



# The Happiness Project

**The happy secret to success and work-life balance**

In today's world, we tend to live like **'Mr Hare'**, dashing hither and thither and exhausting our engines at 110%. But....does it make us happy or successful ?

Imagine, if you will, making the time that **'Mr Tortoise'** takes, to go steadily, eat a healthy meal, enjoy your work, manage your time, rest, recuperate and spend quality time with friends and family.

**Who wins the race?**

**The answers to this question and more are given during our one hour introduction – The Happiness Discovery Event**

**The new science of today- 'Positive Psychology' links productivity with our personal sense of well being, our Happiness Quotient or HQ!**

**Join Us on Wednesday 14<sup>th</sup> November 2018**

**At WPS Opus**

**Level 9, Majestic Centre, 100 Willis Street, Wellington**

**From 10.15am to 11.15am**

**Register at [www.constructing.co.nz](http://www.constructing.co.nz)**

**Look forward to seeing you 😊**

**"Happiness comes  
BEFORE Success!"**  
Shawn Achor, Harvard  
University

