

ENHANCING YOUR HAPPINESS QUOTIENT

2-Days Program



Abraham Lincoln may have said it best when he noted that “folks are usually about as happy as they make their minds up to be.” Happiness is not something that happens to us, or something we are born with. Happiness is a choice we make each day and to make it well you need to know it well. Individuals have the ability to control their own happiness if they actively and consciously take charge of it. This DOOR program based on the Berkeley Method enables individuals to optimize well-being and happiness.

Enhancing Your
Happiness Quotient



Topics

- + Introduction to happiness
- + Shaping the features of my own happiness
- + Mere happy or holistic well-being?
- + Training the brain towards well-being
- + Unhealthy emotional processing and healthy emotional regulation
- + Happiness case studies and reflections
- + Detecting happiness quotients in relationships
- + Your personal well-being plan

Training Objectives

At the end of this training you will be able to:

- 1 Understand the science of happiness and assess your own happy circuitry
- 2 Learn the skills of happiness and choices for well-being
- 3 Move from unhealthy emotional processing to healthy emotional regulation
- 4 Create a plan for ingraining happiness tools, techniques and associated principles as a part of your daily routine

Duration

2 Days

#HAPPINESS IS NOT A STROKE OF A LUCK, IT'S THE RESULT OF HOW WE LIVE OUR LIVES.

Program Schedule

DAY ONE

Defining happiness

- + Identifying features of my happiness
- + Happiness and well-being
- + Beliefs about happiness
- + Happiness values
- + Happiness assessment

Training the brain to be happier

- + Skills and techniques
- + Psychological functioning principles
- + Schools of thought around happiness
- + Receiving and giving: carrier of happiness induced energy

DAY TWO

A life of well being

- + Happiness natural unhappiness smart
- + Choices and mindsets: above the ladder

- + Happiness dictionary: key terms and application to one's life

- + Happier relationships to happiness in relationships

Rules for working with others

- + Hold people accountable
- + Learning to say 'no'
- + Seeing your place in the value chain

Taking control of my happiness

- + The picture I create
- + Unhealthy emotional processing to healthy emotional regulation
- + Reconditioning the 'I'
- + Erasing the non-assertive tapes

Your personal happiness plan

- + PERMA model
- + Spatial anchoring
- + My happiness 'Pecha Kucha'

More information

If you would like to discuss any one of our programs please contact us.

T +49 (0) 611 157 59 00

E info@doortraining.com