



For Better.  
For Good.

Syllabus 2021

## Overview

### About the Science of Happiness:

Happiness is the primary motivation for most human behaviour. The Science of Happiness is a psychoeducational programme developed at Bristol University by Professor Bruce Hood. It combines lectures on the scientific approach to investigating happiness from a multitude of different perspectives including positive psychology, neuroscience, behavioural economics and philosophy. It is specifically designed and delivered for non-specialist audiences without any background in science. Uniquely it combines weekly lectures with self-assessment, mentoring and homework exercises.

### Course

Prof Hood has now developed a 4-week course based on the University course specifically for organizations and businesses who prioritize their members' well-being. Throughout the course, members will explore the latest results from research in psychological science about how to be happier, how to feel less stressed and how to flourish, even in a challenging environment. They will be provided with opportunities to put some of these strategies into practice in their own life and to build some of the habits that will allow them to live a more fulfilling life.

### Lecture Content

Over 4 weeks, the pre-recorded lectures will cover:

Week 1: What is happiness? How do you measure it? Introduction to techniques.

Week 2: Why is it so difficult to change the way we think? How to cope with adversity.

Week 3: Why regular routines and good habits work. The importance of restful minds and how to control negative rumination.

Week 4: Achieve your goals. Find your signature strengths to cultivate. Fix bad environments and make action plans for the future.

In addition to the pre-recorded lectures there will be opportunities for live Q&A sessions with members of the Science of Happiness team, homework exercises and weekly small group meetings or “happiness hubs” led by mentors who are experienced in mental well-being. Members will have the opportunity to monitor their progress and engage fully in the course through the use of our Nudge app that connects them with their personal mentor. This combined approach is proven to increase the mental well-being of members.

The Science of Happiness course introduces scientifically-validated strategies for living a more satisfying life but *it is not intended as therapy or an alternative form of treatment for those with mental health issues*. It is first and foremost an educational course but one that includes a practical and reflective component which may or may not improve mental well-being depending on the level of individual engagement.