

6<sup>th</sup> International Conference on

# Depression, Anxiety and Stress Management

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***Elia Gourgouris****The Happiness Center, USA*

## Intentional happiness: Seven paths to lasting happiness

What is Happiness? Aristotle answered this by saying "Happiness is the meaning and purpose of life, the whole aim and end of human existence" Happiness is a choice! It is also attractive, healthy and being connected but it takes effort. That being said, what inhibits our happiness, and how can mental health practitioners find happiness and fulfillment in their professions, when far too many suffer from burn-out, due to the high stress nature of their jobs. In my keynote, I will address practical tools that are applicable to both them and their patients or clients. Several factors have a direct impact on our level of life satisfaction and fulfillment, including fear (of change, fear of success, and fear of failure), comparisons, selfishness, the burden of perfectionism, lack of forgiveness (and self-forgiveness), our inner critic, and toxic relationships. When these mental and emotional roadblocks are removed, our inner joy will be freed from constraints and returned to our awareness. The seven paths to lasting happiness reviews several of these roadblocks and provides both principles and "take action exercises" for individuals to learn from, and through its application to ultimately achieve genuine happiness, including.

1<sup>st</sup> Path: Loving Yourself a) Personal Brand b) Perfectionism c) Inner Critic d) Comparisons

2<sup>nd</sup> Path: Gratitude a) Attitude of Gratitude b) University of Adversity

3<sup>rd</sup> Path: Forgiveness a) Forgiveness equals freedom b) Self-forgiveness is the key

4<sup>th</sup> Path: Follow Your Passion a) Getting out of your comfort zone brings growth

5<sup>th</sup> Path: Nourish Your Spirit a) Faith vs. Fear b) Meditation & Purpose

6<sup>th</sup> Path: Loving relationships a) Love languages b) Criticisms & Toxic relationships c) Authentic listening d) Trust

7<sup>th</sup> Path: Service a) The antidote to selfishness

## Biography

Elia Gourgouris Ph.D. is the president of The Happiness Center – an organization dedicated to creating personal success and happiness. Over the last 25-plus years, as a passionate promoter of optimism and deeply meaningful relationships, he has helped thousands of people achieve happiness and fulfillment, both in their careers and in their personal lives. Dr. Elia is the author of the #1 Amazon Best-Selling book, 7 Paths to Lasting Happiness. In it, he helps readers identify and work through principles such as gratitude, personal branding, and forgiveness which everyone can apply to their lives for deeper, more meaningful and lasting happiness. He has published over 120 articles for various newspapers and magazines, including the Huffington Post. Dr. Elia is an international Keynote Speaker, Executive Coach, and a Leadership Consultant. He received his B.A. in Psychology from UCLA and his M.A. and Ph.D. in Clinical Psychology from the California Graduate Institute.

[Dreliagourgouris@msn.com](mailto:Dreliagourgouris@msn.com)