



IEC GROUP AND TONI POWELL PRESENT THE HAPPY HEALTHY WORKPLACE SERIES

A simple, fun **MASTERCLASS SERIES** that fosters great mental health and helps your people be happier, less stressed, and more productive.

Toni is an author and expert on happiness, good relationships, wellbeing and creating positive workplace culture. She has both TEDx and Goalcast talks.

HOW IT WORKS

3 x 90 minute sessions LIVE online

Thursday 13, 20 & 27 May 2021

4.15PM - 5.45PM (AEST)

MASTERCLASS ONE

THE FOUNDATION FOR HAPPINESS & HEALTH

After a brief introduction to the program Toni will share an unlikely true story that became the motivator behind the extraordinary journey she's been on, and that she will be taking you on.

This session then lays a fun and simple foundation in basic neuroscience and gives you an eye-opening look into why you behave the way you do. When you and your team understand how your brain works and learn how to change your old patterns you'll all increase your ability to modulate emotions, reduce stress and improve all relationships.

"Toni's program is an honest, challenging and triumphant celebration of how we can powerfully change our own lives for the better."

Prof Kylie Readman – Pro Vice Chancellor, Murdoch University

"The sessions were engaging and made a real positive impact to team members. Toni combines an authentic and light hearted approach on quite complex topics in a way in which people can easily understand and practically apply to their everyday lives."

Nathan Spicer, Head of Procurement, Aurizon

MASTERCLASS TWO:

THE EPIPHANY & THE SECRET TO HAPPINESS

Six words changed how Toni Powell understood the world – in this session you'll see how this epiphany unfolded and how these same six words can affect how you & your people perceive a situation and also help all of you change a negative into a positive. We'll also be continuing to build understanding of neuroscience and the power of attention and there'll be a short film that may just change how you & your team see the world.

Next Toni will introduce the real secret to happiness. Research done over more than 40 years shows that there is one simple practice proven to raise happiness levels by 25%. This same practice impacts physical, mental and relational health in a very profound way

MASTERCLASS THREE:

THE YELLOW CAR, ANOTHER VIEW & GETTING TO LIVE

Toni begins this masterclass with her famous Yellow Car story as she teaches you not to take your worries so seriously (even when they're very serious worries).

Toni will then move on to the more practical ways all of this works out in real life. It's nice to hear something inspiring however how can you use it to actually make a difference? In these lessons Toni takes an intimate walk through her personal life so it's easy to see how she applied what she is teaching & also how your team might apply these practices themselves.

CLICK TO REGISTER NOW

Early Bird \$199 + gst (until 28 February 2021)

Standard \$249 + gst (from 1 March 2021)

Add Value & Continued support with optional add-on programs

SPECIAL OFFER



NORMALLY \$98

IEC special just \$49

Mini Video Course

OVERCOMING STRESS & ANXIETY

Super Simple Solutions Anyone Can Master
6 short videos that will equip you to gain more control over stress & anxiety. Apart from The Yellow Car story none of this material is covered in either of the other programs on offer



NORMALLY \$98

IEC special just \$49

90 day email program

THE HAPPINESS ADVENTURE

A series of 10 min adventures that help your brain rewire to a more positive outlook.
There is also a stack of other optional material included in the program - it's a treasure trove of goodies and perspective altering material. You will see the world differently after this program

Masterclass Series Presented By

iec International Exhibition & Conference Group



Attending this Masterclass contributes 4.5 hours of self-identified PD addressing 3.5, 4.4, 6.1, 6.4 from the Australian Professional Standards for Teachers.



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