



**Dr. Joy Bodzioch**  
**Clinical Psychologist – Positive Psychology Specialist**  
**Author and Inspirational Speaker**

*"It has been a JOY having you here. You have left us with many great tools to better help others (and myself) to have emotional wellness and maturity. Thank you! Thank you!" ANA SLOBODVIK – OOS ANGELES*

As a psychologist I always believed that true well-being will result in JOY. But, following a 40-year quest, one day in 2004 I suddenly made a stunning discovery – an ancient blueprint for experiencing joy as valid today as it was 2000 years ago! With the publication of *Discover Joy*, I began to share this secret! My husband and I then wrote *Discover Joy in Your Marriage*, and I published a Kindle book entitled *Happy Being Me*. Now, my newest book, *Ten Keys to a Rich & Satisfying Life: Timeless Wisdom for Total Well-being* picks up where these publications ended, and is truly the culmination of my work. Each of the following presentations is designed to share the insights I gleaned and give participants specific tools to love their lives by making the most of every single day.

**SECRETS OF WELL-BEING THAT CAN CHANGE YOUR LIFE – or How to Find Your JOY!**

This signature talk is based on my new book, *Ten Keys to a Rich & Satisfying Life*. In it, I guide and encourage my audience to develop three of the most important choices they can make to enjoy their best possible life, the life they always dreamed of! I discuss how they can immediately move toward wholeness and total well-being – spiritual, intellectual, emotional, physical, and relational. And then I reveal that it's possible for each of us to find our special, God-given purpose, leading to a life that is more exciting, authentic, and meaningful.

**CALM & CONFIDENT: Self-management Tools to Enhance Your Life**

This powerful and practical talk focuses on three specific tools for developing greater well-being at three levels: the intellectual, physical, and emotional. Participants will not only leave with a new understanding of what it takes to overcome the anxiety and depression that can sap their energy and steal their joy, but also be prepared with new skills for immediately putting these skills into practice.

**DISCOVER YOUR DESTINY: How to View What You're Meant to Do**

This workshop provides participants with the inspiration to realize that, regardless of their past mistakes or perceived "flaws", their lives *matter* and no one else on earth can accomplish their special, *unique* destiny! Not only do they learn the specific steps for identifying their God-given gifts and purpose, but most importantly they leave with the ability to continue on this personal journey of self-discovery!

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