



# Instill Wellbeing using Your Happiness Quotient

You don't have to be unhappy to be a part of this journey. Just add more meaning to yourself.



## Overview

FLOURISHING is the need of the hour. It is to have a healthy sense of self, deeper relationships, authenticity, autonomy yet interdependence and to add purpose and meaning to your life goals and journey. Wellbeing then becomes a journey not an end state and Happiness becomes a learned skill than a conditioned result.



## Learning Outcomes

This workshop intends to help learners appreciate the criticality of well-being and its various dimensions. It helps identify sources of being UNWELL and strategies to develop to minimize the damage. It provides a scientific and structured approach to taking control of your life goals and journey.



## Your takeaways

1. Understanding Wellbeing and its facets
2. Self-Healing Strategies and Mechanisms
3. The PERMA Model to Flourish
4. The Ikigai Worksheet
5. Happiness Quotient Installation Map



## Program Details

- 90 + 90 mins
- Pre and Post work essential
- Delivered by expert facilitators
- Open to all
- English language only

