



Exploring a Happier Life

Happiness Workshop for Teens

Bringing the science of happiness to students!

There's no question that today's teens are facing issues that no previous generation has ever seen. While social media has them connected via technology, they are less connected than ever and electronic media has amplified some of the struggles young people face.

Students are deprioritizing their happiness to gain admission to college, adopting harmful life habits that have led to what Yale professor and author, Laura Santos, PhD, calls "The mental health crises we're seeing at places like Yale."

High school students are anxious, stressed, unhappy and numb. And just like adults, they are wrestling with big questions about who they are, where they are headed and what matters most in their journey through life.

This is where my workshop— ***Exploring a Happier Life*** — can help.

Exploring a Happier Life is an onsite mini "camp" giving students tools to survive (and succeed in) the school wilderness. It takes the tools of positive psychology and the science of happiness and brings it to teens, creating a one-of-a-kind experience. Students will tap into their strength, courage, voice and humor while learning ways to increase their happiness and connect with others — and themselves — with understanding and compassion.



At *Exploring a Happier Life* Workshop, students...

- Discover proven and researched positive psychology tools to create their best selves and bring their best selves to school.
- See how gratitude, mindfulness, forgiveness fit in their lives and can create connections, collaboration, self-love and love for others, and happier school environments.
- Discover their inner character strengths, and how to use those strengths to meet goals and overcome challenges, and connect with others in new ways.
- Use their strengths to help them live their purpose.
- Accept and embrace all emotions, both negative and positive, and give themselves permission to be human.
- Find their happier, kinder, empathetic selves and bring them into the school to help others.

***Exploring a Happier Life* can be done as a mini 4-hour camp, or as a series of smaller workshops to fit with schedules. It can be done on a large scale, but is also perfect for smaller groups such as student councils, clubs, students wishing to make a difference in their school culture and more.**

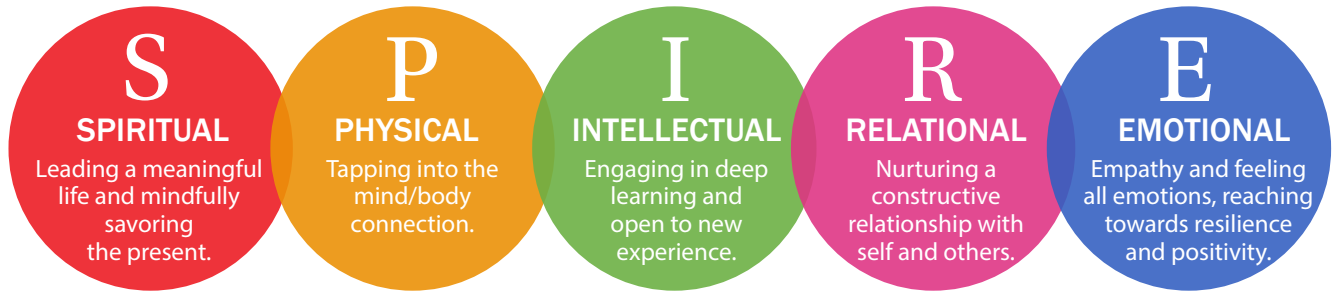
It can be designed to fit the needs of your school, curriculum, educators and more.



Exploring a HAPPIER Life!
Happiness Workshop for Teens

Exploring a Happier Life

Happiness Workshop for Teens



Exploring a Happier Life is a program based on the science of happiness and positive psychology. It follows the wholebeing model of happiness, **SPIRE**.

Research has shown that for a person to be resilient, healthy and happy, the wholebeing needs to be focused on: spiritual; physical; intellectual; relational; emotional. This is true for teens, too.

SPIRE, represents what every teen needs to help them deal with the stresses of school and teen life. These five elements, combined together, create the ultimate element: happiness. **SPIRE** helps the student become happier — at school and in life.

SPIRE is also the highest point or summit. Through this focus and through **Exploring a Happier Life** teens grow into the highest and best they are capable of. Your school does, too.

About me and why happiness...

I'm Lisa Sullivan. For more than 20 years, I was a senior marketing exec in the corporate world. During my career, I discovered there were so many unhappy employees everywhere I worked. I realized that organizations focused so much on technical innovation, that they often neglected the innovation of the human spirit and what it really takes to make an organization a success.

So I started immersing myself into the science of happiness. I studied what organizations like Google did to create thriving cultures. I attended Google's Search Inside Yourself Leadership Institute. I became certified in positive psychology through The Wholebeing Institute, studying under Tal Ben-Shahar. Tal is an author, educator and leader in positive psychology, who brought the science of happiness to his students at Harvard University. I am also currently completing my certification with the Happiness Studies Academy.

I brought these tools to my fellow employees to help them become more resilient and happier. I now help other companies and organizations bring the tools of positive psychology to their employees and members.

I also have a teenage daughter who is a sophomore in high school. I've seen her struggles and I've seen her challenges. I know other teens face the same challenges and I have a deep desire to help them face those challenges and live a happier, more purposeful life — beginning now.

I've created programs and workshops for students and educators. I love to help people flourish with confidence. My entire purpose is making life happier, for people and organizations, through the tools of positive psychology. I would love to share those tools with your teachers and students!



Let's partner to bring your school the best program for your organization's needs.
To learn more, contact:
lisa@happinesselement.com

Together...
**Let's Make
Life Happier.**