



# Outrageously Happy

with Elizabeth Manuel

**B. Ed. | CACE**

**Happiness Expert | Life & Relationship Coach  
Author**

Elizabeth is renowned for her genuine humor, warmth and passion while igniting positive growth in individuals, and organizations during her workshops and conferences.

Elizabeth equips her workshop attendees with tactics and tools designed to create genuine happiness in the workplace and at home. This allows attendees to focus on their mental health and well-being, an important area of life often unaddressed.

**"I have dedicated my life to helping people find their happiness and be able to share their gifts and skills with the world in a productive, life affirming way."**

She shares scientifically proven principles, which positively impact physical, mental and emotional wellbeing, Elizabeth will factually teach you how to grow a happier brain!

Elizabeth's certifications in Grief Therapy and in Adult and Continuing Education plus an achievement as a first-degree Black Belt in TaeKwonDo allow her to pull knowledge and education from meaningful places for her workshop attendees to benefit from.



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**/ElizabethManuel**



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Happiness training programs reduce mind absenteeism by helping individuals and organizations take advantage of the science behind happiness. This is not only meant to build resilient brains but enhance productivity for work and leisure.

Employee wellbeing is a leading indicator of your future capabilities and costs as an employer. Her happiness presentations provide proven solutions from current research to make this point, setting out principles that can help employers to reap a significant “wellness dividend”. Studies show the economic and clinical benefits of comprehensive wellness initiatives and investment in your biggest asset “human resources” pays off!

The Conference Board of Canada reports direct cost of absenteeism to the Canadian economy which was \$16.6 billion in 2012 and employees were absent an average of 9.3 days in 2011. An estimated one million workers are absent every day due to stress.

You can change all of this in your workplace with Outrageously Happy workshops.

Happiness is a valuable asset, for all relationships; personally, and professionally. It is important for health, creativity, productivity and overall brain function. Behavior is proven to be contagious—imagine what a workplace full of people who are all striving to reach the same cognitive goals and mindset will do for the company!



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## Testimonials (Partial)

"I am tasked with finding qualified, engaging speakers with topics that are valuable and relevant to the human resource profession. Elizabeth shared the science behind happiness in a very relevant and practical and engaging way with our members. I would definitely recommend Elizabeth Manuel as a speaker!"

-Chantel Aird | Chair of *The Human Resource Association of Edmonton*

"Elizabeth spoke at our conference on the science of happiness, and was instrumental in creating a more positive and vibrant team energy, in a time of great change and stress for our company. A great presentation, engaging and important!"

-Dr. K Gordon | Present ICSSL

## Client List (Partial)

MacEwan University  
Alberta Employment and Immigration  
Valley Communications  
Capital Health  
University of Alberta  
Alberta Health Services  
SCN – Strategic Capability Network  
HRMAE – Human Resources Association Edmonton



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