Living Well – Today and Tomorrow

Course

title: DON'T WORRY, BE HAPPY: TOOLS FOR SUSTAINED HAPPINESS
Program # 3431-16-LAAS

Instructor

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A welcome note from your instructor:

Ever wonder why that new pair of shoes or car doesn’t keep you happy for long? You’ll find the answer in this class!

Happiness researcher and positive psychologist Sonia Lyubomirsky says that our “happiness set point” (which we can move upward within a specific range through various practices!) determines just 50% of our happiness; while a mere 10% can be attributed to differences in life circumstances and situations. This leaves a startling, and startlingly under-developed, 40% of our capacity for happiness within our own power to change; that 40% will be the focus of this class. The aim of this exploratory and hands-on class is to acquaint you with specific practices that you can do to enhance and sustain greater happiness in your life taken from the latest research in on happiness.

Tips for success:
This class seems to promote lots of sharing and laughter – so come expecting to have a good time, and perhaps make a friend or two!

Supply List (Bring your own)
Note: All supplies are suggestions. Mention of a brand or retailer should not be considered UW-Madison endorsements. Students may make substitutions.

Required supplies: None

Optional items: None