

# APPLIED HAPPINESS COURSE



ONLINE COURSE SYLLABUS

# COURSE DESCRIPTION

Historically, the field of psychology has placed a lot of attention on what's wrong with people and what we can do to treat disorders of the mind. More recently, the field has broadened its scope to give more attention to the positive side of human nature and the most effective ways to pursue the good life. This course focuses on this latter development by examining scientifically proven ways to nurture happiness and psychological well-being.

The course is not meant as a silver bullet for happiness - rather as a 'toolbox' where each participant can find a 'tool' that works for them and learn how to apply it.

During the sessions participants will engage with some of the most provocative and practical lessons from positive psychology. Furthermore, they will discover how these lessons could be applied in their own lives through individual reflections, group exercises, open discussions and real life cases. Between sessions, participants will do exercises that enable cultivating happiness inducing behaviors as a long-term habit.

The course will cover 7 main behaviors linked with long-term well-being such as mindfulness, gratitude, sense of purpose, optimism, personal strengths, kindness, and positive social connection.

## COURSE IN SHORT

**SUBJECT:** Happiness

**COURSE TYPE:** Online

**FORMAT:** Emails / Workbooks / Video Lectures

**LENGTH:** 100 days / 8 sessions

**EFFORT:** From 15min to 4 hours a week

**LANGUAGE:** English

**CONTACT:** hello(at)appliedhappiness.institute

# LEARNING OBJECTIVES

By the end of this course, participants will:

- Have a basic understanding of the factors related to their emotional intelligence and well-being;
- Have an understanding of the field of positive psychology and the research behind factors that promote well-being;
- Have a deeper understanding of their own strengths and their sense of purpose;
- Learn about the importance of the positive social connection for individual well-being and learn how to build it in practice;
- Apply practices to cultivate such traits as mindfulness, gratitude, optimism and kindness;
- Learn evidence based practices that can be employed in everyday life to address challenges and to promote well-being.

# COURSE PREREQUISITES

There are no prerequisites for taking this course, apart from your motivation to actively create and live a happier and more fulfilling lifestyle. The course is meant for everyone regardless of their gender, nationality, professional background, age, religion or nationality.

# COURSE FORMAT

The course is delivered in a self-paced format - the participant is free to choose when and how they would like to learn the course material. They can choose between email, workbook or video lecture based course version. Regardless of the chosen format, every session contains 1) theoretical material drawn from positive psychology research and 2) at least one practical exercise to cultivate the subject trait in your daily life. Full course participants are encouraged to write to the personal dedicated coach with questions throughout the course.

# COURSE OUTLINE

## **SESSION #1: Introduction + Sense of Purpose**

The first session will look into the topic of what is driving you on daily basis and gives your life meaning in the long-run. You will dig deeper into the initial exercise you have completed prior to starting the course and prioritize how you would like to see our happier-self.

## **SESSION #2: Personal Strengths**

The second session will focus on what you are naturally good at to do more of what makes you happy. You will discover your personal strengths and see how others perceive them from the side.

## **SESSION #3: Mindfulness**

The third session will open the doors to the world of mindfulness, which is at the basis of cultivating any positive changes in your life. During the session, you will have a chance to experience formal and informal practices of mindfulness.

## **SESSION #4: Gratitude**

The fourth session will focus on gratitude and on mastering the art of appreciating the world, people and yourself as is without craving for more. You will initiate the new habit of noticing opportunities to be grateful in the busy everyday life.

## **SESSION #5: Kindness**

The fifth session will shed the light on the topic of kindness. It is one of the most taken for granted traits of human beings, despite it's transformational and viral qualities. Through concrete practice, you will experience the power of kindness by doing good to strangers.

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## **SESSION #6: Positive Social Connection**

The sixth session will focus on the importance of the positive social connection for the well-being of not only for the community but particularly for the individual. During the lesson, you will discover destructive and practice constructive ways of building a positive connection.

## **SESSION #7: Optimism**

The seventh session will focus on the trait important in building a longer-term outlook after the course - optimism - and you will have the chance to practice reframing any situations from negative to positive.

## **SESSION #8: Graduation Project**

The final session will introduce you to the graduation project that you can both complete on your own or with someone else. The goal is to apply the acquired knowledge into practice, spreading the positive impact in the world around you.

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