

Happiness 101

A workshop about the science of happiness. Learn lifelong skills that contribute to a more cheerful life.



Workshop Details

Wed Jan 8th & 15th, 2025

1:00 pm – 4:00 pm

Location:

University of Waterloo, Room 1004
125 St Patrick St, Stratford, ON

Note: parking is at the Cooper terminal if you are not a student of the University of Waterloo

Cost

Free!

Open to the community!

Registration

To register please visit the Happiness 101 page on our website www.starfht.ca or scan the QR code below to register on Eventbrite



Note: in case of bad weather, or flu/respiratory outbreaks the program will be delivered in virtual format. You will be contacted by email if the workshop changes from in-person to virtual and will receive the zoom link to join the workshop



About the Workshop

Happiness 101 is a workshop for people who want to achieve greater levels of happiness and overall well-being, no matter what their starting point. Based on the research findings from Positive Psychology (the scientific study of optimal human functioning), participants will learn scientifically proven interventions that lead to lasting and sustainable happiness.

Benefits of happiness include:

- **Decreased cortisol (stress hormone) levels**
- **Increased immune function**
- **Decreased physiological reactivity to stress**
- **Better quality of life**
- **Longer life (7.5 to 10 years longer!)**
- **Better sleep**
- **Less pain & less stress**

You will learn:

- The 5 Pillars of Psychological Well-being and Happiness
- The 10 Characteristics of Authentically Happy People – and what we can do to foster these characteristics in ourselves
- How to identify and use our 'Signature Strengths' to increase well-being
- Scientifically proven interventions and habits that lead to increased happiness, resilience, fulfillment and well-being

About the Presenter

Angela Rolleman, MSW, RSW, is a registered social worker, speaker, and trainer from Stratford. Currently, Angela has her own business providing on-site training workshops for organizations as well as personal development workshops for individuals; she is an instructor for the Wilfrid Laurier University Faculty of Social Work Professional Development Program; and she runs a company called Mission: Empowerment, which provides personal and professional development seminars and events. For more information about Angela:

www.angelarolleman.com