

## Think Yourself Happy

‘Happiness is not having what you want. It is wanting what you have’

For many people being happy and motivated at work is a basic essential of life but how much effort do we put in to achieving this? Historically psychologists have concerned themselves with things that make people unhappy – 99% of psychology papers and books deal with anxiety and depression whilst only 1% explore positive traits.

This workshop is designed to help participants develop an understanding of what happiness is and to explore ways to increase their personal happiness and motivation. It will look at whether happiness is genetic – are some people born grumpy or can we influence how happy we are?

### Course Objectives:

At the end of the session participants will have:

1. Examined the difference between happiness and pleasure
2. Discussed how closely happiness is connected to values and belief
3. Explored whether we can increase our happiness level
4. Identified the key things that motivate us to work
5. Developed an action plan for positive living.

‘Action may not always bring happiness, but there is no happiness without action’  
Benjamin Disraeli

‘Happiness is a choice that requires effort at all times’

Anon