



TOXIC POSITIVITY VS. AUTHENTIC HAPPINESS

Date: Wednesday, 17th September

Time: 11am - 12pm (GST; Dubai)

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

We have all heard or said things like, "Don't worry, it'll all be fine!" or "Just think positive" when faced with a difficult life situation. When we become overly identified with positive thinking and start to deny or dismiss our other emotions, especially the difficult emotions, it is referred to as toxic positivity. Toxic positivity can compromise a person's mental and physical health, as well their personal and professional relationships.

ATTENDEES WILL WALK AWAY WITH:

- Understanding the difference between toxic positivity and realistic optimism.
- Insight into how toxic positivity can get in the way of you achieving authentic happiness
- Healthier ways to approach difficult life circumstances.

FACILITATED BY:



Dr. Otilia Brown, PhD (South Africa)
CLINICAL PSYCHOLOGIST

REGISTER: lighthousearabia.com/events

Instructions for how to join this webinar will be shared separately in advance.

