

Lunch & Learn

Positivity@Work



**FREE 1 hour
lunchtime
Positivity@Work
sessions to create
happier, healthier
and more positive
humans**

Happiness 101

What's it all about?

Spend your lunchtime with like-minded people who want to discover how to make their lives just a little bit happier. Session includes knowledge and tips you can start using straight away!

What will I learn?

In "Happiness 101" you will learn how to find and add moments of happiness into your everyday life by using tips found in Positive Psychology and wellbeing science.