

# The Happiness Project

The happy secret to success and work/ life balance

Let us take you on a journey!

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 ?

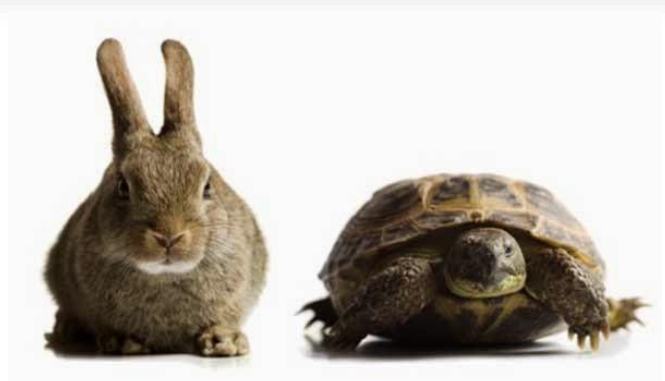
Imagine, if you will, making the time that 'Mr Tortoise' takes, to go steadily, eat a healthy meal, enjoy your work, manage your time, rest, recuperate and spend quality time with friends and family.

Who wins the race, we hear you ask?

The new science today- 'Positive Psychology' links productivity and output with our personal sense of well being, our happiness factor !

*The answers to this question and more are given during your tailored journey with us in pursuit of everyday permanent, uplifting happiness.*

Join us in The Happiness Project!



# The Happiness Project

## The Happy Secret to better work...

**“Happiness comes BEFORE Success!”**

**Shawn Achor, Harvard University**

The new science of today – ‘Positive Psychology’, links productivity and output with our own personal sense of well-being, our happiness factor.

Today’s leaders of the largest and most forward thinking businesses around the globe are adopting practices to ensure that their people are happier and more fulfilled, reaping the benefits that automatically follow of, higher profits, less sickness and a more enjoyable workplace.



We started this journey in our business, in late 2017 in order to test the theory before releasing it to the wider Aotearoa. Our own team has seen a major transformation in just six months with a significant increase in profits and a 40% reduction in sick leave. Everyone’s ‘happiness score’ increased!

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## The Journey

We have crafted 6 sessions delivered during 3 half day events. We will reveal to you and your team, the fundamental basics of being happy.

We have delved deeply into the knowledge available across the globe and distilled the best into twelve simple and easy tools to use for ‘tiny amounts of time’ to give you ‘instant, powerful bursts of positivity’ throughout your day.

This strategy has been proven to make a permanent shift in your ‘happiness set-point’.

## The Sessions

- 1. Fundamental Happiness.** Your bodies chemicals, your ability to control your moods and Mind Body connection.
- 2. Kindness and Gratitude.** Uplifting your spirit with these two great tools.
- 3. Team Happiness.** Your Superpowers, Values and Social Support Network.
- 4. The Body.** Tiny tools for helping your body to help you to feel happy.
- 5. Moving Mind, Body and Energy.**
- 6. Bringing it all together for permanent Happiness uplift.**

## The Tools

Each half day comprises three or four takeaway tools to practise and track.

You will score your own happiness privately at each session and track your own progress along your journey.



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