



Teach Me Happiness

The Magic, the Model, the Movement

What Is “Teach Me Happiness”?

- Teach Me Happiness is an initiative launched by the training company HumaNext with the mission to enable people, starting with you, to create happiness for yourself and others using science-based training and tools you will receive at no charge. You may deliver our training free, or charge for it and keep all revenues.



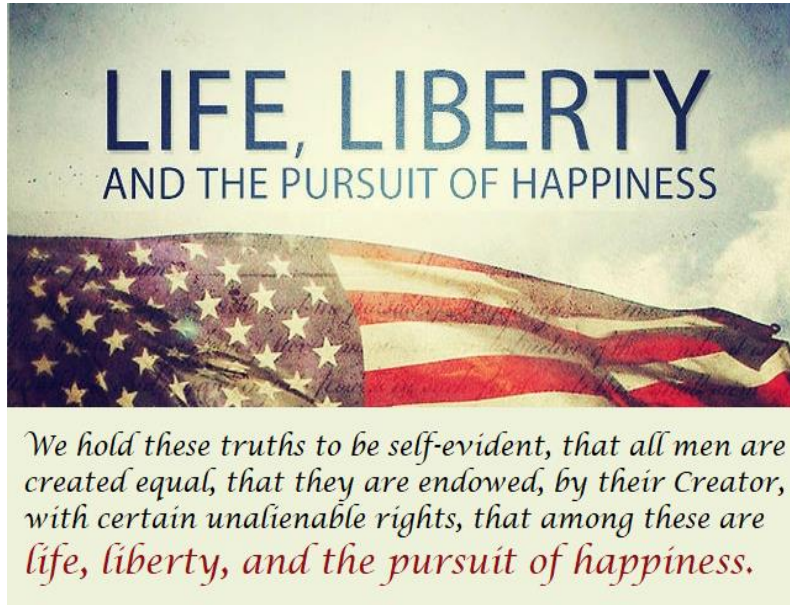
- We will make available to you and others, free of charge, training that teaches you how to create happiness, then give you the materials that you can use to deliver the training to others, either free or you may charge for it and keep the income.
- We want to help a large number of leaders, trainers, teachers, preachers, coaches, and entrepreneurs learn and then teach the methods and practices that bring happiness to people’s lives and businesses.
- In the process, you will feel better, happier, and more fulfilled yourself, as you help others experience happiness, significance, and purpose-driven life and work.
- You may choose to charge for delivering the training to individuals, groups, or organizations and keep all your revenues. This way you can grow or start a training or coaching business delivering the topic people love and need to learn.

Why Is Happiness Important for Life and Business?

The pursuit of happiness has always been one of the most engaging purposes for people everywhere.

The US Declaration of Independence considers the pursuit of happiness a fundamental right, just like life and liberty.

It is self-evident that a personal life of happiness and well-being is something people seek and cherish and may want to do everything in their power to obtain.



Less evident was the importance of happiness in business and at work. However, recent research from established business sources like the Gallup organization has confirmed the value of employee happiness and happy work culture for business.

More and more organizations are introducing happiness training to their employees.



We at HumaNext are passionate about this mission that captures the imagination and dreams of people everywhere, and we invite you to join us.

This Guide will explain how you can be part of this exciting movement and the many benefits you can get from joining, at no cost.

Who Is Behind “Teach Me Happiness”?

- Teach Me Happiness is an initiative of [HumaNext](#), a US-based training and learning company founded by Francois Basili in 2002, with customers at leading American organizations including Dell, the Mayo Clinic, General Dynamics, US government agencies at Federal and state levels, and others.



- For over 22 years, HumaNext has certified hundreds of trainers and delivered training programs to thousands of leaders at America’s top organizations on critical skills that include emotional intelligence, creativity and innovation, diversity and inclusion, leadership and employee engagement, and others.



More about HumaNext and its founder at the end of this guide.

Teach Me Happiness Program in 3 Steps:

Join – Learn – Teach



Step One: **Join** the Magic:

Belong to a Community and a Cause

The pursuit of happiness is more fun when you do it together with fellow seekers in our [Teach Me Happiness Facebook group](#). You will feel the magic of pursuing the worthy cause of creating happiness for yourself and others.

