

The Happiness Management Program



- Do you want to live a happier life?
- Do you want to experience more happiness and less distress in your life?
- Are you ready to jumpstart your happiness to a higher level?
- Do you feel down and negative more than you feel positive?
- Are you not satisfied with the quality of your happiness?
- Is your joy fleeting?
- Do you want to have a more positive impact in all of your relationships?
- Do you want the happiness glow?
- Are you willing to invest in creating a happier life for you and those you love and care about?

If you answered yes to any of the above questions, you are like many people today who are struggling to find peace and happiness in our chaotic world. Happiness management skills that can be taught like anger management skills. In fact, most people get little or no training on how to live a happier life. Happiness is not found in accumulating more money and toys, it is not about having the perfect mate, or that new job or house. Happiness is not about whether or not you get your way in life. Happiness is an inside job. Happiness can be found at any moment you choose to take action on your happiness; you do not have to wait.

If you want to increase your happiness, attend our Happiness Management Program. The past 10 years has seen tremendous research and growth in the field of Positive Psychology, especially in the Science of Happiness. The new research shows us that happiness can be TAUGHT. One of the biggest issues in happiness research is the question of “how much of our happiness is under our control. It turns out that at least 40% of our happiness is under our control, 50% of our happiness is genetic and 10% is based on circumstances.

The Happiness Management Program will assist you in harnessing the 40% of your happiness that you do control. Through designed intentional activities and strategies, you will develop skills for helping yourself to live a happier and more balanced life.



Why Be Happy? Why not? Life is too short. Be Happy. There are many benefits to choosing to be happy such as:

- Happy people live longer
- Happy people are healthier people
- Happy people cope better with illness
- Happy people are much more positive
- Happy people are more persistent in attempting to solve problems
- Happy children outperform unhappy children on almost every measure

So why not why not invest in your happiness by attending the Happiness Management Program. You will embark on a life journey that will positively change the way you see and interact with the people and situations you encounter in your life.



Program Commitment:

The Happiness Management Program requires an 8 Week commitment of 1.5 hours per week.

Course Investment:

\$300—Payable in two installment: \$150 for first 4 weeks and \$150 at the beginning of the fifth week. The fee includes all handouts and coaching sessions.

8 Week Program Agenda:

Week I: What Determines Happiness?

Meet Gary and your fellow course participants; you will receive an overview of the Happiness Management Program and dispel many of the myths about happiness. During this session, you will explore your personal philosophy of happiness and we will examine the purpose of happiness in your life. You will participate in guided experiential exercises to gain insights to begin your journey for sustained happiness in your life.

Week II: Happiness History Graph and time line

Happiness is determined more by state of mind than some external conditions in your life. During this session you will explore your happiness graph and seek to create more internal abundance.

Week III: Happiness Exploration

Happiness is not a destination it is a journey. You don't wake up one day and you have reached happiness—happiness is the way. This session will focus on mindfulness exploration and its powerful ability to transform our lives. We will examine barriers to happiness and how to remove the emotional debris that blocks authentic happiness.

Week IV: Waking Up To Positivity

"There is nothing either good or bad, but thinking makes it so" – Shakespeare. During this session, we will examine the power of positive thinking to help you to see new possibilities, how it can assist you in bouncing back from setbacks, and to connect with others in a positive manner. You will learn how to use the positive thinking to wake up the sleeping giant within you.

Week V: Avoiding Overthinking

Unhappy people tend to focus on the things they don't want but they always seem to get them. Unhappy, negative people are very critical and hard on themselves. Unhappy people don't know the difference between their life and their life situations. Chronic overthinkers make themselves and everyone around them miserable. This session will teach techniques on how to stop the thinking and ruminating. You will break free and move to the higher ground of peace and security.

Week VI: Increasing Relationship Happiness

Relationships are the key to a good life. Embarking on a happiness management program involves developing social support because it is invaluable in helping us to cope with life's challenges and misfortunes. It not the quantity but the quality of the relationships you have that counts most. This session will focus on making breakthroughs in your relationships with yourself, family, friends and others. Forgiveness and mercy will be two of the major tools taught during this session.

