

Be H.A.P.P.Y.® - Guide for a happy and fulfilling life

Program

Instructor(s): Miguel Figueiredo

Number of hours invested by student: 9 hours

Group size: up to 40

Points: 18

Workshop objectives

To bring awareness on what kind of life you want to lead.
To understand what happiness is and how you can lead a happy life.
To begin the journey of becoming the best version of yourself.

Workshop description

Based on positive psychology and performance management, Miguel has developed the H.A.P.P.Y.® method, a personal development tool that, through the creation of a life vision accompanied by the change of habits, ultimately leads to a fulfilled and healthy life, which in turn, allows people to achieve a true state of happiness.

Workshop methodology

Total time to be invested by Students in workshop: 9h00

Summary of methodology:

You'll begin by taking an assessment that will score your happiness level. At the end of the workshop, you will measure it again, to see how it has evolved through time.

There will be content to watch before each live session;

Live Zoom session with in-session exercises (in groups + individual), and time for questions and comments.

Expectations regarding session attendance

Students are expected to watch all videos before each live session and participate in all exercises according to the instructions given, to be on time and to actively contribute to the session with their inputs and questions. Lack of materials or preparation will be considered by the instructor as inability to fulfil the session goals and it is equivalent to missing the session.

Extra-class assignments

Self-assessment tests on several dimensions, namely, on happiness level, plus committing to a 30-day change of habits program.

Evaluation

Overall Pass / Fail; students must pass all components of evaluation to be approved:

- 50% - individual assignment (pass requires on time assignment delivery with all questions completed plus reporting on their experience under the habits change program)
- 50% - contribution to class (pass requires attendance to all classes on time and fully prepared)

Reference reading

No required reading. However, there are some complementary proposed reading: 'Happier', by Dr. Tal Ben-Shahar; 'Thrive,' by Arianna Huffington; 'The 7 Habits of Highly Effective People', by Stephen R. Covey; 'The code of the extraordinary mind', by Vishen Lakhiani.

About the instructor(s)

With almost 25 years of experience, Miguel has a very diversified career that moved from working in multinational companies such as Unilever and Sonae, to creating his own company, Excentric, a renowned digital marketing agency, that later merged with Grey Network thus becoming one of the strongest Advertising agencies in Portugal.

After selling his position to WPP group, he is now helping others to become the best version of themselves, through Coaching, training and Keynote Speaking. Miguel has become specialised in leadership, happiness and organisational behaviour.

Miguel has majored in Business Management and has several post graduations by LBS, IMD, EPG and certifications in Coaching (PCC by ICFF), Emotional competencies, Neuro Linguistic Programming, science of Happiness and DISC assessment. He also teaches at Universidade Católica Portuguesa.

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