



7 SUPERPOWERS TO HAPPINESS

Emporia, Kansas | happy@tekeffect.net | DustiHowell.com | 620-412-8808

MULTIMEDIA ASSEMBLY:

This uplifting presentation is built around discoveries largely made in the field of Positive Psychology. Learn the top methods taught at Harvard to break the cycle of depression. Use Yale's 5-minute happiness skills. Protect your students from the side effects of screen use and social networking. Learn how to be positive and hopeful. These strategies will empower your students (especially those mired in depression) with the skills and tools to create a happier life.

WHY NOW?

- Our epidemic of depression has been particularly devastating to our kids. Our goal is to increase the level of positivity at your school. According to the World Health Organization, since 2017, depression has been the #1 cause of human suffering and disability. Sadly, suicide is now the second leading cause of death for kids as young as 10. Researchers have found that screen time, smartphones and social media are fueling depression especially among adolescents.
- At the same time, happiness classes are the rage at Harvard and Yale. Students are hungry to learn lifelong strategies that have been newly discovered in the emerging field of positive psychology. Are your student's literate in the pursuit of happiness?

TESTIMONIALS

- *I am grateful for this opportunity to become a better, happier, more stable, & joyful version of myself. It had a huge impact on me. Life-changing.* Robin C. (Georgia)
- *Thanks! This was exactly what I needed! In three short weeks, my happiness improved greatly. On a scale of 0-10, I went from a 5 to a 9.* Jeana A. (Arkansas)

GET DUSTI ON YOUR CALENDAR NOW!

- Dusti Howell, Ph.D. brings a world of experience and research to schools and conferences in the form of edutainment at its best. His motivational talks are spiced with inspiration and humor. His EXUBERANCE and ENERGY get people focused on what they can do now. His engaging stories and creative visuals serve to enhance the message and reinforce those call-to-action elements that serve to be life-changing.