

Happiness expert

“ My mission is to transform the ordinary into the extraordinary! To engage peoples’ natural healing capacity and tap into one’s own intuition. Through humor, love, and passion, my goal is to assist others to lead more fulfilling, joyful lives. ”

With ever increasing life demands & stress coupled with the world’s harsh economic times, individuals need *hope* more today than ever in history.

As a professional with a degree in Education and a 1st Degree Black Belt in TaekwonDo, Elizabeth brings over 20 years of empowering individuals to have the courage to live richly, fully and to their ultimate potential. Whether health, wealth, or great happiness, Elizabeth knows that she can tangibly change your life with her affirming tools and techniques while expanding your joy and laughter.

Elizabeth combines her degrees with a variety of holistic designations including; a Certified Clinical Hypnotherapist, Reiki Master & Yoga Instructor.



Elizabeth Manuel, B.Ed., CACE*

- Happiness expert
- Author
- Writer
- Speaker
- Life Coach
- Yoga Instructor
- 1st Degree Black Belt (TaekwonDo)
- Corporate Trainer
- Reiki Master
- Certified Clinical Hypnotherapist

* Certificate in continuing and adult education



Get Happy! with Elizabeth!

Get Happy can be delivered as a:

- Keynote presentation
- 1.5 - 3 hour breakout session
- Full day workshop

Happiness training at work can be extremely profitable for companies, as well as for employees. A few brief sessions can generate enormous benefits. The cost is minimal compared to the positive and often permanent effects. The benefits of happiness training are numerous, simple and yet profound.

Get Happy helps to alleviate stress and increase wellness in participants. Elizabeth elicits personal accountability from her audiences, breaks victim mentality and teaches her happiness system for increasing productivity.

Stress. It's not good for business or employees. Elizabeth's presentations are proven stress busters!

According to a survey of 800,000 workers in over 300 companies, the number of employees calling in sick because of stress tripled from 1996 to 2000. In fact, an estimated 1 million workers are absent every day due to stress.

About two out of three of the workers in the survey said that workplace stress had caused difficulties, and more than 10 percent described those difficulties as having a major effect on their jobs. About one in five respondents said they had quit a previous position because of job stress, and nearly one in four have been driven to tears by it.

There is a way to change all of that with **Get Happy!**

Get Happy! is a powerful program, where your associates will learn to identify and shift their negative habits and attitudes by recognizing limiting perceptions. They will identify new ways of creating more prosperity for themselves as individuals and thus the company as a whole. Happy employees are empowered individuals who are less stressed, take less sick time and radiate a high-energy yield! They are ready to serve!

what others are saying:

“ I would like to extend a heartfelt thank you for delivering a wonderful presentation “Get Happy” at our Women’s Wellness Spring 2008 Lecture Series at the Grey Nuns Community Hospital. Your enthusiasm, energy and dynamic presence were evident in your presentation. ”

Kim Small, RN, BScN
Health Educator, Women’s Wellness Program
Grey Nuns Community Hospital

“ I was so pleased to be able to attend the "Get Happy" seminar at Vitalize 2008 and had to let you know how much I enjoyed it! You are such an amazing speaker and I so relate to the "I'll be happy when..." syndrome. It was such a wonderful session and I especially loved the demonstration with the golf balls and marbles and also the mini vacation you took us on-it is surprising how relaxing that was! ”

Kelli Ritz-Virtanen
Volunteer Resources Coordinator
Innisfail Health Center

“ Elizabeth was a delight to have as part of our incredible speaking team for Vitalize 2009, she was great work with and the delegates enjoyed her session ”

Leah Paton
Consultant/Conference Coordinator
Voluntary Sector Services Branch
Wild Rose Foundation
Alberta Culture and Community Spirit

“ ...I would like to take this opportunity to thank you so much for your talk on June 18. The feed back I received from the staff was really positive. I would recommend you for other events we require an out side speaker. Again thank you so much for a very pleasant and informative event. ”

Sharon Spendiff
Alberta Employment & Immigration

partial client list

- CATCA Central Alberta Teachers Convention
- Womens Wellness Conference
- Capital Health - Womens Wellness Series
- Edmonton Junior Chamber
- Catholic Social Services
- Wild Rose Foundation - Vitalize Conference
- Alberta Employment and Immigration
- Village of Breton
- Northern Gateway School Division
- Valley Communications- Drayton Valley
- Grant MacEwan Community College
- NAIT
- Norquest College
- Medicine Hat Teachers Convention (SEATCA)
- Annual Educational Assistants Conference
- Mighty Peace teachers Convention