

Cultivating Happiness - Practices and Guidance.

The theme for January will be a continuation of Sunday 5th January Event -Unlocking Happiness with Professor Lord Ricard Layard.

Starting Monday, January 6th, from 12.30 to 2.30, Lee Pycroft, Jen Shackleton, and guests will explore happiness through different approaches.

Monday 6th Jan- 12.30.2.30pm

Join us for a recap of learnings from Happiness Economist and founder of Action for Happiness Professor Lord Richard Layard. Understand the research on happiness and how to improve your inner and outer world.

1.30pm -Manuela Roche- a Chinese medicine practitioner (in training) and Qigong expert, will take us through a short practice that can be used to increase energy, soothe inner turbulence and restore balance.

2.pm -Join Breathwork practitioner Jess Parkinson, who will share how breathwork for resilience can support us in navigating life challenges and help us maintain inner peace in spite of our environment.

Monday 13th Jan -12.30-2.30 pm

Mental Health and Its Role in Happiness.

In this session, therapists Lee and Jen will explore how Mental Health is a cornerstone of happiness and findings on the greater impact of mental health on happiness compared to income or education.

Ways for improving mental health at an individual level Such as Knowledge, mindfulness, building routines, relaxation and community-based approaches to fostering mental well-being.

1.30pm – journaling to cultivate happiness with David Mark

2.pm- Ellie Foden – mindfulness and meditation healing for mental health and happiness.

Monday 20th Jan - 12.30-2.30pm

The Role of Community and Social Connection in Happiness.

In this session, we will explore the importance of social bonds and community in achieving happiness, with a focus on actionable ways to strengthen these connections. We will discuss practical ways to foster deeper connections with friends, family, and neighbours and enjoy guided imagery to tune into the senses and a place of gratitude.

1.30—2.30 pm With over 30 years in holistic medicine, Vibrational and Chinese medicine Practitioner and energy healer Rupert Lander joins us to explore happiness and joy through these modalities.

Monday 27th 12.30-2.30pm

This session will explore how visualization and scanning the environment for glimmers can enhance happiness and resilience. We will also examine how imagining positive outcomes activates reward pathways and strengthens emotional and cognitive flexibility. Finally, we will examine how vision boards can be effective tools for clarifying goals and visualizing what is important to us in various aspects of our lives.

We will be joined by artist Jessica Pearce, who will lead us through creating a vision board for cultivating joy and happiness.