



BUILDING YOUR HAPPINESS BANK – How to invest in your wellbeing and train your brain for success

One of the most misunderstood statements in business is success equals happiness. In fact, it is the other way around; happiness equals success! Research confirms happy people are more productive, more resilient, more creative and have less sick days. These are the people you want working in your business. These are the people who will help your business to grow and succeed.

In her presentation 'Building your happiness bank' Claire will provide participants with an action plan they can immediately implement in order to create sustainable happiness at work and at home.

This presentation will provide people with the following:

- The real meaning of happiness
- Why happiness is crucial to success
- How to become a happier person and sustain it
- What to do when life sucks!



How long: 45, 60 or 90 minutes

How to book : Call Claire Massingham on 0406 393 845 or email claire.e.massingham@gmail.com

What others have to say about Claire's work

- That talk was wonderful, have been telling people about it since I got home. Highlight of my day, now to put your advice in practice – Julianna Mark
- Great talk Claire. We let three cars in on the way home and someone even let me in twice. What a great drive home – Chris Shaw Woody Point Special School
- Claire what an incredible job you did at the Nursing Therapies and Teacher's Conference. So much food for thought and such a joyful presentation. Thank you for sharing your time with us – Nikki Smith Woody Point Special School



About Claire Massingham

My goal is to add *colour* to your workplace by giving your people the tools that they can immediately use to help them live a healthier and happier life. This means they will have:

- Superior productivity
- More resilience
- Less burnout
- Less turnover
- Greater sales

Happiness equals success.

I'm here to guide your people to happiness so they are in the best possible position to give 100% at work.

I have been working with people for over 24 years to help them live healthier and happier lives. I have the following qualifications:

- Diploma of Positive Psychology
- Degree in Human Movement Science
- Graduate Certificate in Adult Education
- Certified Herrmann Practitioner (Whole Brain® Thinking)

Not only have I worked in the health and fitness arena but I have also worked extensively in the corporate world as an Executive Assistant to senior leaders in organisations such as Australian University Sport, Proteus Leadership Centres, Goodlife Health Clubs, Cancer Council Queensland and Diabetes Queensland.

I am a *highly energetic, authentic and passionate* presenter.

My passion for health and happiness radiates a strong energy and engages people right from the start. My ability to speak the truth knowing that it is never about me but what I can give to my audience guarantees a unique authentic presentation that leaves people feeling that I spoke directly to them.

Some of my speaking engagements include Flight Centre, PoliceLink, Great8 Education, Diabetes Queensland, Podiatry Hive, Autism Queensland, CPA Australia, Therapy, Nurses and Teacher's Conference, Woody Point Special School, Work Smart Conference, John Wiley and Associates just to name a few.

Be happy, colour the world – Claire