



Mastering Happiness

ABOUT THE PROGRAMME:

An interactive, invigorating online programme that explores the science of happiness. Certain mental habits are known to influence emotions, thinking and decision-making. In this practical programme, you will learn:

- What happiness really means and why it matters to you
- The pleasure-purpose principle
- How to increase your own happiness and foster happiness in others
- The role of social connections, kindness, and community in embedding happiness
- A practical framework that you can immediately apply to your own life

FACULTY:



Itha Taljaard is an experienced facilitator, integrator and sense maker. She founded Sense to Solve in 2017 following a 20-year corporate career in companies such as Mintek, Liberty Life, Standard Bank and ABSA.

Her suite of specialisation includes Neuroscience, Whole Brain® Thinking, Strategy, Applied Creativity, Leadership Development, Facilitation and Behavioural Science.

She has worked with a wide range of corporate clients such as Nedbank, Development Bank of Southern Africa, MTN, Sanlam, SABMiller, Nampak, AON, FNB, Standard Bank, Hatch, Multichoice, GIBS and CSIR.

COURSE DETAILS:

DATE:	23 – 24 June 2020 (two sessions per day)
SESSION TIMES:	Session one: 09:00 – 10:00 Session two: 10:00 – 11:30
VENUE:	Online conferencing. The conference link will be sent upon registration.
FEE:	R3,000.00 per delegate
ENQUIRIES:	execed@jbs.ac.za
REGISTER HERE:	https://bit.ly/35y7Nwt

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