Week VII: The Power of Happiness Goals

Goals—whether they are occupational, material, relational, or personal—are the natural motivators of life. Goals are vital because they help us to organize our lives to meet personal, social, psychological, personal and spiritual needs. Goals give us direction, they motivate us, and they structure our time, actions, and decisions. This aspect of the Happiness Management Program will assist you in developing written goals that are based on your mission and vision statements. Upon completing this session, you can choose to participate in the Master Mind Group that seeks to hold you accountable for the goals you have set.

Week VIII: Developing Happiness Management Strategies

In order to develop sustainable happiness, you will need a variety of techniques and strategies. This session will introduce you to at least 8 happiness strategies to use after you complete the Happiness Management Program.



“Join the Happiness Club”

After completing the Happiness Management Program, you can join the Happiness Club, which is a support group for people who want to maintain the gains they made in the Happiness Management or Coaching Programs.

What is the Happiness Club? It is an organization with the mission to promote the benefits of being happy through meetings, newsletters, happiness research, and books.

What is the Cost? There is no charge or any dues. All it will cost you is the time you spend to go to a meeting and learn about happiness instead of watching TV for the evening. It may, however, cost you your unhappiness.

When do we have Meetings: Meetings are once a month

Meeting Location: Call for a meeting near you at 404-523-6074-meetings will be held at various at High Impact Training offices in Atlanta, Smyrna and Hiram, GA.

Meeting Duration: Meetings last 1.5 hours

What are the Benefits: Happiness club meetings give a rational, common sense approach to create a positive view of life and deal with the things we cannot change. Happiness club meetings help make you more aware of the things you control and choose, to make wiser use of your energy, and this will help make you a happier person.

What is a meeting like? During each meeting, strategies will be presented assist us in living our lives to the fullest by understanding more about using and creating happiness. We have discussions during each meeting, so you'll have a chance to learn from others and express your viewpoint if you choose. The meetings are educational, and everyone takes something home with them to help create more happiness in their life.

Who comes to Happiness Club Meetings? Some of the people who come are happy and would like to meet others and become even happier, while others are looking for happiness. People from all walks of life and different backgrounds attend. We have people who are single, married, divorced, and widowed. We have a mixture of women and men. Many people come alone, but some bring friends. It is always a good place to meet new friends.

The great thing about meetings is that they promote friendship and a greater understanding of one another. The meetings give people an opportunity to be in a caring atmosphere so they can share their hopes, problems and strategies. Meetings help direct the focus away from the negatives and toward the positive, uplifting ways for building happiness and one's sense of well being. The purpose of these meetings, like meditation, is to be in the moment, lighten up, and be more in tune with your innermost positive thoughts and feelings. We create wonderful evening experiences for people to take back into their personal, school, business, and community lives. Many of them just can't wait for the next meeting. Many friendships have been formed from these meetings. You know what they say about your closest five friends being a strong determinant of your own life...so who ya' gonna surround yourself with? Why, happy people, of course!

Happiness Coach

Gary K. Byrd, M.Ed., MAC, CCS, CAMS

If you are seeking a coach, you are in good company. All the top athletes and entertainers have coaches. The coach's job is NOT to tell them what to do ... it is to help them achieve what they decide to do.

Coaching is a very personal activity. There is rarely a good coach or a bad coach, but rather a coach that fits well with you or a coach that does not. Before considering whether you should hire me as your personal coach, please take a moment to look at what I do well and what I do not do well.

What You Can Expect From Me As Your Happiness

- I specialize in helping individuals increase their subjective well-being
- I can help you formulate and follow an action plan for happiness.
- I can keep you motivated and organized to meet your goals.
- I can help you develop strategies to increase your happiness
- I help you define what you want out of life.
- I help you create calm, serenity, and balance in your life.

Call for an appointment to jumpstart your life to live more abundantly.

404-523-6074

Or

404-906-4720

Let Me Be Your Happiness Coach!!



