



Happiness@Work™

a 2 hours module with capsules of wisdom
by

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**Happiness is the meaning and the purpose of life, the whole aim and end of human existence.
Aristotle**

Have you ever

- Have you ever heard a NO from 2 meetings in the morning and felt the mind feeling low and not ok to go into the 3rd meeting with positivity?
- Have you ever had to manage your anger in split seconds to smile at the next person coming up towards you?
- Have you ever felt tongue tied about opening a conversation with a new person?
- Have you ever felt embarrassment or not known what to do when someone constantly appreciates you?
- Have you ever had to adjust your thinking to face an important official presentation on the very same day that a family member was unwell?
- Have you ever felt the need to respond positively when your feelings are those of irritation and anger?
- Have you ever felt torn between striving behind what you desire to achieve and being happy?

If the answer to any of the above is a YES, then 'Happiness@Work™' is for designed for you!

'Happiness', as we know, has been defined by an innumerable many, right from Mahatma Gandhi to the Dalai Lama in their own way. In this 2 hours guest lecture workshop, 'happiness' is defined as 'that state of mind that one wishes to come to instantly, so as to respond the way one needs to respond in any given situation or time towards any individual.'

In this inspirational and motivational module, 'Happiness' is treated, not just as an abstract concept, but also as a few practical and implementable techniques that can be applied at any point in time so as to get one back to a state of positive energy!

In this interactive module, based on various international frameworks, one learns about:

- Knowledge/awareness of the international behavioral frameworks and techniques for Happiness
- Simple techniques, attitudes, and beliefs that help in being happy
- Leverage your power of imagination to create happy moments
- Programming the sub conscious with happiness
- Make one feel happier, more enthusiastic, more in control of self and one's life
- Advance further in personal development
- Help others find hidden resources inside themselves
- Obtain the freedom one aspires

Customized with examples in the relevant field, topics covered include:

- Positive Affirmations
- Formula for Happiness
- Positivity Quotient
- Knowing your Positivity Quotient
- 6 Core practical techniques for 'happiness'
- Dream Big
- How to respond and not react
- Knowing your response-reaction ratio
- Avoid saying the negative
- The power of a smile
- Techniques to give and receive appreciation