



The Science & Art of Happiness:

A Certificate Programme on Positive Psychology & Evidence-Based Transformative Practice

Co-offered by the Greater Good Science Center, University of California, Berkeley &
Tsz Shan Institute, Tsz Shan Monastery

Programme Overview

We all want to be happier. But happiness seems elusive. Many of us try to make ourselves happier by chasing ever-higher goals, or holding ourselves to ever-greater standards of perfection, so much so that we have almost completely lost track of how far we have strayed from happiness. What is happiness? How do we attain sustainable happiness? What mental habits are most conducive to happiness and what exercises can help develop these habits? How can we better manage stress and grow resilience? How can we connect with authenticity and compassion and nurture our relationships? This programme offers a set of science-based answers to such questions, introducing to you cutting-edge findings of multiple disciplines including social, developmental, evolutionary, and positive psychology, alongside neuroscience, economics, and more.

The programme consists of two courses, '**Scientific Foundations Course**' and '**Practical Intensive Course**'. Both courses teach you scientifically supported techniques for daily practice. Such practice is sometimes referred to as transformative practice, or 'deep' practice, meaning that it is an intentional exercise for extended periods of time with the purpose of empowering transformation. It cultivates greater awareness of our habitual patterns and transforms them into patterns conducive to our well-being, productivity, happiness, kindness, compassion, and quality of life.

In the '**Scientific Foundations Course**', you will explore key discoveries from the transdisciplinary science of happiness to gain basic knowledge about what happiness is, why it matters, and how people can enhance it within themselves and in their communities. Skilled at making science fun and personal, UC Berkeley's instructors will help you discover how cutting-edge research can be applied to your own lives. Experienced in coaching mindfulness and meditation, Tsz Shan Institute's instructors will offer you direct, step-by-step guidance in the core practice of the course—the mindfulness and meditation exercises.

The '**Practical Intensive Course**', on the other hand, focuses on enhancing your skills to apply the science-based practice to your everyday life and professional work. It also adopts the Train-the-Trainer model to equip teachers, counsellors, healthcare professionals and social workers with knowledge and skills to share such practice with a wide range of people beyond this course. It is our firm belief that teaching someone else is the best way to learn and to deepen the practice on your own path of transformation. In fact, sharing the practice in itself is another practice of generosity and compassion as well as a pursuit of intrinsically meaningful goals, both of which nurture your own happiness. Our teaching team is committed to supporting you on your journey of transformation and growth beyond the duration of the course. Dedicated students can deepen their practice through a **Community of Practice** programme after they have completed the course.

How to start:

Enrolment is course-based. To start, you apply for the enrolment of either one course when it is offered. Later when the other course is offered, you apply for its enrolment.

The next Practical Intensive Course is offered in July – September 2022, and is now accepting applications.

The next Scientific Foundations Course will be offered in February – April 2023. Application to the course is not open yet.

Award of Certificate(s):

Upon satisfactory completion of either one of the courses, you will be awarded a Certificate of Completion of that particular course. Once you have been awarded the Certificates of both courses, you will be further awarded an advanced Certificate of Completion of the entire programme.

All Certificates are jointly issued by the Greater Good Science Center, University of California, Berkeley and Tsz Shan Institute, Tsz Shan Monastery.

Practical Intensive Course

Course Outline

Course Description:

In this course, you will learn the science and practice of enduring happiness and well-being, with an emphasis on the practice side, including competence to share the practice with more people. Through an engaging and interactive format, you will develop skills to increase resilience and well-being in both yourself and others. You will walk away with knowledge and tools to cultivate a more meaningful, joyful, compassionate and connected life for yourself and the people around you.

Instructors:

Natalie Brain

Greater Good Science Center, UC Berkeley

Natalie is a senior fellow at the Greater Good Science Center and a leadership coach for the UC Berkeley Haas School of Business. She was a Lecturer in Positive Psychology at the University of Melbourne in Australia, where she created and taught an award-winning science of well-being course taken by thousands of students. She has worked on six continents in healthcare, business, and education and has facilitated numerous leadership trainings internationally.

Natalie has an MBA from the Massachusetts Institute of Technology, a master's degree in applied positive psychology from the University of Pennsylvania, and an undergraduate degree in economics & business from UCLA. She was a mindfulness facilitator for Spirit Rock Meditation Center for six years.

Ven. You Zhe (釋有哲法師)

Tsz Shan Institute, Tsz Shan Monastery

Ven. You Zhe is a seasoned instructor of loving-kindness meditation. A Malaysian monk, he studied in Dharma Drum Institute of Liberal Arts, Fuyan Buddhist Institute, and the University of Hamburg.

Dates & Time:

Note: The Sept 3 session has been moved to Sept 10.

