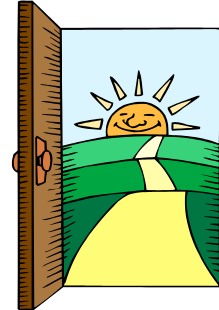


How to be Happy

A 1-day workshop on what's important in life...

The aim of this course is to help participants explore what happiness means for you, learn ways of cultivating a positive and optimistic frame of mind, and deal effectively with setbacks.



By the end of the day, I hope you will be able to

- Describe the particular things that make you happy
- Tap into a positive and resourceful state of mind through choice
- Interpret events optimistically
- Deal with setbacks in a systematic and empowering way
- Understand different types of happiness, ranging from simple pleasures to more profound states.

Outline programme

A.M.	Introduction to course & one another
	Exploring what makes us happy
	Understanding the conditions for happiness
	Interpreting events – the power of beliefs
P.M.	Dealing with setbacks
	Optimism and pessimism
	Resourceful states of mind
	Different states of happiness
	Signature strengths