

# Work and the Art of Happiness

**A One Day Course for Local Authorities,  
NHS & HPA staff**

Facilitated by: **Jackie Hawken, Solicitor,  
Psychologist and Life Coach.**



The aims and objectives of this one day course are to highlight the practical ways in which to counter the stresses of the working environment, to equip delegates with the necessary tools to manage their work-life balance and to set them on the road to a happier working life. Numbers are limited to 20 delegates to enable discussion and debate.

The first part of this course introduces the factors that can cause work stress and shows how the right approach can improve the working environment.

After lunch participants are given tools to help them cope with negative and stressful situations.

The course rounds off with exercises and tips, which, if incorporated into the working day will enhance the work-life balance of participants. There will be an opportunity to ask questions throughout the course.

## Course Outline

### **Session 1 – Introduction**

- **What is happiness?**
- **Blocks to well-being**
- **Causes and effects of work stress**
- **How well are you coping?**
- **On-site exercises**



### **Session 3 – Being Positive**

- **Healthy breathing**
- **Goal setting**
- **Positive thinking**
- **Assertiveness**
- **Negotiating**

### **Session 2 – How to face unpredictable situations**

- **Improved self esteem**
- **Tackling bullying**
- **Facing resentment**
- **Feeling the fear!**
- **Managing change**



### **Session 4 – Conclusions**

- **Relaxation exercise**
- **Tips**
- **Useful plants, herbs, oil & vitamins for good health**
- **7 spiritual laws of success**
- **Discussion and Feedback**
- **Questions and Answers**