

**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:** Tuesday, December 5, 2017 **Time:** 1:00pm-3:30pm

**Location:** Great River Regional Library- Mississippi Room  
1300 West St. Germain Street  
St. Cloud, MN 56301

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

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](mailto: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*

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