier, improve my wellbeing and performance at work and has transformed my relationship with my family!" J. Australia*

Learn this new evidence-based framework and system to work out what you really want and how to get it. Create your own best life and learn to get happier! It applies the evidenced based psychology of Choice Theory into a system that is exciting, fun, visual and action-based.

To register contact Dr Clare Ong  
**Phone: 96182542**

**Email: [clareokh@gmail.com](mailto:clareokh@gmail.com)**

**Cost:** Please see attached registration form (includes your copy of 'The Magic Book')

**Location: Kitchener Road Complex**

**Dates:** 8-10 Nov 2018

**[WWW.GETHAPPIER.NET](http://WWW.GETHAPPIER.NET)**

# The *Get Happier* Project *Framework*

**1.** **OPEN ROADS OR DEAD END ROADS**  
*How do I create great relationships and feel good about myself?*  
**The Open and Dead End Roads**



**5.**  
*How do I understand and manage my feelings?*  
**The Four Wheels**



**2.** *How do I see new opportunities and transform my reality?*  
**The Windscreen**



**6.** *Where do I really want to go?*  
**The Steering Wheel**



**3.** *How can I be in charge of my life?*  
**The Driver's Seat**



**7.** *How do I solve problems and get the best out of life?*  
**The Magic Questions**



**4.** *What is my source of energy and power?*  
**The Engine**



**Putting it all together!**  
*A framework for personal wellbeing, mental health, counselling, leadership and achieving purpose and meaning in life.*



## Workshop Registration FORM

### EMPOWER YOURSELF & OTHERS- GET HAPPIER

**3 days of TRAINING**

<b>Dates:</b>	<b>Friday/Saturday /Monday</b>	<b>8 to 10 Nov 2018</b>
	<b>Location:</b>	<b>SINGAPORE</b> <b>Venue: Kitchener Complex</b> <b>Trainer: IVAN HONEY</b> <b>Psychologist, International Human Relations Expert, 2 X Amazon Best Seller Founder of The Get Happier Project</b>

**To register for this Training Workshop:** Please send your completed registration form and make payment to ...**Clare Ong** to ensure your place in the training. If you require an invoice, please email ...**clareokh@gmail.com**.....  
**Please finalise all payments prior to training. See Direct Deposit details below.**

#### Course Fee

<b>Full Cost of Training:</b>	<b>\$700 per person or \$600 per person in a group of 2 or more</b>
<b>Parents :</b>	<b>\$650 per person or \$850 per couple (one magic book only)</b>
<b>WGIS members</b>	<b>\$550 by 20 Oct</b>
<b>With Basic CTRT Training</b>	<b>\$590 until 20 Oct</b>

**The Course Fee includes morning & afternoon teas, and a copy of *Doug Dragster's Magic Book.***

#### Registration Form

<b>Address:</b>		
<b>Phone:</b>	( )	<b>Mobile:</b>

<b>Contact:</b>	<b>Dr Clare Ong</b> <b>96182542</b> <b>Email: <a href="mailto:clareokh@gmail.com">clareokh@gmail.com</a></b> <b>Payments Details: Clare Ong Psychconsult Pte Ltd</b> <b>UOB 380-313-5132</b>
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# IVAN HONEY

Psychologist, Amazon #1 Best Selling Author, International Trainer and Founder of 'The Get Happier Project'.



Ivan is a Psychologist, International Trainer and a two time #1 Amazon Best selling Author with his children's book, 'The Amazing Adventures of Doug Dragster', and his new book, 'Happy Parenting; Raising Positive and Empowered Kids'.

He is the founder of the new 'Get Happier Project', which is currently being used and researched in the Los Angeles School District in California and in schools around Australia and in Asia. It has been franchised, copyrighted and trademarked around the world.

He works with many schools to implement the ideas and strategies of Positive Psychology and wellbeing in the classroom. This includes applying the psychology of self-esteem and relationships, emotional intelligence, well-being, motivation, and mind sets for resilience and high performance. He has recently created the 'Get Happier School', a comprehensive and developmental curriculum in Social and Emotional learning for Primary Schools.

Ivan has a strong focus on the Mental Health of young people, and in developing clear and simple strategies for prevention and treatment of mental health issues. He is passionate about teaching the psychology of wellbeing and happiness in a visual, fun and holistic way.

Ivan has worked as a psychologist for over 40 years and spent many years running a successful Psychological Practice. He is the co-author of a best selling set of therapeutic cards, called 'Cars R Us.' His latest publication, 'Doug Dragster's Get Happier Toolbox' provides schools, counselors and families with the resources to teach and use practical psychology to enhance relationships and performance.

He is a Senior Faculty member of The William Glasser Institute, and teaches throughout Australia and internationally, in the US, Singapore, Malaysia, Indonesia and China. His works are currently being translated into the Chinese language by a group of psychiatrists at Kunming Hospital.

Ivan's recent speaking engagements include:

- Presenter, World Forum on Mental Health and Happiness,
- Workshops and Speaker, No 2 Bullying Conference in Queensland,
- Workshops and Speaker, International Mental Health Conference on the Gold Coast,
- Workshops and Speaker, William Glasser International Conference in Toronto,
- Workshops and Speaker, Australian William Glasser Institute conference on the Sunshine Coast
- Workshops and Speaker, William Glasser International Conference Seoul, South Korea.
- Keynote Speaker and Workshops, International Conference on Children and Youth Work Practice, Singapore
- Keynote speaker and presenter, Education Re-Engagement forum, Bendigo.
- Ivan presents regular three and four day trainings and over the last 12 months has conducted these in Mildura, Bendigo, Townsville, Brisbane, Sunshine Coast, Singapore, Malaysia, China and Seoul,

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[www.gethappier.net](http://www.gethappier.net)

