

HRAM December Program



KEYNOTE SPEAKER:
Lee Elliott
Wonderful Life Project

EXTENDED KEYNOTE:

SPEAKER: Lee Elliott

"It's a Wonderful Life"

Topic: An effort to provide skills to as many people as possible that can be used to enhance their sense of well-being, their capacity to handle life's hardships, to enjoy life, and—ultimately—to achieve a sense of fulfillment, that their life not only had meaning, their existence truly made a difference. By providing this knowledge, participants will have the knowledge and skills necessary to become exceptional people, to better their lives and the lives of those around them, and—potentially to have a truly wonderful life.

Sometimes, there are errors at the automatic level. When this happens, we experience a negative emotion. This is extremely important. Thoughts precede emotions and negative emotions are typically created by mistakes in our thinking at the automatic level. Moreover, science has shown how the conscious mind can be engaged to change these errors. As a result, we experience less negative emotion.

Lee will discuss on ten topics (at present, there will be more) and a variety of related exercises participants can use to "cement" the knowledge gained in the training. The topics are: high quality conflict, grudge busting, happiness, trust, resilience, stress management, psychology of morality, fulfillment, transformational change, and life planning.

The topics were chosen on the basis of recommendations of working people as well as relevant research. The training has now been provided in three contexts and all have produced highly desirable results. Some examples: reduced turnover, reduced medical costs, increased productivity, increased happiness, higher quality conflict, improved relationships at work and within families, and many others.

Research has shown, "happiness makes good business sense. Moreover, employers and policy makers need to consider the happiness factor if they are to promote strong economies and profitable companies." In short, it's good business to provide what we are all striving to attain. Lee provides the skills to do this--and much, much more.

Tuesday, December 9, 2014

Scott Conference Center
6450 Pine Street

Registration & Networking	11:00-11:30
Lunch & HRAM Presentation	11:30-12:00
Extended Keynote	12:00-2:00

HRAM MEMBERS
Keynote Only \$35.00

NON-HRAM MEMBERS
Keynote Only \$50.00

CORPORATE TABLE (7) \$225.00

Deadline and Cancellations due December 3rd.

Note: Keynote includes lunch.

Register Now

Register online at hram.org, or fill out the form on the back of this sheet. →

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This program has been submitted for a total of 2 hours of HR credit to the HR Certification Institute for review. The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for recertification credit.

HRAM December Program

1

	Program
HRAM Member	<input type="checkbox"/> Extended Keynote \$35
Non-HRAM Member	<input type="checkbox"/> Extended Keynote \$70
Corporate Table (7)	<input type="checkbox"/> Extended Keynote \$225

2

Company: _____ Contact Name: _____

Mailing Address: _____

City, State Zip: _____

Phone: _____ Fax: _____ E-mail: _____

Name(s) of people attending the Program: _____

3

I authorize HRAM to charge my: ☐ Visa ☐ MasterCard ☐ Amex ☐ Discover

Card #: _____ Exp. Date: _____

Name as it appears on card: _____

Signature: _____

Total Charge Amount: \$_____ Email Receipt: ☐ Y (Include email) / ☐ N

Registration forms and payment can be mailed to
HRAM at Rockbrook Village, 11060 Oak Street, Suite 5, Omaha, NE 68144
faxed to 402-932-1095 or emailed to staff@hram.org.

Make checks payable to HRAM.

FOR OFFICE USE ONLY:

Received: _____ Entered: _____ Paid: _____ Add'l: _____