



Living Your Best Life!

Bringing the science of happiness to educators!

Our educators are amazing! So, how do you honor all they have done and continue to do and also help them through all the challenges and stress they may face? One way is by giving them proven tools to overcome the stresses while also helping them live happier and more fulfilling lives. Our **Living Your Best Life** workshop is just what you're looking for!

Living Your Best Life is an onsite happiness workshop — or playshop as we like to call it — giving teachers tools to survive and thrive in the educational “wilderness.” It takes the science of happiness and brings it to the teaching world, creating a one-of-a-kind experience. Your teachers will tap into their strength, courage, voice and humor while learning techniques to increase their happiness, reduce stress, build resilience, rediscover their purpose in life, and bring that happiness into their classrooms.

This isn't just a lecture and this isn't your typical program. It's an experiential program, giving your educators tools they can use right away to become happier and more fulfilled at work and in life.

At **Living Your Best Life**, educators will...

- Discover proven and researched tools to create their best selves and bring their best selves to their classroom.
- Learn the three questions that when answered will help lead them to their life's purpose and connect that purpose to their teaching.
- See how mindfulness, gratitude, benefit finding, and more can fit in your organization and can create collaboration, engagement and happier school environments.
- Discover their 24 inner character strengths and how using their top 5 strengths — their superpowers — can make them happier.
- Receive a positive psychology/happiness toolkit that will help them achieve happiness goals long after the playshop.
- Find their wild, playful, happier selves and bring them into the schools.
- And so much more!

Living Your Best Life focuses on the 5 pillars of positive psychology and the science of happiness:



*What is **SPIRE**? Research has shown that for a person to be resilient, healthy and happy, the wholebeing needs to be focused on: spiritual; physical; intellectual; relational; emotional.*

SPIRE represents what every educator needs to flourish within your organization. These five elements equate to happiness for the educator — at work and in life — and success for your school.

SPIRE is also the highest point or summit. Through this focus and through **Living Your Best Life**, teachers grow into the highest and best they are capable of. Your school does, too.



Living Your Best Life!

A Happiness Workshop for Schools & Educators!

The Tools

Every attendee receives a happiness toolkit they can use long after the workshop is over!

The kit includes more than 20 tools of positive psychology to create a happier, more resilient and positive life!

The toolkit worksheets can be shared with their students to bring happiness into the classroom!

This is a half-day program and just one of the programs we offer. From mindfulness training to strength-spotting and more, we can create the perfect program for your needs.



Living Your Best Life and all of our workshops are experiential and fun while focusing on the research of positive psychology and what works to help individuals and organizations thrive. These include:

- Mindfulness – Mindful Meditation, Mindful Listening and More
- Character Strengths – Focusing on Your Strengths and Embracing the Strengths of Others
- Visioning and Goal Setting
- Positivity Tools: Gratitude, Journaling, Reminders
- 3-Question Process on Finding Purpose in Life and Bringing it to your Organization
- Becoming Your Best Self
- Tapping into Flow
- Targeted DE&I Programs such as Girl Empowerment Workshops or Creative Planning Sessions with Employee Groups or Clubs
- Programs Designed to Celebrate Differences while Appreciating Strengths
- Programs Combine Learning with Music, Movement and Fun!
- And More!

Living Your Best Life is fun and energetic and memorable, loaded with tools to help participants flourish with confidence, to consistently create health, success and happiness and bring these into everything they do long after the program is over.

It focuses on the neuroscience of positive psychology to help educators:

- Create Compassion for Themselves and Others
- Build Resilience
- Manage Stress
- Tap into Their Creativity and Innovative Thinking
- Develop Greater Self-awareness
- Communicate Effectively
- Intensify Their Focus
- Become More Engaged
- Become Happier!

