



Trust Happiness

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

Elizabeth Manuel B.Ed. CACE*,

is a happiness expert, author, speaker, life and relationship coach.

Elizabeth is internationally renowned for her genuine humour, warmth and passion while igniting positive growth in individuals, and organizations.

Elizabeth specializes in educating, and mentoring others to thrive, generating greater health, better relationships and increased quality of life.

Sharing scientifically proven principles, which positively impact physical, mental and emotional wellbeing, Elizabeth will literally teach you how to grow a happier brain, and become more psychologically healthy.

Practicing the tenets as a 1st degree Black Belt in TaeKwonDo, (earned at the age of 39) which are: Courtesy, integrity, perseverance, self control and indomitable spirit, she is not afraid to use her Black Belt in the name of happiness.

Additionally Elizabeth Manuel is a Certified Grief Therapist and a Licensed Spiritual Counsellor.

*Certificate in Adult and Continuing Education





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Happiness training programs reduce absenteeism by helping individuals and organizations take advantage of the Science behind Happiness, building resilient brains that enhance cognitive function.

There are strategies, habits, attitudes and behaviours that enhance our brains, our relationships, our health and our engagement in both life and work.

The quality of both personal and professional relationships, are intertwined and pivotal components of happiness, including psychological and physical wellbeing.

The synergy between workforce engagement and wellness is important. Integrating *Happiness Training* is an investment that pays off! Positive relationships have an immediate impact in overall health, reduction of complaints, boosting your immune system and your neurotransmitter system. Tremendous benefits radiate out from each individual and positively affect each encounter through out the day.

Employee wellbeing is a leading indicator of future human resources both capabilities and costs for employers. Trust 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!

Direct cost of absenteeism to the Canadian economy 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.

There is a way to change all that with Trust Happiness programs. Individuals and companies that want to thrive, prosper, be healthier, and experience deeper fulfillment will benefit from embracing the Science of Happiness.

Happiness is a valuable asset, for all relationships; personally and professionally, it is important for health, creativity, productivity and overall brain function. Behaviour is literally contagious, whether we are negative or positive mirrored neurons match our environment and the people in it.

Spread Happiness - it Matters!

Elizabeth Manuel B.Ed. CACE*,

Happiness Expert

Author

Speaker

Life and Relationship Coach

Yoga Instructor

Certified Clinical Hypnotherapist

Ist Degree Black Belt in TaeKwonDo

Grief Therapist

Licensed Spiritual Counselor





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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 of Happiness in a very relevant and practical and engaging way with our members. I would definitely recommend Elizabeth Manuel as a speaker!

- Chantal Aird

Chair of The Human Resource Association of Edmonton

The Science of Happiness is filled with excellent content and presented in a fabulous way! This is the real deal and has the potential to impact professional practice in a powerful positive way! Relevant to all aspects of life!

- E. Kaley Thompson

*Director of Communications and Evaluations
North Central Teachers' Convention Association*

*Elizabeth presented at our annual conference in California and brought down the house!
Well spoken, well researched, really valuable and necessary information!*

- Dr. K Gordon

President ICSSL

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!

- Sherry Didio

Secure Energy Services

Client list (partial)

Alberta Health Services
Grant MacEwan University
University of Alberta
Alberta Employment and Immigration
Elk Island Public Schools
Devon Public Library
SCN - Strategic Capability Network
Valley Communications
Alberta Culture and Community Spirit
Minerva Seniors Institute
Capital Health
North Center Teachers Convention
Association of Administrative Assistants (AAA)
HRMAE - Human Resources Management Association Edmonton

