



## Well-being course: Happiness course for 2011

One of the Well-being courses/Happiness courses organised by AmAreWay.org and ISWB.org

### ***Facilitator Information***

Facilitator: Frank Ra

The course includes additional learning material

Website for registration: <http://www.iswb.org/well-being-distance-learning/>

### ***Well-being course: Happiness course for 2011 Description***

*Happier11, our Well-being course/Happiness course for 2011*, provides you strategies and tools to live happier. Happiness is more about attitudes and choices, than external factors. After exploring the AmAre framework, we learn more about scientific research – both in natural and social sciences – in the field of well-being, and how to apply it to daily life. Happier11 is about cultivating happiness, together, to live happier lives, to benefit all.

### ***Well-being course: Happiness course for 2011 Learning Objectives***

The real learning objectives are the ones you commit to learn and put in practice. This is an overview of the ones which are likely to be shared among many students:

1. What is happiness?
2. What is the importance of AmAre? Which stands for "being" aware and accepting, meaningful and motivated, active and attentive, resilient and respectful. Plus eating properly and exercising.
3. How do you apply the course material to live a happier 2011?
4. How do you apply the course material to taking, and keeping, resolutions and commitments?

## ***Well-being course: Happiness course for 2011 Resources***

### **Course Website(s)**

- <http://www.amareway.org/>
- <http://www.iswb.org/>

### **Required Course Text**

"A course in happiness, meaning, motivation, and well-being", Frank Ra, 2010, ISBN 978-0-557-88429-2 available from <http://www.amareway.org/a-course-in-happiness-book/>

## ***Well-being course: Happiness course for 2011 Schedule***

### **Week 1**

Introduction and Being Aware

### **Week 2**

Being Accepting

### **Week 3**

Being Meaningful

### **Week 4**

Being Motivated

### **Week 5**

Being Active

### **Week 6**

Being Attentive

### **Week 7**

Being Resilient

### **Week 8**

Being Respectful

## **Week 9**

Eating properly

## **Week 10**

Exercising

## **Week 11**

Measuring well-being, Consciousness and Science of Happiness

## ***Thanks***

Thanks to everyone who is taking this course! Your interaction with fellow students and with the facilitator/lecturers is what really makes a difference in the learning, and especially application, process!

Thanks to everyone who is helping in creating awareness about this course! Your help is making a difference in reaching people who want to join us!

If you want to start making a tangible change in your life, please consider sharing your time with the person who are meaningful to you. Remember relationships are a great facilitator for living happily. Also, please consider sharing your time and, if possible, financial resources with social causes you support.