Our online “Teach Me Happiness” Facebook group enables you to:

- Enjoy and benefit from the ideas of other happiness seekers.
- Share your challenges and experiences to learn and grow.
- Connect with people who share your interests and aspirations.
- Get inspired with the best and brightest ideas and knowledge.
- Have fun, friendship, and the feeling of belonging to a community with a higher purpose and exciting cause.
- Join today and invite your friends to join you. Become an ambassador of happiness to the world.
- Go to Facebook and search for “Teach Me Happiness” to join.



Step Two: Learn the Model:

The Seven Heights of Happiness Model

- Our “Seven Heights of Happiness Model” is an expansion of Positive Psychology’s research, being in harmony with its five main factors affecting happiness called PERMA, with additions from other fields.
- Besides Positive Psychology, our model incorporates elements of Emotional Intelligence in the areas of self-awareness and relationships.
- Our “Seven Heights of Happiness Model” is also informed by ancient and modern wisdom related to human happiness and well-being, such as the important quality and competency of courage.
- Our Model weaves these science-based findings together and turns concepts into practices applying the design principles of the Learning and Development (L&D) field, in which we enjoy more than 30 years of corporate and consulting experience.



The Model is a comprehensive framework that covers seven key areas in the “thought-feeling-behavior” human experience. You will learn online the complete Teach Me Happiness program from “Magic” to “Model” to “Movement”.

How you will learn

- You will learn online, both individually and in group training sessions.
- Fun and excitement will always be part of learning.
- If we don't offer inspiration, we waste the information.
- You will enjoy activities, quizzes, discussions, participant presentations, sharing of experiences, and more.

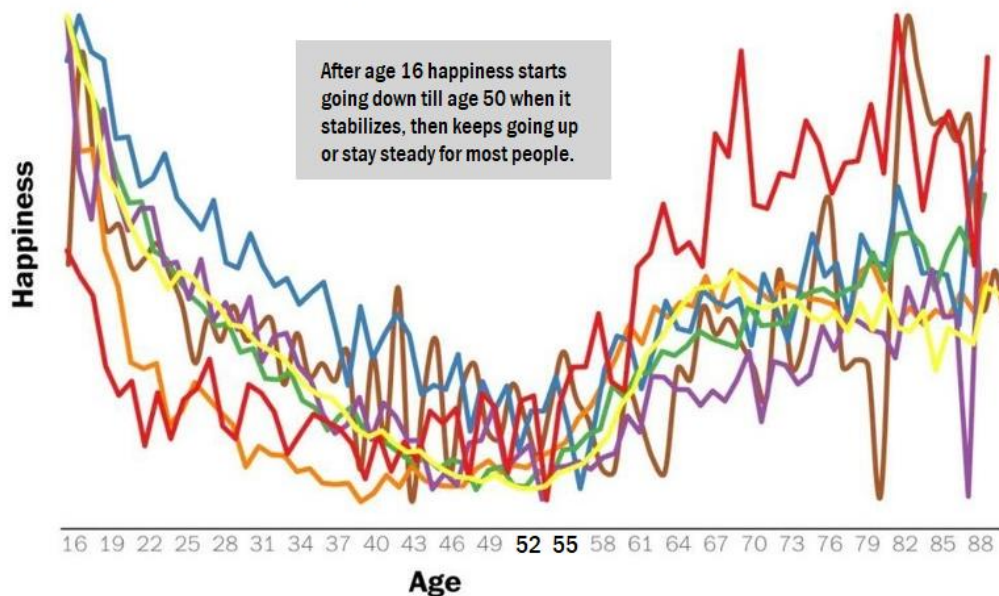


Some of the concepts and issues you will learn:

- AT WHAT AGE DOES ONE EXPERIENCE HAPPINESS THE MOST? (HINT: AROUND AGE 50 AND UP) 😊 (SEVEN SURVEYS REVEAL THIS. SEE BELOW).

The Shape of Happiness Chart

Relationship between happiness (or life satisfaction) and age across seven major surveys



- HOW CAN ONE MOVE FROM THE STATE OF “EXISTENCE” TO THE STATE OF “HAPPINESS” THAT THE MODEL PROVIDES?



- HOW CAN DOING “PASSION PROJECTS” AND CREATING ACCOMPLISHMENTS CONTRIBUTE TO THE PURSUIT OF HAPPINESS?
- IS IT POSSIBLE TO MEASURE HAPPINESS?

YES, AND WE HAVE AN ONLINE ASSESSMENT FOR IT. YOU WILL GET A PASSCODE TO DO IT, BUT IT IS NOT NECESSARY FOR THE TRAINING.



