



Authentic Happiness

Create and sustain the genuine joy of living.

The Science and Theory



The experience of a complete and fulfilling life goes beyond feeling happy. It is a life that offers growth, opportunities for engaging experiences, valued relationships, health, and a deep sense of significance. The well-lived life is one of joy, but also meaning, and richness. This module introduces you to science-backed approaches to cultivate such a well-lived life, grounded in the PERMA model of authentic happiness.

The Practice



In this session, you will learn:

- The building blocks of authentic, enduring happiness.
- Practices that help enhance the pillars of long-lasting well-being.
- Strategies for making well-being a part of your daily habits.

The Module



This 2-hour course introduces you to the fundamentals of authentic happiness:

- Part 1: Positive emotions and Engagement
- Part 2: Relationships
- Part 3: Achievement and Meaning
- Part 4: Health

Complementary Modules



This 2-hour module pairs well with:

- Module 4: Character Strengths
- Module 9: Life and Career Crafting
- Module 10: Best Possible Selves

Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

Contact Us



For more information on this course, or to engage one of our trainers for your session, email teeyj@help.edu.my

Web and Resource Article



- www.emotivity.my
- <https://emotivity.my/the-authentic-happiness-formula-ingredients-for-a-good-life>

References



Seligman, M. (2018). PERMA and the building blocks of well-being. *The Journal of Positive Psychology*, 13(4), 333-335.

Schotanus-Dijkstra, M., Pieterse, M. E., Drossaert, C. H., Westerhof, G. J., De Graaf, R., Ten Have, M., ... & Bohlmeijer, E. T. (2016). What factors are associated with flourishing? Results from a large representative national sample. *Journal of Happiness Studies*, 17(4), 1351-1370.