

ton Parish Family Project

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session.

For information about
rêches please contact
Angela or Carole

Please note
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You're invited to...

THE HAPPINESS COURSE

New for 2018

The Happiness Course
draws on scientific
research, ancient wisdom
and real-life experience
to give you practical tools
for happy life

*"I made me
think about
deeper things
that matter
in life."*

Starting Wednesday, 17th January 2018
For 4 weeks to Wed, 7th February 2018

10 am - 12 noon
St. Michael's Church Hall,
Bluebell Lane, Huyton, L36 7SA

Starting Tuesday, 23rd January 2018
For 4 weeks to Tues, 13th February 2018

7.30 pm - 9.30pm
St. Michael's Church,
Bluebell Lane, Huyton, L36 7SA

Starting Wednesday, 7th March 2018
For 4 weeks to Wed, 28th March 2018

12.30 pm - 2.30 pm
St. Michael's Church Hall,
Bluebell Lane, Huyton, L36 7SA

Huyton Parish Family Project
*Supporting Families in Huyton since
2002*

THE HAPPINESS COURSE

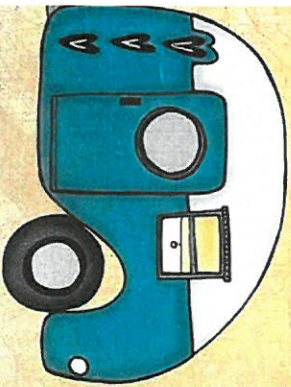
We spend lots of time searching outside ourselves for things that make us happy. People in our society are encouraged to think that happiness lies in success, money and good looks, but studies show that the key to wellbeing lies closer to home.

This four week course explores various subjects including the meaning of happiness, forgiveness, gratitude and relationships. It also draws on scientific research, ancient wisdom and real life experience which aims to encourage people to reflect on what constitutes a good life.

It is open and available to all from ages 16 to 100+, why not come along and join us at one of the 3 courses coming up this year. Come alone or bring a friend and let's make this world a happier place. 😊

REMEMBER HAPPINESS IS A WAY OF TRAVEL NOT A DESTINATION

-ROY JOODMAN



About the Happiness Course

The course enables leaders and participants to create connections with people in their community, explore emotional health and wellbeing and create choices that lead to real change in people's lives.

Written by Livability and drawing from leading thinkers in the fields of positive psychology and personal development, the course has seen 200 people train to deliver the course in communities across the UK

Everyone wants to be happy... yet what exactly is happiness?

What enables us to grow in it?

Is happiness really what we should aim for, or does it come as a by-product of something deeper?

Some people seem naturally happy; others are apparently programmed to be grumpy!

So is there any point trying to change?

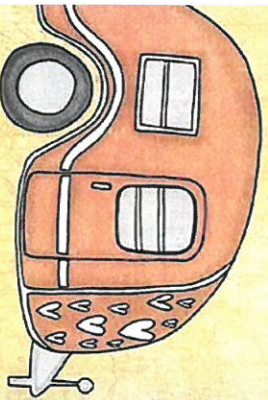
What affects our wellbeing and can we bring any change at all?

A recent study of 5,000 adults suggests a person's happiness is dependent on the happiness of those around them. Apparently, if you are happy you could be increasing the happiness of your neighbours by 25%.

The relationship between people's happiness levels extends up to three degrees of separation – to the friend of a friend of a friend. So by being happy and making friends with your neighbour, you can have an impact on the happiness of their friends too!

THE JOURNEY NOT THE ARRIVAL MATTERS

-T.S. ELLIOT



HOW IS IT RUN?

There are 4 weekly sessions, which each last for 2 hours each. See overleaf for the time that suits you best.

Each session is broken down into 4 elements.

- ◊ Stop
- ◊ Look
- ◊ Listen
- ◊ Walk

Like the *Green Cross Code*, so it's easy to remember:

The **STOP** session introduces the subject of the session; we put our busy lives on pause to give this our full attention.

The **LOOK** section allows us to start exploring the subject; we take a look at what is happening in our lives and the wider society.

The **LISTEN** section gives us a chance to hear some expert perspectives on the issue; we go deeper to learn more about why things happen.

In the **WALK** section we think about moving forward; how to apply what we've learned to our everyday lives.

Week 1 we look at The Happy Life

Week 2 The Successful Life

Week 3 The Relational Life

and Week 4 The Meaningful Life

There are handouts and at the end of each session there will be something to go away and think about before the following week

WHO IS IT FOR?

The great thing about happiness that it is for all of us whatever our background, we are on the same journey. We can all learn how to live more fulfilled, joyful lives.

OUTCOMES

This course contains a lot of information and many personal challenges. We don't expect people to respond to every part of every session. Instead we provide resources that people can pick from depending on their life and current needs. There are lots of different responses to the course. Some people may have a moment of sudden and great revelation and realisation. Others may decide to try to enjoy life more, or make health choices or even start a new hobby.



Benefits of the Happiness Course