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NORTH WEST WALES HEALTH & SAFETY GROUP

Wednesday 1st April, 2.00pm – 4.00pm

Main Lecture Theatre, Ground Floor, School of Electronic Engineering, Dean Street.

'Life, the Universe and Happiness'

Dr John Parkinson, Senior Lecturer

School of Psychology, Bangor University

THE SPEAKER

Dr Parkinson is a Senior Lecturer at the School of Psychology, Bangor University. One of his main research interests is how motivational and emotional states can affect our cognitive processes. Dr Parkinson is widely respected in his field and his Talks and Lectures are extremely popular and always very well received.

THE TALK

The Talk will look at the influence of motivational states on memory and decision-making and focus on the subject of 'happiness' and the effect it and 'positivity' has on us as individuals. Both happiness and positivity impact on day to day life, but it is not just our home life that will improve if we have a positive, happy outlook. Happy workers can be a significant benefit in the workplace and collectively and individually be a great asset to any organisation.

Happy workers usually:

- Receive better job evaluations, get paid more and are less likely to burnout.
- Are more likely to be collaborative thinkers.

- Are more likely to exhibit 'collective efficacy' – win-win.
- Find mutually beneficial solutions when conflicts arise.
- Persist at difficult tasks longer and are more optimistic about likely outcomes.
- Are likely to rate co-workers more favourably.

Happiness doesn't cost anything and is also contagious. So by using simple mathematics, if we are happy, those around us will become happier too; improving both our work and home life for free!

The Talk will also explore:

- 'Happiness' as a concept.
- The benefits of a happy and positive approach to life.
- Happiness as an action goal.
- Practical tips for optimising life experiences.

So come and join us to learn how being happy and positive can benefit ourselves and the workplace.

We look forward to seeing you at the Talk.

Refreshments will be provided from 2.00pm. Talk starts at 2.15pm.



INFORMATION



VENUE FOR 1ST APRIL 2009

The Main Lecture Theatre is on the ground floor of Bangor University's School of Electronic Engineering Building, which is located on Dean Street in Bangor – this building is also referred to as 'Informatics'. The Lecture room is accessible via the main entrance and then follow the directional signs on display.

The University is signposted from the A5/55 Expressway. A location map for the building can be found via the University's Homepage on: www.bangor.ac.uk. See: www.eng.bangor.ac.uk/LocationMap.pdf - Informatics, Location 60.

CAR PARKING

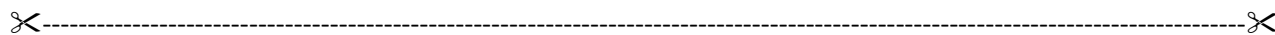
Please be aware that you can access the University Dean Street Car Park by entering the following PIN number: **5424** at the Barrier. It is noted that this **PIN number** will only work for this Car Park and only on the afternoon of the Talk.

Coming from Garth Road onto Dean Street, the entrance to the Car park is the second access road (unmarked – enters into University premises) on the left opposite the new NCP car park.



Please ensure you park within designated car parking spaces and display your Permit. The Car Parking Permit is printed at the bottom of this Flyer and must be displayed in the front windscreen. The University operates strict *Parking Regulations* and your vehicle may be towed-away immediately if blocking access or pedestrian routes or otherwise causing a health and safety hazard. Vehicles parked without a valid Permit may be immobilized and a cost is associated with its release.

FURTHER INFORMATION

For further Information on the Group please contact Bangor University 'Health and Safety Services' on 01248 383847. A warm welcome is extended to all with an interest in this subject, non-members especially welcomed.



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	<p>Wednesday 1st April 2009</p> <p>TRWYDDED PARCIO CAR PARKING PERMIT</p>	
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The North West Wales Health & Safety Group, Bangor University, College Road, Bangor. LL57 2DG. Tel 01248 383847, email: l.fowlie@bangor.ac.uk or gareth.w.jones@bangor.ac.uk