

Session	Key Topics	Activities
<b>Session 1: Introduction to Hapttitude</b>	<ul style="list-style-type: none"> <li>- Understanding Hapttitude: Definition and Relevance</li> <li>- The Science Behind Happiness</li> <li>- Setting Personal and Professional Happiness Goals</li> </ul>	Discussion on happiness goals
<b>Session 2: Zones and Paradox of Happiness</b>	<ul style="list-style-type: none"> <li>- Identifying the Happiness Zones</li> <li>- The Paradox of Happiness</li> <li>- Interactive Exercises: Mapping Your Happiness Zones</li> </ul>	Happiness zone mapping Activities
<b>Session 3: Building Will Over Mind</b>	<ul style="list-style-type: none"> <li>- Strategies to Strengthen Mental Resilience and Willpower</li> <li>- Mindfulness Practices to Stay Focused and Committed</li> <li>- Overcoming Common Obstacles to Happiness</li> </ul>	Mindfulness and willpower-building practices
<b>Deepening the Practice</b>	—	—
<b>Session 4: Discover Emotional Signature</b>	<ul style="list-style-type: none"> <li>- Understanding Emotional Signatures: What They Are and Why They Matter</li> <li>- Identifying Your Emotional Triggers and Patterns</li> <li>- Tools and Techniques to Manage Emotions Effectively</li> </ul>	Identifying emotional triggers and managing emotions
<b>Session 5: From Conflict to Connection</b>	<ul style="list-style-type: none"> <li>- The Impact of Relationships on Happiness</li> <li>- Building Positive Connections Through Effective Communication and Empathy</li> <li>- Techniques for Conflict Resolution and Maintaining Healthy Relationships</li> </ul>	Communication and empathy exercises
<b>Session 6: Developing Hapttitude</b>	<ul style="list-style-type: none"> <li>- Practical Tips to Integrate Hapttitude into Daily Life</li> <li>- Personal Action Plan: Setting Goals for Ongoing Happiness</li> <li>- Group Activity: Collaborative Exercises to Reinforce Learning</li> </ul>	Group activity for collaborative learning