



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 factor !

Join Us on Monday 19th November 2018

At WPS Opus Level 1, Five Mile Centre, Grant Road, Frankton, Queenstown

From 1.00pm to 2.00pm

Register at www.constructing.co.nz

Bring your lunch, a sense of fun and an open mind! **Look forward to seeing you 😊**

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

