



# De-Stress & Happiness

Half-day Workshop

Circle of Happiness positive psychology lifestyle program helps you to

- Reduce or eliminate Stress
- Counter Depression, Trauma and Grief
- Build Energy and Good Health
- Increase Emotional Intelligence
- Improve relationships and popularity
- Increase your productivity & get more done

Happy people are more successful & live 8-12 years longer.

## Boost Academic Performance

Increase your academic results by 15 percent or more, eliminate exam stress, and do better in exams.

## Half-day De-Stress & Happiness Workshop

- Introduction to Happiness Coaching
- Aerobic Laughter de-stress therapy
- Understanding happiness - get happy & stay happy
- How to counter stress and depression
- Build popularity and life success

## De-Stress & Happiness Workshop in Melville

Saturday 20 November 12.30-5pm Johannesburg (directions on booking)

Cost per person R395 (R295 per person for groups of 2 or more)

Booking 011 482 9376 or [www.inhappiness.org/workshops](http://www.inhappiness.org/workshops) - Space is limited.



**inhappiness!**

**WWW.INHAPPINESS.ORG**

LIFE COACHING VALUES COACHING  
**HAPPINESS COACHING**  
 DE-STRESS DEPRESSION  
 TRAUMA HYPERTENSION GRIEF  
 DIABETES AGING WITH GRACE  
 HEADACHES AND MIGRAINES  
 RELATIONSHIP HAPPINESS  
 PAIN MANAGEMENT SERIOUS ILLNESS  
 CANCER ARTHRITIS LUPUS HIV  
 AEROBIC LAUGHTER THERAPY