

Rethinking the formula for Happiness & Success

Rethinking the formula for happiness and success is designed to help people become happier and achieve higher levels of life satisfaction, mental wellbeing, compassion and social trust. Through discussion and personal reflection this seven-week course examines what actually makes us happy. The course is designed to help people discover that real success has much less to do with what we earn or consume - and much more to do with our inner attitudes, our relationships with others and our contribution to society.

Over seven weeks we will consider a number of big questions by combining the latest findings from the field of psychology with our own personal experiences to see what is true and meaningful for us. The sessions start with the fundamental question about what is actually important in our lives. We then move onto exploring what actually makes us happy. These are followed by sessions dealing with adversity, having good relationships, caring for others, and creating happier workplaces and communities before concluding by looking at how we can create a happier community. Covid-19 has made this course even more valuable for staff and can be delivered in person and remotely.

Each weekly session follows the same structured format, which includes:

- **Reflection.** Starting each session with short mindfulness and gratitude exercises to create a calm and positive atmosphere and to encourage friendly connections.
- **Food for Thought.** We then introduce some of key findings from the field of positive psychology on the week's theme and start to explore how this information and practical guidance might be relevant to us as individuals.
- **Group Discussion.** Having an in-depth discussion in small groups of 3-4 people and then sharing the insights with the wider group.
- **Action.** Committing to a personal action to take based on what has been discussed.

We know that less than 2% of the huge variation in happiness within our society is explained by variation in income. There are many factors that contribute to our happiness. The single most important single factor is our mental health and of course physical health also matters. The other huge influences are human relationships, the strengths communities in which we live, the quality of work we do and in particular how we're getting on with our colleagues at work.

During this course, we explore all these factors, empower you with choices and help you design personal strategies that will enhance your well-being and happiness.