

MEDIA RELEASE
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For Immediate Release



The Happiness Factor **Breaking the Sadness Code Using the Intelligence of Emotions**

Australian research finds a way to discover happiness through emotions that can be negative or destructive.

“The more we accept, acknowledge and share our emotions in a way that leads to a discussion about values, the better we are,” says Dr. Leigh Kibby who specialises in working with emotions.

Dr. Kibby, a leadership and organisational consultant has impressive results to justify his claims. He has been published internationally and has presented papers on Leadership at prestigious international conferences.

“My techniques provide an underlying method that works with internationally recognised research conducted by Pennebaker in USA and Rime in Belgian and the growing empirical evidence that talking about emotions improves health,” states Kibby.

“After training over 2500 people in techniques that use the ‘Intelligence of Emotions’, I saw an improving trend especially with respect to tolerance and compassion for others and a willingness for those with problems to seek help,” states Kibby.

Research by the Rural Faculty of the Royal Australian College of general Practitioners found that 41% used Kibby’s happiness skills once a month, 35% once a week, 12% 3 times per week. 88% of people used these skills within their community to help others.

The key to the success of Kibby’s happiness tools is that they work with natural tendencies associated with emotions. Also, they develop an approach that accepts emotions as a normal aspect of life that can help us discover purpose and meaning, a deep level of happiness that leads to contentment and inner peace.

Dr. Kibby has adapted Happiness techniques to workplace application where he has helped facilitate increases in staff satisfaction from 51% to 89%.

Dr. Leigh can be reached at (+61 3) 5222 7578 or leigh@kinematic.com.au The Kinematic web site is <http://www.kinematic.com.au>

BACKGROUNDER

Dr. Leigh Kibby, PhD; Grad Dip GW; B Ed; DipT

Dr. Kibby, known as “Dr. Leigh,” is one of the world’s truly innovative thought leaders having founded the Noetic Psychology movement and developed numerous new paradigms such as the Sustainability Triangle (Psychology-Sociology-Ecology), L.E.T. (Language-Emotion-Thought) framework, Affective-Cognitive Integration Model (the NEW Emotional Intelligence), “The Intelligence of Emotions” and Psychological Genome concept. He is also one of Australia’s leading trainers having taught Noetic techniques to over 2500 people including General Practitioners (Family Physicians), Police, teachers, youth workers and the corporate sector. Dr. Leigh also devised some of the most successful development programs for the unemployed - Empower Plan and Making the Change. His Paradigm Shift seminar has been described by senior executives as the most personally profound and professionally uplifting programs they have attended in their entire careers.

Qualifications

- PhD Thesis – Emotional Intelligence, Emotions Management and Ethical Behaviour, successfully completed 2004, Deakin University, Victoria
- Graduate Diploma in Group Work and Counselling, 1988, Adelaide University, South Australia
- Bachelor of Education (double major), 1986, Deakin University, Victoria
- Diploma of Teaching, 1979, RMIT University, Victoria

Awards / Publications / Presentations

- Joint Winner of the Best Paper Award at the 2002 International Emotions In Organisations Conference.
- Two papers titled “Servant-leadership” and “Noetic Leadership” presented at the 2003 British Academy of Management Conference.
- Presented two papers titled “Servant-leadership Skills” and “Noetic Leadership Skills” at the 2004 Gallup Leadership Institute Conference.
- Co-author of “Intelligent Emotions Management” for the internationally released book “Key Issues in Organisational Communication”.
- Managing Director, Kinematic Pty, Ltd (<http://www.kinematic.com.au>)
- Quality Manager / Manager, Business Programs Unit, ACU, Office of International and Community Education
- Manager – Victoria, Youth Business Initiative, Victoria
- Managing Director, INSPIRATIONAL ENTERPRISES
- Teacher, VICTORIAN EDUCATION DEPARTMENT and SOUTH AUSTRALIAN EDUCATION DEPARTMENT
- Intelligence Officer, Australian Security and Intelligence Organisation

Other achievements include:

- Executive Manager of a group responsible for over \$30 million of projects with organisational wide impact and customer delivery impact.
- Reducing staff turnover costs by AUS\$500 000 within six months
- \$500 000.00 income stream achieved for entirely new business within 18 months of launch.
- A 200% increase in sales revenues for a division of a finance company.
- National accreditation of professional mentoring programs for GPs - accredited by Royal Australian College of General Practitioners.
- Cultural change program assessed as best in the world by Director of centre for business research in leading Australian University.