

# SCIENCE OF

# HAPPINESS

**AN EVIDENCE-BASED PROGRAM FOR STUDENTS WHO  
LIKE TO ENHANCE THEIR MENTAL WELL-BEING AND  
RESILIENCE IN CHALLENGING TIMES.**

The Science of Happiness program developed by Bruce Hood at Bristol University had a successful launch at Bern University in autumn 2020.

"It was a wonderful course, I couldn't have imagined it better!"

"This knowledge needs to be spread! We can shape our lives so much more than expected!"

"Your lecture was incredibly inspiring, interesting and intriguing and I would sign up for a second time in a heartbeat!"

"When it comes to happiness, you sometimes don't know for sure what's wrong and what's right. That course taught us the principles behind it and through that gave me security. I wished this course would never end...»

The 10-weeks program combines lecture videos, homework exercises and personalized mobile coaching delivered via the Nudge App leading you through the weekly happiness-topic focus.

- ❖ **10 Lecture Videos** explaining happiness from different perspectives including positive psychology, neuroscience, behavioural economics and philosophy.
- ❖ **Personalized Mobile Coaching** in which each trainee is connected with a Happiness-Coach, maintaining interactions, questions and feedback.
- ❖ **Online Happiness-Hacks** and live Q&As hosted twice a month (1<sup>st</sup> & 3<sup>rd</sup> Monday/ Month)



For Better.  
For Good.

Bruce Hood  
School of Psychological Science

@profbrucehood



## CONTACT

MSc FLORENCE  
VON GUNTEN  
[scihappi@gmail.com](mailto:scihappi@gmail.com)

## Running from 22.02.2021

Costs: CHF 100.- for 10 Weeks  
Lecture Videos, Personal Coaching and  
Happiness-Hacks.