



101 Activities for Happiness Workshops (Paperback)

By Tom Bourner, Bridget Grenville-Cleave, Asher Rospigliosi

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is a great resource for anyone who currently leads or runs groups in schools, the community or in the workplace - or plans to. Everything you need to design a whole workshop from scratch is here, along with a wealth of ideas and inspiration. Vanessa King (MAPP), Positive Psychology Lead and Board Member, Action for Happiness. 101 Activities for Happiness Workshops is suitable for both new and experienced workshops facilitators. It s a practical book which you can start using immediately. Each activity is based on the 10 Keys for Happiness from Action for Happiness. The purpose of each activity is clearly explained, and you are given details about the materials you need, step-by-step instructions so that you can facilitate the group confidently, plenary/debrief questions where appropriate and follow-up notes including comments and variations. Photocopiable handouts are also provided where used in the activity. The opening chapters include background information about positive psychology, happiness and why it matters, and the closing chapters will help you design and plan your own workshop as well as give you information about...



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