

## ABOUT US



Happiness creates success not the other way around. Success does not create happiness. Positive thinking stimulates the brain to be more creative, motivated and productive to name a few. Positive thinking creates new “positive” neuropathways in the brain creating healthier habits, outlook and perception leading to improved behavior and productivity.

Happiness Matters presents workshops to businesses, corporations, schools and organizations to teach Happiness and Happiness culture. Happiness is a choice! All our workshops are created with the concept of holism; which mind, body and spirit are connected and can't be separated. We direct these workshops primarily toward mental, emotional and spiritual health and illustrating how they affect physical health.

When a business invests in their employees' wellbeing and health, the benefits outweigh the cost by far. Their employees are more productive and healthy bringing greater profitability to the business. It also encourages a healthy culture among co-workers and within the business itself.

There are many corporations that offer employer/employee wellness programs. Many of these programs are weight loss, exercise, smoking cessation and health screenings along with wellness workshops on stress reduction. Companies provide online programs and in person programs. ***These are all great programs, however, there is a root cause of general unhappiness that isn't being addressed along with creating a better employee and workplace culture overall.***

## WORKSHOPS

### *Yes, Happiness Does Matter*

Yes, Happiness Does Matter is our signature workshop. It combines the best of brain-based research along with a holistic approach to happiness from a mind, body and spirit perspective to create an impactful and life-changing workshop that will improve the overall happiness culture within your company. Research shows that happy employees are more productive, healthier and use less time off than their unhappy counterparts.

### *Let Your “True Colors” Shine: Illuminate Paths to Enhanced Communication*

This innovative workshop is a communication model deeply rooted in temperament typology. It is a “people technology” utilizing the metaphor of color and a common vocabulary to understand basic human diversity. The workshop is an easy and entertaining way to discover your True Colors spectrum and offers dynamic keys to unlocking your success. True Colors awareness and application provides a common ground and builds bridges for everyone. Participants in this workshop will gain tools that will directly relate to enhanced self-awareness as well as increased personal success in relationships and job performance. By applying your True Colors spectrum, you can expect to enjoy greater success and satisfaction at home...at work...and in life! (This workshop is presented by a Certified True Colors, Int., Facilitator)

Happiness is when  
what you think,  
what you say  
and what you do  
are in harmony.  
- Mahatma Gandhi

