

# “Happiness is a choice workshop”

## Covering:

**Alcohol abuse**  
**Drug addiction**  
**Suicide awareness and its prevention**

## Presented by:

**Matthew Dovel**

As seen on: “**Good Morning America**” and “**20/20**”.

A best selling author on Life after death. The book, “*My Last Breath*”.

International Suicide Prevention Expert - <http://www.mylastbreath.com>

President of ISP (International Suicide Prevention) <http://www.supportisp.org>

## Course outline:

1. Facts about suicide, the warning signs, what to do for someone that might be suicidal.
2. A starting point. “*Knowing where you want to go is not as important as knowing where you are*”.
3. Facts about the human body – *A demonstrate on just how special we all really are.*
4. Alcohol & Drugs – Why do we drink, or take drugs? What determines if a person will become alcoholic?
5. What are the six basic human needs?
6. How did we become who we are?
7. Focus – A list of 45 things, the importance of goals, what we have control over, how to change our focus. “*The things we focus on determine the quality and direction of our life*”
8. The power of your imagination!
  - “*Your imagination is more important than knowledge*” **Albert Einstein**
9. What are prejudices?
10. Values & beliefs – Learning what they are, and if they are beneficial to you.
11. How to create positive and permanent change in your life!
  - “*The past does not equal your future!*” **Anthony Robins**
12. ISP – A 5 step plan for a healthier and happier life.
13. ISP focuses on three areas to reduce the suicide rate and why it is important to do the work that we do:  
**Awareness      Prevention      Emergency Post-Suicide Family Support**

## Call today to schedule a workshop, class, or lecture for your organization

Workshops are designed to meet the individual needs of each group.

We have experience in giving workshops to: Communities, Schools, Corporations, Indian Tribes, Police, Mental Health Professionals, and the United States Military.

Special workshops for: *Teens, adults, and seniors.*

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