

* The Happiness Workshop - Come get your HAPPY on!



> Details

Time: 18:00 - 19:00 (Registration starts from 17:45)

Venue: Maple Room (3F), Grand Intercontinental Seoul Parnas

Fee: Free of charge (Only open to Summer Network Night registrants!)

* If you are interested in attending 'Happiness workshop', please contact Ms Hyewon Shim.
(hyewon.shim@ecck.eu, 02-6261-2711)

> Outline

This highly anticipated workshop will be held at ECCK after having crossed 3 continents and dozens of countries around the globe!

Hosted by **Global Happiness Coach Kyla Mitsunaga**, The Happiness Workshop is a hands-on experiential workshop where participants will discover the key to unlocking the happiness potential in every one around them from clients to co-workers. Participants will work on their HQ (Happiness Quotient) such that they feel more motivated, inspired, and most importantly, more likely to succeed and help other stakeholders do the same.

Based on Kyla's extensive studies on happiness, this workshop combines innovative ways of experiential learning such that retention rates are 75% higher (!). Learn directly what many C-Suites from global companies have already learned WITH Kyla in this one-of-a-kind workshop meant for young professionals or anyone looking to advance in their careers using the happy → success model!

What are you waiting for? Come get your HAPPY on!

Featured Topics Include:

- The latest Science behind Happiness
- Positive Psychology Hacks
- Research-Based Strategies grounded in Neuroscience to boost Happiness + Performance
- EQ > IQ
- How to UP productivity, motivation, retention rates, innovation and more!

* For more information, please visit **Website:** <https://www.kylamitsunaga.com/the-happiness-workshop.html> or **Youtube:** <https://youtu.be/wElHcmDjkno>