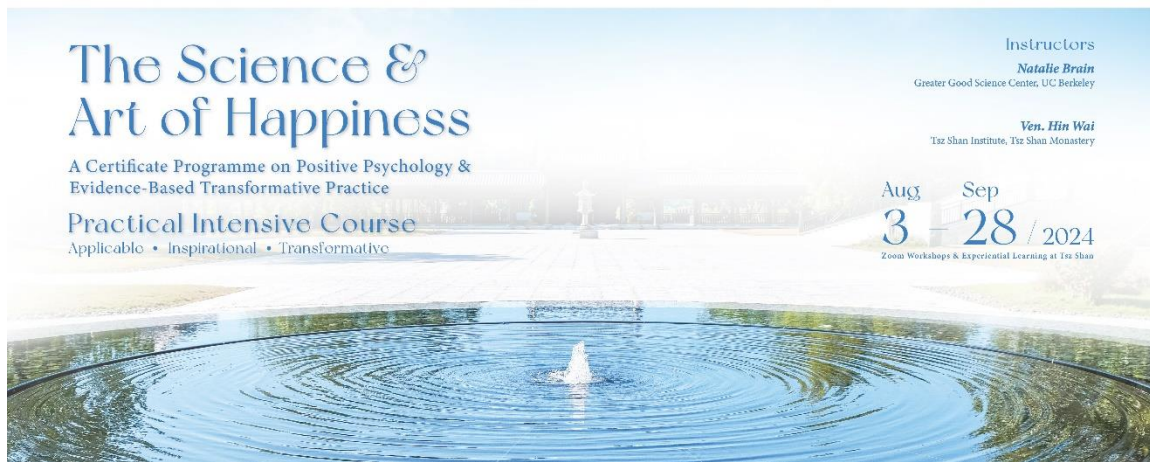




Greater Good
Science Center
University of California, Berkeley



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

Supported by Centre of Buddhist Studies Alumni Association

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 learning a greater number of science-based practices and applying them to your everyday life and professional context. These practices are also useful for coaches, counsellors, teachers, healthcare professionals, social workers and team leaders to share with a wide range of people beyond this course.

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 Practical Intensive Course.

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.

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.

If you have not taken the Scientific Foundations Course, You may take the Practical Intensive Course first. The next Scientific Foundations Course will be offered in early 2025. Application to that course will open in the last quarter of 2024.

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. 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 the Lead Instructor and a Senior Fellow at the Greater Good Science Center. She has been a pioneer in crafting and teaching positive psychology courses for many years. As a seasoned coach, Natalie is skilled at helping clients and students from diverse backgrounds resource themselves for resilience, ease and growth by bringing the science and practice of thriving to their lives and careers. Other than her insights and experiences in the application of science, she is known for her deep, attentive listening and emphatic feedback.

At UC Berkeley, Natalie is also the Senior Associate Director and leadership and career coach at the Haas School of Business, coaching MBA students and alumni to chart a path to fulfilling success. She has facilitated numerous experiential workshops, for executive, evening/weekend & full-time students to define purpose and build resilience.

Outside UC Berkeley, for more than a decade, as a leadership development facilitator and executive coach, Natalie has partnered with leaders and organizations to cultivate agility, boldness and connection.

Natalie has management experience across eight functions and six industries on six continents, including healthcare, business, and education. 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 was a mindfulness facilitator for Spirit Rock Meditation Center for six years.

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.

Ven. Hin Wai (釋衍偉法師)

Tsz Shan Institute, Tsz Shan Monastery

Renowned for his grounded wisdom that directly touches the heart, Ven. Hin-Wai is a much-loved and skillful monastic teacher who has assisted numerous students in cultivating meditation and insight.

We will spend the first 2 hours of each Zoom session with Natalie. Then we will have a 5-minute short break, after which, Ven. Hin Wai will offer a guided meditation and some teaching to close the session, which will run for 30 minutes and so. The Experiential Learning Sessions will deepen our practice of meditation and mindfulness, with in-person instructions from Ven. Hin Wai.

Dates & Time:

Zoom Online Workshops:

August 3, 10, 24; September 7, 14, 21 (Saturdays) 10:00am – 12:30pm

* We will be recording the Zoom sessions, allowing you to review afterwards. The recording will remain accessible for a period of 30 days following the class. As our classes are highly

interactive, we encourage your active participation in real-time to make the most out of your learning experience.

Experiential Learning Sessions at Tsz Shan Monastery:

Session I: August 31 (Saturday) 9:00am – 12:00pm OR 2:00pm – 5:00pm

Session II: September 28 (Saturday) 9:00am – 12:00pm OR 2:00pm – 5:00pm

* For the best learning outcome, the class will be split into two groups to attend the in-person Experiential Learning Sessions. For example, you may choose to attend on either the morning or afternoon of August 31 for the first session. The exact hours of Experiential Learning Sessions are subject to modest adjustment.

* If you are studying from outside Hong Kong as an overseas student, we understand that you won't be able to attend the two in-person Experiential Learning Sessions, during which students deepen mindfulness and meditation practices. We will record these sessions as much as we can and share them with you. If you visit Hong Kong in the future, we welcome you to contact us in advance so that we can see if there are similar Experiential Learning Sessions that we may offer you with our compliments.

Prerequisites:

You do not need prior knowledge from the Scientific Foundations Course to participate in the Practical Intensive Course. However, we recommend you take the Scientific Foundations Course of the programme for a complete learning experience.

* The next Scientific Foundations Course will be offered in February – April 2025, also on Saturdays 10:00am – 12:30pm via Zoom and supplemented with experiential learning sessions at Tsz Shan Monastery.

Admission 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.

Course Structure:

(Subject to further adjustment)

August 3 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 10 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 24 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 31 Experiential Learning at Tsz Shan Monastery.**

In the Experiential Learning Sessions at the Tsz Shan Monastery, you will deepen the meditation practice you learned in the Zoom workshops.

September 7 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 14 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 21 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 28 Experiential Learning at Tsz Shan Monastery.**

Assessment:

1. You are required to attend most Zoom workshops and at least one Experiential Learning Sessions;[†] and
2. There will be some home practice exercises for you to deepen your learning. A short reflective writing needs to be submitted for you to receive the Certificate of Completion.[‡]

[†] If you are studying from outside Hong Kong as an overseas student, you are not required to attend the Experiential Learning at Tsz Shan Monastery. If you visit Hong Kong in the future, we welcome you to contact us in advance and see if there are similar Experiential Learning Sessions running that you might join.

[‡] You may complete the short reflective writing in either English or Chinese.

Community of Practice:

Students can participate in a subsequent Community of Practice. This group will meet periodically on Zoom following the completion of the course. The meetings will refresh the learning and practices, invigorating and supporting you on your journey of growth and transformation. **Natalie** will play a key role in facilitating the meetings, helping the group to go deeper.

The Community will meet on Saturdays 10:00 – 11:00am for 8 sessions in total:

- October 19
- November 2
- November 16
- November 30
- December 14
- January 4, 2025
- January 18
- February 1

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:

Apply here: <https://forms.gle/ToKejEdtUF313fMC8>

Application Deadline: July 20, 2024

We strongly recommend applying early, as applications are processed on a rolling basis.