



Presentation

Tamara Waugh: Saturday 6th June

Title of Presentation: What's YOUR Happiness Experiment today?

Presenter Name: Tamara Waugh

Abstract:

Today's youth are facing more challenges than any generation before them. They are born into a digital age, which brings with it more knowledge and access to EVERYTHING good and bad, right at their fingertips. Not only are they faced with those usual 'growing up' challenges such as identity, hormones, sexuality, self esteem and bullying, but they now come up against the INTERNET which opens up the viewing pleasure of, cyber bullying, international grade competing for school, sexual abuse, war zones, suicide, political and religious outbursts, and the added pressure of likes and hearts on various social media platforms.

Things like social and emotional resilience have never been put into a school curriculum because - those were 'things' that was assumed our parents would teach us. Even if our parents were capable and educated in this themselves, we have entered an era where those lessons in emotional regulation are not relative to today's youth. Parents are facing challenges of not knowing HOW to help their kids. Teachers and schools are reaching out for content and programs to assist them in this area, as they too, were never taught emotion regulation, CBT, mindfulness or how to meditate, let alone teach it.

This is where *The Happiness Experiment* comes in! Using gratitude and positive shift shaping as the base component, we are teaching our youth generation to live compassionate, emotionally intelligent lives through creating positive neural pathways. 'Brainy Box' is a progressive learning toolbox incorporating mentorship, purpose, technology and connection. Decreasing the mental illness and youth suicide epidemic and creating flourishing human beings.

Presenter Biography:

Tamara is dedicated to inspiring people into extraordinary positive action – starting with herself. Tamara battled with mental illness from an early age and has constantly sought to find a

<http://www.positivepsychology.org.nz/conference-2015.html>

meaningful, measurable and sustainable improvement to her life and the lives of those around her.

Her enthusiasm for positive change and use of practical tools that consciously create happiness and empowerment on a daily basis has created a significant difference in her life and this has resulted in reaching and impacting on the lives of thousands of people through a Facebook page called “The Happiness Experiment”. She has now progressed to facilitating workshops in schools and learning institutes around emotion regulation, resilience and the power of gratitude. This is the ground-work for ‘Brainy Box’, a social enterprise she is currently in the development stage of building to engage and support youth to traverse their way to greater social and emotional resilience.

Committed to positive social change through her involvement with the Mental Health Foundation, Live More Awesome, Y for YOUTH and national events including Ride Out Of The Blue, Tamara is a walking (jiving) example of finding your happiness everyday.

Tamara can be reached at: tamara@thehappinessexperiment.co.nz