FREE HAPPINESS MONTH ONLINE EVENTS

VIRTUAL KICK-OFF EVENT
Thursday, October 1st, 6 – 7pm
Highlights and ideas of how get the most out of Happiness Month 2020 for yourself, your business, your family or tribe.

MAKE **HAPPY** A HABIT

THE HAPPINESS OF HABITS
Tuesday, October 20th, 12 - 1pm
Your happiness outcomes are a lagging measure of your habits. Learn the science behind the aggregated effects of tiny improvements overtime.
Leslie Santos, MAPP, M.Ed., Leadership Coach
www.lesliesantos.com

WHY COMPASSION IS THE KEY TO HAPPINESS
Wednesday, October 7th, 6 - 7pm
We're taught success leads to happiness, yet many "successful" people aren't happy. Why compassion is the key and how to grow it.
Laura Jack, International Best Selling Author & Compassion Coach
www.laurajack.com

WILDLIFE INSPIRATION
Wednesday, October 21st, 6 – 7pm
An inspirational slideshow about the personal empowerment that comes with our awe of wildlife.
Ellen Donoghue, PhD
www.ardentnature.com

HAPPINESS THRU GENEROSITY
Monday, October 12th, 6 - 7pm
A peek at the science of generosity, how it affects you, and how to increase generosity in your own life and that of your friends and family.
Heidi Venture, Online Facilitator & Trainer
www.heidiventure.com

STRENGTHS BASED HAPPINESS
Thursday, October 22nd, 6 - 7:30pm
Know, love and live your unique talents to allow a more happy and resilient self!
Melanie McCloskey, Certified Coach
www.MelanieMcCloskey.com

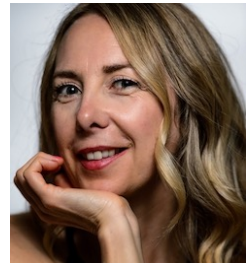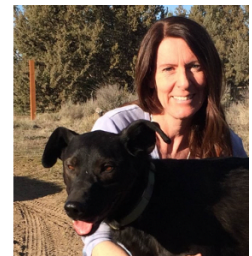**HOW TO BOOST YOUR CONFIDENCE**
Friday, October 16th, 6 - 7pm
Learn how to celebrate your wins and reframe failure to create a path for inspired action.
Sensi Graves, Pro Kiteboarder / Founder, Sensi Graves Bikinis
sensigravesswim.com

MONTHLY HAPPINESS GROUP
Wednesday, October 28th, 6 – 7pm
Discussion on all things happiness - from the latest science to habits we've tried and thoughts from interesting authors.
Lucy Mason, Whole Person Life Coach
lucymasonlifecoaching.com

To attend, go to www.gorgehappiness.org/events2020
for info on how to sign in to each event