

THE BUILDING BLOCKS OF HAPPINESS

A six-week course that will change your life forever.

The most popular course in the history of Yale is on the science of well-being. There is no wonder as to why.

Where are we taught what really matters and what makes us happy in life?

Don't flounder on - Join me to build the mindsets and the habits of a happy, fulfilled and worthwhile life as per the science of human flourishing.

OUTCOMES

- More optimism and energy for life
- The skills and resilience to make it through the tough times and handle stress
 - Worthwhile and inspiring goals to give direction to our life
 - Meaning and purpose
- Greater self acceptance and a more positive and empowering self-view
- Much improved relationships, greater connection and a feeling of belonging in the world
 - Better emotional regulation and a much improved mood

ADD-ON OFFERING:



DATES

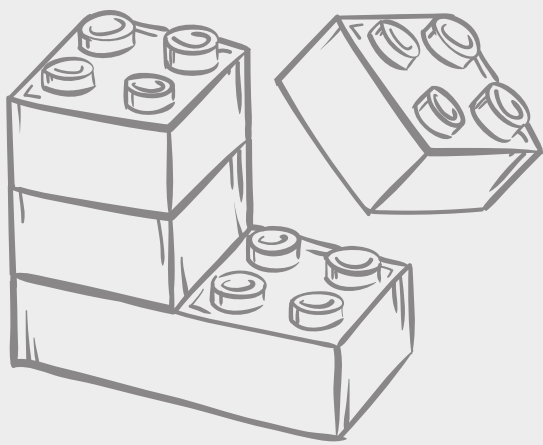
Start date - 4 April

End date - 9 May

Lunch hour - 12H00-13H00

Online zoom

Cost - R2400 per person



SUPER VITALITY

Add a three-week mini course for a life-changing cleanup of unhelpful habits in eating, sleeping and moving. Claim your energy back!

DATES

Start date - 16 May

End date - 30 May

Online Zoom

Lunch hour 12H00-13H00

Cost R1800 per person

Book both courses for R3500

Register at www.thrive-guru.com

Registration opens on Thursday 10 March and closes on Monday 14 March.

Book early as there are limited spaces available.