Positive Psychology

The Science of Happiness

MUCH OF PSYCHOLOGY LOOKS AT WHAT IS WRONG WITH THE WORLD:

RESEARCH FOR DISORDERS WILL EXAMINE THOSE THAT HAVE THE DISORDER.

WHAT IF WE LOOKED AT THOSE THAT DON'T HAVE THE DISORDER AND ASK.

"WHAT ARE THEY DOING RIGHT?"

THIS BRANCH OF PSYCHOLOGY LOOKS AT HOW WE CAN IMPROVE OURSELVES

BY EXAMINING THOSE OF US WHO ARE ABOVE AVERAGE,

SO THAT WE CAN HELP THOSE THAT ARE GOING THROUGH THE ROUGH PATCHES OF LIFE.

THE FIELD GIVES COMPELLING, SCIENTIFIC PROOF ON HOW WE COULD CHANGE OUR MINDSET

TO PROMOTE SELF-IMPROVEMENT, OVERCOMING DISORDER, AND ACHIEVING OUR GOALS.

IT IS A SUBJECT WE NEED TO THINK ABOUT ON A DAILY BASIS

SO THAT WE CAN ENGAGE OUR PROFESSIONAL (AND PERSONAL) LIVES AT AN OPTIMAL LEVEL!



FRIDAY, JUNE 16TH 1:30 PM MEDIA ROOM GUEST SPEAKER MIKE BROMBERG

PROFESSOR AT
UNIVERSITY OF
TEXAS, DALLAS.
PSYCHOLOGY
ENTHUSIAST,
COMEDIAN, ACTOR
& SPEAKER.

MIKE WENT TO UNDERGRAD AT MIAMI UNIVERSITY, WHERE HE EARNED A DEGREE IN PSYCHOLOGY.

WHILE AT MIAMI, HE WORKED AS A VOLUNTEER AT A SUICIDE HOTLINE,

AS WELL AS VOLUNTEERED IN NUMEROUS PROJECTS WITH KIWANIS INTERNATIONAL.

AFTER GRADUATION, MIKE DROVE ACROSS THE COUNTRY ON ROUTE 50 TO SACRAMENTO, CA
WHERE HE EARNED A MASTER'S IN COMMUNICATION STUDIES

AND GOT INTO THE PERFORMING COMMUNITY WITH STAND-UP COMEDY AND THEATRE ACTING.
HE THEN MOVED TO CHICAGO WHERE HE TOOK IMPROV CLASSES AND PERFORMED REGULARLY.

HE CURRENTLY TEACHES COMMUNICATION AT UT DALLAS AND UNT AND IS WRITING A HUMOR BOOK ABOUT PUBLIC SPEAKING.

HIS LATEST TALK IS ABOUT THE FASCINATING AND MOSTLY UNKNOWN FIELD OF POSITIVE PSYCHOLOGY.

IS IT THAT SUCCESS CAUSES HAPPINESS, OR THAT HAPPINESS CAUSES SUCCESS?

MIKE PLANS TO SHARE A CONCEPT THAT MAKES US CONSIDER OUR OWN MINDSET ACTIVITY NOT ONLY IN OUR PROFESSIONAL LIFE, BUT ALSO IN OUR PERSONAL DAY-TO-DAY.

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