



@ASK Training
Attitude | Skills | Knowledge

Discovering the Happiness DNA in You

Course Code:

ASKDHD

Course Duration:

1 day (8 hours), 9.00am - 5.00pm

Course Fee:

\$600 (\$654 Inc. 9% GST) per participant

Course Venue:

Hotel

Course Dates:

Refer to Training Calendar

<https://asktraining.com.sg/course-schedule/>



Course Synopsis

The founding of positive psychology which examines what's right with you rather than what's wrong with you in traditional psychology has stimulated the scientific research in happiness.

Researchers have founded that half of our happiness is inherited, 40% from our actions and only 10% is from external circumstances which we have no control over them.

Although 50% of our happiness is inherited, epigenetics which is the field of study that assesses the mechanisms by which environmental information interfaces the genome and controls genetic activity, found that our genes which made up of masses of DNA can be altered by both external and internal environments.

When we alter the environment, we can influence the course of genetic evolution. It is based on these principles that "The Happiness DNA" was conceived.

Course Objectives

By the end of the course, you would be able to:

- Define what is happiness
- Distinguish between internal and external sources of happiness
- Measure the level of happiness
- Discover the happiness DNA and apply it to nurture and sustain true happiness

Course Outline

- Definition of happiness
- The science and facts of happiness
- The happiness DNA
- Discovering and measuring happiness DNA in you
- Nurturing and sustaining true spiritual happiness