Zoom Online Workshops:

July 30 ; August 6, 13, 27 ; September **10**, 17 (Saturdays) 10:00 am – 12:30 pm

Experiential Learning Sessions at Tsz Shan Monastery:*

Session 1: August 20 or 21 (Saturday or Sunday) 9:30 am - 12:30 pm

Session 2: September 24 or 25 (Saturday or Sunday) 9:30 am - 12:30 pm

* The class will be split into 2 groups. Group A attends these sessions on Saturdays; Group B on Sundays.

* The exact hours of Experiential Learning Sessions are subject to adjustment.

Prerequisites:

Recommended but not required: Scientific Foundations Course of the programme.

* You can also take the Scientific Foundations Course after taking this course to complete the training of the entire programme.

* The next Scientific Foundations Course will be offered in February – April 2023, also on Saturdays 10:00 am – 12:30 pm via Zoom and supplemented with experiential learning sessions at Tsz Shan Monastery.

Priority will be given to applicants who have:

- (a) successfully completed the Scientific Foundations Course, demonstrating the potential and commitment to continue their study;
- (b) been working in teaching, counselling, coaching, healthcare, or other caretaking professions;
- (c) meditation experiences;
- (d) studied psychology, mental health, health sciences or other relevant subjects; and/or
- (e) a strong academic background.

Languages:

- Natalie Brain will teach in *English* and Ven. You Zhe in *Cantonese*.
- You are however encouraged to use your preferred language (English, Cantonese, or Mandarin) within the in-class small group exercises.

Course Structure:

(Subject to further adjustment)

July 30 Workshop 1. Build Enduring Happiness.

We all want to be happy, but how do we get there? In this workshop, you will explore the science of enduring happiness and what gets in the way. You will leave with a scientific model of lasting well-being and practical exercises to increase it.

August 6 Workshop 2. Boost Positive Emotions.

Why do positive emotions matter for you, your workplace, and community? In this session you will learn the science of positive emotions and practice experiential exercises to increase your positivity and cultivate gratitude.

August 13 Workshop 3. Cultivate Presence.

Do you find it difficult to focus in today's fast-paced, technology-driven times? Research shows a wandering mind is an unhappy mind. In this session you will explore the benefits of being present and how to cultivate increased presence and happiness.

***August 20 / 21 Experiential Learning at Tsz Shan Monastery.**

In the experiential learning sessions at the Tsz Shan Monastery, you will deepen the practice you learned in the workshops.

August 27 Workshop 4. Nurture Healthy Relationships.

Science shows we are wired to connect. What are the benefits of healthy relationships for you, your workplace and community? In this workshop, you will learn to apply science-backed practices for healthy relationships, including deep listening and empathy.

September 10 Workshop 5. Connect with Compassion.

Despite our best intentions, sometimes relationships are difficult. Why does connecting with compassion matter to you, your workplace, and community? Learn and facilitate the science and practice of compassion for yourself and others around you.

September 17 Workshop 6. Grow Resilience.

Continuous change and set-backs are an inevitable part of life. In this workshop you will learn the science of resilience and walk away with practical tools to build a growth mindset in the midst of change.

*** September 24 / 25 Experiential Learning at Tsz Shan Monastery.****Assessment:**

1. You are required to attend at least 6 out of 8 sessions and at least 1 out of 2 experiential learning sessions;
2. After each online workshop, the instructor will assign some home practice exercises for you; and
3. At the end of the course, you are required to submit a short piece of reflective writing on one of the topics given to you.

* You can complete the above assignments in either English or Chinese.

Community of Practice:

Students can apply to participate in a subsequent Community of Practice. This group will meet periodically on Zoom following the completion of the course, enabling participants to learn from one another and get support while applying the course content to various aspects of their lives and work. Natalie will play a key role in facilitating the meetings, helping the group to go deeper.

Meeting Dates & Time: October 8 & 22 ; November 5 & 19 ; December 3 & 17 ; January 14 & 28, 2023 (Saturdays) 10:00 – 11:00 am

Course Fee:

The course fee for the Practical Intensive Course is HK\$5,000.

* The Community of Practice is an extended part of the course. You may join the Community of Practice after the completion of the course with an administrative fee of HK\$500.

How to Apply:

This course accepts application on a rolling basis. As the class size is limited, we encourage you to apply as early as possible.

Application Deadline: July 15, 2022

Apply here: <https://forms.gle/dovpxk6iRcJbfRvZ8>

Some Readings to Get Ahead:

(Optional, not required)

Newman, K. (2020) [How Much of Your Happiness Is Under Your Control?](#), *Greater Good*.

Harvard Medical School. (2008) [Happiness Is 'Infectious' In Network of Friends: Collective – Not Just Individual – Phenomenon](#), *ScienceDaily*.

Greater Good Science Center. (2019) [What Is Awe?](#), *Greater Good*.

Jacobs, T. (2018) [Being Around Nature Helps You Love Your Body](#), *Greater Good*.