



# Finding Happiness

A mini series on how our attitudes shape our happiness

February 2, 9, 16, 2023

Studio 3, Deree Gym



Organized by:  
ACG Health & Wellness Center

## THURSDAY FEBRUARY 2

14:10– 15:10

### Happiness is A Mindset!

**Discussion:** A good job, money, awesome stuff, true love, perfect body – Is this what makes us happy?

Identify what really makes us happy.

*Olivia Kyriakidou, PhD, Assistant Professor, Coordinator of the MS in Organizational Psychology, Deree-ACG*

**Practice:** Happiness from within

*Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG Health & Wellness*

**Wrap up:** Thoughts and reflections.

## THURSDAY FEBRUARY 9

14:10– 15:10

### Practicing the Art of High-Quality Connections

**Discussion:** It's a click! A special bond. It's not about friendship. Find tools to harness that special connection and be inspired by how high-quality connections lead to happiness.

*Olivia Kyriakidou, PhD, Assistant Professor, Coordinator of the MS in Organizational Psychology, Deree-ACG*

**Practice:** Be the Observer of Your Life: What needs to be kept, changed or deleted

*Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG Health & Wellness*

**Wrap up:** Thoughts and reflections.

## THURSDAY FEBRUARY 16

14:10– 15:10

### Road to Resilience and a Growth Mindset

**Discussion:** Leave behind perfectionism, take risks, it's OK to fail. Life is a learning opportunity.

Embrace resilience and a growth mindset and increase happiness in your life.

*Olivia Kyriakidou, PhD, Assistant Professor, Coordinator of the MS in Organizational Psychology, Deree-ACG*

**Practice:** The Power of Self-Compassion: Declutter. Forgive. Let go

*Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, ACG Health & Wellness*

**Wrap up:** Thoughts and reflections.

## RECOGNITION OF PARTICIPATION

How does this work?

1. Register at each event. Seating available on a first come first serve basis.
2. To list on your Co-Curricular Transcript and qualify for a Certificate of Participation attend at least two sessions.

## Learning Objectives:

1. Recognize the importance of making life choices that lead to fulfillment and happiness
2. Understand the misconceptions we have about what makes a satisfying and happy life
3. Identify meaningful life goals and discuss how to achieve them
4. Find happiness, find your inner peace
5. Practice having a non-judgmental attitude and forgiveness
6. Learn how to let go of both material items and negative thoughts
7. Turn our existing biases into strengths
8. Practice strategies to hack our own happiness
9. Practice strategies to cultivate high-quality connections and make a difference in our community
10. Rewire your mind with exercises: find your strengths VIA Questionnaire: <https://www.viacharacter.org/>
11. Rewire your mind with exercises: Practice random acts of kindness
12. Rewire your mind with exercises: Start a gratitude journal, write a gratitude letter