Step Three:

Teach / Train / Coach to Spread Happiness

(Do it for free or you may charge for it and keep the income)

- When you complete the training, you will receive, free of charge, everything you need to deliver the training to your family, friends, employees, or clients.



- As far as we know, HumaNext is the only company that gives away this kind of trainer package at no cost to people who can use it to deliver their training or coaching, charge for it, and keep all revenues.

This is a unique opportunity for both experienced trainers and non-trainers. Take these 3 steps to spread happiness and generate income:

- 1- [Join the Teach Me Happiness Facebook group.](#)
- 2- Complete the online Teach Me Happiness Training.
- 3- Receive the materials you need

and explore delivering the training, perhaps free at first then you may want to charge what your market can support, keeping all income.

- 4- (Optional) You may consider having another source of income by selling our “HaPi” assessment after marking it up and keeping all profits.

Learn and Teach Happiness at No Cost

Become a Happiness Ambassador

Join the "Teach me Happiness" Group

ALL FREE

Learn

Teach

Coach

Assess

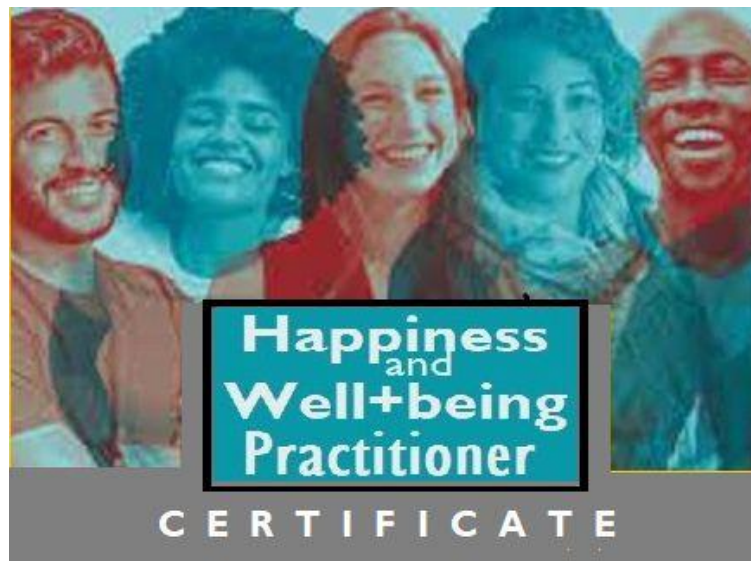
Be Ambassador

HumaNext

Optional for Corporate Training:

Certify as a Happiness & Well-being Practitioner

- For trainers who want to deliver to corporate clients, we recommend that you consider our [Happiness & Well-being Practitioner Program](#).
- The Practitioner Program gives you more training materials and assessments that would be appropriate for corporate-level training and development. You will get:
 - Advanced facilitation materials (Heart & Mind Learning).
 - A complete Happiness and Well-being training workshop/ coaching materials to deliver an unlimited number of times.
 - Fifteen access codes for online assessments for 15 users to offer or sell for recurring revenues.
 - Exposure and promotion in our 7000-reader newsletter.
 - Coaching and support via email for 6 months.
 - Discounted assessments to offer or sell for profit.



Conclusion

- For all the above benefits, take the first step by joining our [Teach Me Happiness Facebook group](#) and look for notifications of the online training sessions.
- Here is more information about Francois Basili, founder of HumaNext, who is bringing you this program.

Francois Basili, Founder and President of HumaNext:

Basili has wide business and training and development experience in both for-profit and non-profit organizations in the US and abroad.

- He had business executive experience as Manager of Commercial Operations for the Bechtel Group for the largest engineering and city planning and building project in the Middle East at the time, the \$20 Billion Jubail Project.
- He then served as Director of Employee Communication, Training, and Development for a large \$1.3 Billion healthcare organization in New York for over 12 years.



- In 2002, he founded [HumaNext](#), where he developed and delivered programs used by trainers and leaders at America's leading organizations including Dell, General Dynamics, Mayo Clinic, Blue Cross, the US Army, Texas government, Federal administrations, and many others.
- He certified hundreds of trainers and consultants to deliver his workshops to tens of thousands of leaders and managers around the world.
- Basili holds an MPA from New York University. He continued his studies in Training and Development (NYU), and marketing communications (AMA), then remotely obtained two certificates in Positive Psychology (Harvard and Penn).

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