

**August 2009****In this issue:**

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**EUROPEAN PREMIERE OF OUR BOOK "COACHING"**

In July issue of the IAF (International Association of Facilitators) our book „Coaching“ is presented:

You can read it at:

[http://www.iaf-europe.eu/newsletter/newsletter\\_july2009.pdf](http://www.iaf-europe.eu/newsletter/newsletter_july2009.pdf)

**OUR COACHING TRAININGS**

We delivered coaching training in Čačak for BSC Kragujevac, from June 29<sup>th</sup> till July 3<sup>rd</sup>, 2009.

Participants significantly contributed to the success of this training: Sanja, Jelena, Ana, Maja, Vlade, Vladimir, Aco, Gojko i Ivan.

THANK YOU ALL!

**Our Trainings:**

BiH July 25-30<sup>th</sup>, 2009 (Leadership and Motivation Training (with coaching and mentoring) for BSC Zenica)

**INTERNATIONAL MENTORING CONFERENCE INTERNATIONAL CROSS-MENTORING PROGRAM - WOMEN IN LEADING POSITIONS**

September 28th 2009 in Luxembourg International Mentoring Conference will be held.

Conference program is available at:

[http://www.mobilis.co.rs/coaching\\_eng.htm](http://www.mobilis.co.rs/coaching_eng.htm)

If you would like to participate at this conference please e.mail to us:

[info@mobilis.co.rs](mailto:info@mobilis.co.rs)



International  
Cross-Mentoring Program

[www.cross-mentoring.net](http://www.cross-mentoring.net)

**EMCC CONFERENCE IN AMSTERDAM, NOVEMBER 2009**

The 16th Annual EMCC Conference will take place in Amsterdam in November 2009.

Europe's premiere coaching and mentoring conference brings together researchers, scheme coordinators and practitioners of mentoring & coaching from across (and outside) Europe.

For anyone involved in the mentoring & coaching business, education or the community at large, it provides a central focus which has increased in popularity since the first conference was held in 1992.

New insights and developments in mentoring & coaching are continually evolving and the annual conference acts as a show case of these developments as well as a forum for sharing current best practice.

More information

<http://www.emccouncil.org>

**INTERESTING****Positive Psychology**

Dr Martin Seligman is a founder of Positive Psychology, a new branch of psychology which focuses on the empirical study of such things as positive emotions, strengths-based character, and healthy institutions. His research has demonstrated that it is possible to be happier to feel more satisfied, to be more engaged with life, find more meaning, have higher hopes, and probably even laugh and smile more, regardless of one's circumstances. Positive psychology interventions can also lastingly decrease depression symptoms. The research underlying these rigorously tested interventions is presented in the July/August edition of the American Psychologist, the journal of the American Psychology Association.

Source:<http://www.authentic happiness.sas.upenn.edu/Default.aspx>

**HAPPY LIFE = PLEASANT LIFE + LIFE OF ENGAGEMENT + MEANINGFULL LIFE**

Authentic Happiness has almost 700,000 registered users around the world. You are welcome to use all of the resources on this website for free.

You can see and hear the lecture of Prof. Seligman at [http://www.ted.com/index.php/talks/martin\\_seligman\\_on\\_the\\_state\\_of\\_psychology.html](http://www.ted.com/index.php/talks/martin_seligman_on_the_state_of_psychology.html)

**EXERCISES: Desing a Beautiful Day!**

Write down a gratitude letter to a person who supported you and help you a lot.

Send it or give it to a person.