

**Happiness Basics:
A Slice**
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You will have the opportunity to:

- Experience the What Went Well skill
- Learn about our program
- Learn a bit about Positive Psychology
- Experience the Savoring skill
- Experience the Thinking and Writing about Positive Events skill
- Experience the Count Your Blessings skill


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**SKILL BUILDING CHALLENGE:
Share What Went Well**

Our Program

- 7 week workshop ~ 2 hours/week
- Appropriate participants
- Based on engagement and action
- Participant feedback illustrates significant improvement in overall health


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Positive Psychology

- Based on the science and research behind what happier people do differently
- Focus is on flourishing, what makes life worth living, positivity, the present and the future
- PERMA
- Practicing the skills results in more happiness

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**SKILL BUILDING CHALLENGE:
Savour**

SKILL BUILDING CHALLENGE:
Think and Write About a
Positive Experience

SKILL BUILDING CHALLENGE:
Count Your Blessings
24 things to be grateful for

Thanks for joining me!

- For more information on our programs
please visit our website
www.reddeerpcn.com