

THE SCIENCE OF HAPPINESS AND YOUR PERSONAL/PROFESSIONAL DEVELOPMENT

HFT 3930

1-CREDIT POD - OCT 5 (5-9PM) & OCT 6 (8:30AM-6:00PM)



HOW TO USE THE SCIENCE OF HAPPINESS

How can you become more engaged in your life? How can you sustain positive emotions? How can you help build a positive business community and what would it look like? What is life's ultimate meaning and how can you align it to your professional development?

PUT HAPPINESS TO WORK: INCREASE WELLBEING, PRODUCTIVITY AND RESILIENCE

- Create conditions in the workplace that nurture a life worth living.

- Practice evidence-based experiential activities that create and sustain positive emotions and desired experiences.
- Integrate resiliency techniques to face personal and professional challenges more effectively.
- Develop and implement a project aimed at promoting personal and organizational well-being based on tested happiness tools and strategies

What: Earn 1.0 Credit/Seminar on Happiness

When: Oct 5 (5-9PM) & Oct 6 (8:30AM-6:00PM)

Where: HTM249 @ BBC