

## What our Participants Are Saying ...

*"The group offered me an opportunity to be in the moment, and feel completely supported by others around me. It was so helpful to be in a supportive community where I could share anything I wanted to share – good or bad, and others do the same. I was reminded that we're all human. Simple exercises we did, honest conversations we had, and the faith we had in each other was an incredible source of inspiration during this time in my life."*

– Anna Grundstrom, Brooklyn, NY

*"Through this group I developed an immediate bond with like-minded individuals. With every session our connection deepened and grew together in our own way. We learned various simple and fun ways to manage anxiety and stress and achieved a greater sense of self-awareness and acceptance. It was a life changing experience!"*

– Jean Poling, East Rutherford, NJ

*"I'm the type of person who is likely to read about the exercises in the books but I rarely put them into practice on my own. Thus, this group is such a gift. It enables me to have a safe, powerful and empowering place to go to learn about myself and how to be happier and healthier. Going to group every week is like filling up your gas tank when it's on empty with premium fuel. The conversations are refreshing and invigorating, and the people are amazing."*

– Emiliya Zhivotovskaya, New York, NY

## You will ...

- Connect with Like-Minded People
- Learn to Manage Stress Better
- Boost Your Daily Happiness Level
- Move toward your Best Possible Self
- Replace Negative Mind Chatter with Positive Thoughts
- Increase Self-Awareness
- Gain Tools for Self-Mastery

## About Flourishing Skills Groups (FSG)™

Why do some people languish while other people flourish? In general, we are not taught the skills needed to thrive. But through FSG, you will learn what's needed such as how to build your reservoir of positive emotions, work well with negative emotions, increase your "grit" and create nurturing relationships. FSGs gives you these tools in an intimate and supportive group setting. Created by The Flourishing Center, Willow Tree's FSG meets weekly for 10 consecutive weeks. Each week building and deepening your happiness skillset, leaving you nourished & empowered.

Earn a certificate of completion.

Join our

## FLOURISHING SKILLS GROUP™

And

## TOGETHER, WE WILL THRIVE!

Register by calling

201-602-7783

Put the science of  
flourishing into practice

with

Positive Psychology Practitioner

**Susan A. Nobleman**

MA, LCADC, CPS, CCS, CAPP

Willow Tree, LLC



Call for more info:  
201-602-7783

# Session Descriptions

## #1. INTRODUCTIONS

Learn what the science of happiness and well-being (Positive Psychology) is all about. Tell strengths stories and uncover the power of focusing on “what’s right with you” in a world that’s constantly focusing on what’s going wrong.

## #2. STRENGTHS

Discover your top signature strengths. Learn about naming, spotting and amplifying strengths. Use these skills to become more effective in the world by leveraging what you’re already doing well.

## #3. GRATITUDE

Learn about how evolution has biased your mind and body for negativity and how you can counter this tendency to worry, judge and ruminate by practicing gratitude. Learn the science of gratitude and novel gratitude exercises.

## #4. SAVORING

Positive life events alone are not enough to bring out happiness. Harnessing these approaches to savoring enable you to get more positivity out of your day-to-day experiences.

## #5. CONNECTIONS

Learn to build more positive and authentic connections with the people in your life. Uncover simple tools for helping the people in your life become happier and healthier.

## #6. VISUALIZATION

Many people waste their energy thinking about things they “should change” but rarely do. Uncover this research based approach to effectively moving towards your best possible self.

## #7. MIND CHATTER

Is your mind-full or are you mindful? Learn about how your brain works. Identify how to redirect and reprogram your limiting beliefs to more empowering, solution oriented thoughts.

## #8. HABIT CHANGE

Of course you can teach an old dog new tricks, you just need to know the science of how habits form and how they are broken. Learn how to identify the trigger, habit loop and discover appropriate rewards to break old habits.

## #9. FORGIVENESS

Forgiving does not mean forgetting. Research shows that people who score high on forgiveness are happier than those who score the least. Discover exercises for letting go of the past to be able to authentically move forward.

## #10. INTUITION

Learn the science of intuition and how to tell the difference between the static and the signals. Practice taping your inner wisdom and intuition.

**LENGTH:** 10 Week Program  
**MEETS:** TBD  
**TIME:** 2 hours, TBD  
**STARTS:** 2018  
**COST:** \$35 per session but if you pay for the 10 week series up front, you will receive a \$100 discount! Please pay by check or cash — and make checks payable to Willow Tree, LLC.

Limited to **10 people**.  
Pre-registration & interview required.

**LOCATION:**  
213 Village Rd, Green Village, NJ 07935

**CONTACT SUE FOR DETAILS**

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**Sue Nobleman, MA, LCADC, CCS, CPS, CAPP**

Bio: Sue is a leading voice in the field of substance abuse prevention and emotional well-being. She holds a Master’s Degree in Counseling, is a Licensed Clinical Alcohol and Drug Counselor, a Certified Clinical Supervisor, a Certified Prevention Specialist and is Certified in Applied Positive Psychology. Sue loves offering Flourishing Skills Groups (FSGs) because they are an incredible opportunity to bring people together in a warm, caring & fun environment that empowers participants to live more pleasurable and fulfilling lives.

