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The Smarter-Life-Growth approach to wellbeing, happiness and success

By combining aspects of applied cognitive, clinical, coaching and positive psychology together and adding elements of tried and tested growth and leadership techniques from world leading authorities such as John Maxwell, a practical approach to improving wellbeing, happiness and success has been created in the Smarter-Life-Growth approach. This integrative, trans-functional and holistic approach, adopts a practical skills-based way of helping individuals restore, maintain and improve their sense of wellbeing, happiness and personal, professional and performance success. Further by integrating different aspects of an individual's experience (e.g., the biological, psychological, social and spiritual) and through applying a stepped staging framework, a single coherent understanding of an individual's life journey is created. This allows the approach to support individuals along the wellness continuum, from struggling and suffering through to flourishing, thriving and meeting their potential. This presentation outlines the theoretical and applied underpinnings of the Smarter-Life-Growth approach as well as how wellbeing, happiness, and success performance indicators, and goals can be identified and fulfilled through a variety of evidence-based interventions. The approach acknowledges the unique potential that all human beings have, the natural fluctuations in wellness that occur and empowers individuals to have greater autonomy over their life so they can be more resilient, and successful in the separate (but interconnected) aspects of their life, thus allowing them to create and lead the life they want to lead, and to have the confidence, skills and ability to protect this against the natural adversities that we all face.

Biography

Pat Gwyer is a world-leading expert in Wellbeing, Happiness and Success. His integrative approach combines applied psychology and the work of John Maxwell, the world leading authority on leadership and personal growth. On completing his PhD, he worked as a Researcher for a UK law enforcement agency and taught at several universities. In 2006, he has completed his Second Doctorate in Clinical Psychology and then an MSc in Applied Positive Psychology and Coaching Psychology. He specializes in consultancy for individuals and organizations and is the Clinical Advisor for The Mountain a specialist veteran charity promoting post traumatic growth.

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