



HappinessAct

How to Think, Do and Be Positive

Everyone wants to be happy, but do we know how? In this course, you will become aware of your happiness level, learn self-acceptance and self responsibility, build happy relationships with those who matter to you, adopt optimism, learn to deal with loss and grief with resilience and empathy, find your purpose that gives meaning to your life, and live joyfully. Learn different tools and techniques on how to do so here.

Full Fee: \$300, After NSA subsidy: \$60

*NSA subsidy - Applicable to Singaporeans & PR aged 50 years & above.

Society for WINGS
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Visit our website at www.wings.sg



*Always be
Positive!*

To register or for more information, please contact May @ 6250 1012 or email may@wings.sg

Module 1: Self Awareness & Personality Profiling

- Become aware of your level of Happiness
- Understand your own personality type, learn how to manage relationships with other personality types
- Set SMART goals

Module 2: Taking Responsibility for Your Happiness

- Learn to accept yourself as you are
- Increase your optimism
- Take responsibility for your own happiness

Module 3: Dealing with Negative Emotions

- Understand what happens in the brain when there are high feelings and low rationale
- Learn how to deal with the destructive emotional cycle
- Recognize your stress signals early and manage difficult emotions

Module 4: Building Happy Relationships

- Learn authentic communication to connect better with your family and others
- Understanding Ego States to manage conflicts
- Learn how to use Love Languages to build happy relationships

Module 5: Dealing with Loss & Grief

- Understanding loss and grief
- Taking care of yourself and becoming resilient
- Listening with empathy and giving support

Module 6: Finding Your Values and Living with Purpose

- Understanding the power of Purpose
- Discover your Core Values to create your Personal Mission Statement
- Lead a purposeful life filled with joy.