

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

- ❖ **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



For Better.
For Good.

Bruce Hood
School of Psychological Science

@profbrucehood



CONTACT

MSc FLORENCE
VON GUNTEN
scihappi@gmail.com

Running from 22.02.2021

Costs: CHF 60.- for 6 Weeks
Lecture Videos, Personal Coaching and
Happiness-Hacks.