



Yes or YES? The strategy of happiness



INSPIRATION SESSION

How to develop resilience & positivity?

Every now and then, life stutters. Annoying changes at work. Your boss makes a disparaging remark. Your best friend disappoints you. And your washing machine breaks down. Everyone reacts to these sorts of situations differently. Think about it: how much energy do you waste by complaining about things you can't really change?

In this sparkling inspirational session, we do the opposite. We wholeheartedly say 'yes' to life. Wait... So, should you just passively approve of everything? Of course not.

What should you do then? Deliberately focus your energy on things you do have control over. Because by shifting your focus from the problem to the solution, you create your own happiness! And the happier you feel, the better you perform at work, the more creative you are and the closer your relationships become.

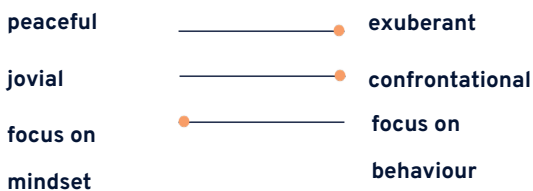
Makes sense, right?

LENGTH 1.5 hours (without break) or 3 hours (with break)

NUMBER OF PARTICIPANTS from 10 to 500

LANGUAGE Dutch, French or English

MOOD



LEARNING OBJECTIVES

You will learn this during a session. 1,5 h 3 h

Scientific research: what factors determine your happiness?	✓	✓
The difference between being a tenant or an owner of your life.	✓	✓
Humans are not made to be happy but to survive.		✓
Can you remain calm while being challenged by external factors?	✓	✓
To what extent your thoughts and behaviour affect how you feel.	✓	✓
How to think in solutions rather than problems.	✓	✓
The three dimensions of happiness: enjoyment, values and connection.		✓
Twenty hands-on tips to create your own happiness.		✓
How to dance the 'yes or YES? happiness dance'.	✓	✓

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