

FREE TRAINING

Plan to be Positive

By: David Faust

David Faust, President and Founder of Stonehouse Resources, has been training and consulting with companies and individuals since 1977. He has over three decades of experience as a platform, keynote, and motivational speaker as well as life coach and transformational instructor. David has also been a professional outdoorsman as well as the host and producer of a daily talk-radio show and three daily syndicated radio programs.

Date: Thursday, March 15, 2018 **Time:** 1:30pm-4:00pm

Location: Wright County Law Enforcement Center- Community Room
3800 Braddock Ave. NE
Buffalo, MN 55313

In this session, participants will learn about the science of being positive. Participants will also learn skills on how to apply the best practices of Positive Psychology to their lives.

Objectives:

- Understand the applied sciences of thinking positively and happiness
- Learn how to train our brain to be more positive
- Use tools to change and control our levels of positivity and happiness
- Leave with an action plan to increase personal and organizational positivity and happiness

This is a repeat of training that was done in December 2017. We've brought it back for a second session due to the popularity of the program. We hope you can join us!

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

RSVP to CAMHI@co.benton.mn.us is appreciated as seating is limited.

A Certificate of Attendance will be provided for CEUs

Training is presented by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.