

offline course syllabus

The Art of Fulfillment Program

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program 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 program focuses on this latter development by examining scientifically proven ways to nurture psychological well-being and fulfillment in life.

The program is not meant as a silver bullet for fulfillment - 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 meaning & purpose inducing behaviors as a long-term habit.

The program 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.

program in short

SUBJECT: Fulfillment

PROGRAM TYPE: Offline

FORMAT: Group sessions

LENGTH: 100 days / 8 sessions

EFFORT: 2-3 hours a week

LANGUAGE: English

CONTACT: hello(at)appliedhappiness.institute

learning objectives

By the end of this program, 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.

program format

The program runs over 7 sessions every second week + 1 graduating session. Every session lasts approximately 150 minutes and focuses on one of the key behaviors linked with a happy & meaningful life.

The format of sessions is highly practical – only 20-25% of the time is spent on theory, while the rest is dedicated to the actual application of the subject trait via hands-on exercises. This allows anyone to take this program without any prerequisites and achieve tangible results.

To enhance the experience, sessions are complemented with homework, individual mentorship, private class facebook group, access to course alumni as well as public & private events.

program prerequisites

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

ground rules

As the journey to happiness is very personal, it is essential that all participants come with the intention to help each other on this journey. These simple yet important rules below ensure all of us would get the most of the course.

- 1: We welcome different perspectives
- 2: We are supportive and friendly
- 3: We let everyone have a voice
- 4: We use the expertise in the room
- 5: We share a bit of ourselves
- 6: We act with integrity
- 7: We are present

meet the instructor

The program in Zurich will be delivered by Dmitry Golubnichy, Chief Happiness Officer of 100happydays foundation on the mission to make people more aware of the pursuit of happiness. By now the foundation's projects have impacted over 8 million lives in 180 countries around the world. Dmitry has lead over 500 hours of trainings, workshops and personal development programs. He frequently speaks at events such as TEDx, Social Innovation Summit, EXPO, and Pirate Summit.

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.

course outline

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 Session

The final session will give the chance to participants to reflect on the knowledge acquired and applied during the course. The goal of the session is to use the new knowledge to increase the positive impact not only for oneself, but also for the community at large.



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