

Course Lesson Plan: The Science of Happiness and Wellbeing

Course Layout & Weekly Modules

Week 1: Operationalizing Happiness

- Defining happiness: Different perspectives and models.
- Psychological and philosophical approaches to happiness.
- Understanding subjective well-being.

Week 2: The Science of Happiness

- Introduction to Positive Psychology.
- Key concepts in happiness research.
- Pre-course assessment: Measuring personal happiness levels.

Week 3: Factors Influencing Happiness

- Biological factors: Genetics, neurotransmitters, and hormones.
- Psychological factors: Personality, mindset, and cognitive patterns.
- Socio-cultural factors: Relationships, social norms, and economic influences.

Week 4: Understanding What Makes Us Happy

- Common myths and misconceptions about happiness.
- Scientific evidence on sustainable happiness.
- Key ingredients of happiness: Purpose, gratitude, and resilience.

Week 5: Training Yourself in Happiness

- **Mindfulness Training:** Practical exercises and techniques.
- **Emotional Intelligence:** Role of emotions in happiness.
- **Self-awareness & self-regulation:** Managing emotions effectively.

Week 6: Happiness at Work and Life Balance

- Workplace happiness and productivity.
- Reducing daily stress and increasing motivation.
- Strategies for work-life balance and overall well-being.

Week 7: Sustaining Happiness

- Understanding state vs. trait happiness.
- Long-term habits for maintaining happiness.
- Practical exercises for emotional resilience.

Week 8: Creating & Spreading Happiness

- The science of kindness and altruism.
 - Social connections and the role of community.
 - Post-course assessment: Evaluating personal growth.
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Course Features & Benefits

- ✓ Self-paced learning with interactive video sessions.
 - ✓ Guided mindfulness and happiness exercises.
 - ✓ Case studies and real-world applications.
 - ✓ Assessments to track personal progress.
 - ✓ Certification upon completion.
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Who This Course is For?

-  Professionals seeking better work-life balance.
 -  Students looking for mental well-being strategies.
 -  Leaders and managers enhancing workplace positivity.
 -  Anyone interested in increasing overall life satisfaction.
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Skills Covered

- ✓ Emotional Intelligence & Resilience
 - ✓ Stress & Anxiety Management
 - ✓ Positive Psychology & Mindfulness
 - ✓ Work-Life Balance Strategies
 - ✓ Personal Growth & Self-Reflection
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Complimentary Benefits

-  Lifetime access to course materials.
 -  Exclusive resources on mindfulness and well-being.
 -  Personalized feedback and happiness assessments.
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Course Certificate Advantage

-  Official certification to showcase your knowledge of Positive Psychology.
 -  Strengthen your resume for roles in HR, wellness coaching, and leadership.
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Instructor Bio

-  Experts in Positive Psychology, Neuroscience, and Mindfulness.
 -  Faculty from leading universities & industry professionals.
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Books & References

-  *The Happiness Advantage* – Shawn Achor
 -  *Flourish* – Martin Seligman
 -  *The Art of Happiness* – Dalai Lama
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Top Indian Companies Hiring with These Skills

-  Tata Consultancy Services (TCS)
 -  Infosys
 -  Google India
 -  Deloitte
 -  Mindtree
 -  Well-being & Coaching Industries
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Video Source Disclaimer

-  Expert Educators from Swayam Portal

 **Enroll Today & Start Your Journey to a Happier Life!**