



## **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 learning a 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 and social workers 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 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 2023, and is now accepting applications.

The next Scientific Foundations Course will be offered in February – April 2024. 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. 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:**

#### **Eve Ekman, Ph.D., MSW**

*Greater Good Science Center, UC Berkeley*

An experienced speaker, researcher, and group facilitator, Eve brings a unique background ideally suited to training individuals and organizations in the science of happiness, resilience, compassion, mindfulness, and emotional awareness.

Eve creates dynamic trainings adapted specifically for the needs of her participants, drawing upon her deep scientific knowledge, direct clinical work, and experiences in a range of institutional and organizational settings, particularly within the health care field. She worked for years as a social worker in health care, criminal justice, and social welfare systems, which inspired her to earn her master's and Ph.D. at UC Berkeley and complete her postdoctoral training at UCSF Osher Center for Integrative Medicine.

Her research has focused on helping professional care providers prevent burnout by giving them easier access to practices of attention, insight, and resilience. Building on her research, she developed trainings to address burnout in national and international organizations and has delivered keynotes and workshops for a wide range of companies, including Airbnb, Salesforce, and Kaiser Permanente.

Eve is a second-generation emotion researcher who has had meaningful collaborations with her father, renowned emotion researcher Dr. Paul Ekman, including

on the *Atlas of Emotions*, a highly-regarded online visual tool teaching emotional awareness, and *Cultivating Emotional Balance*, an intensive, evidence-based training for compassion and mindfulness. Eve's writing on empathy, burnout, and compassion has appeared in peer-reviewed journals, magazines, and books, including the *Oxford Handbook of Positive Psychology* and *Oxford Handbook of Compassion Science*. She is Wellbeing Lead in the Health team at Apple, a fellow of Mind and Life Institute, former Director of Training and now a Senior Fellow for the Greater Good Science Center, and a contemplative curriculum specialist at the UC Berkeley Center for the Science of Psychedelics. Eve is also a regular practitioner of meditation, yoga, and cold water surfing, and brings her enthusiasm for living a rich emotional life into her teaching.

**Ven. Jie Yu (釋戒煜法師)**

*Tsz Shan Institute, Tsz Shan Monastery*

A seasoned meditation instructor, Ven. Jie Yu received his Bachelor's degree from the Buddhist College of Singapore and Master of Buddhist Studies from the University of Hong Kong.

We will spend the first 2 hours of each Zoom session with Eve. Then we will have a 5-minute short break, after which, Ven. Jie Yu will offer a guided meditation and some teaching to close the session, which will run for 30 minutes and so. Ven. Jie Yu will also instruct us in person in the Experiential Learning Sessions.

**Dates & Time:**

Zoom Online Workshops:

July 22, 29; August 26; September 2, 9, 23 (Saturdays) 10:00am – 12:30pm

\* Zoom recording is available for 7 days after the class for your review. However, we strongly recommend you attend the live sessions, as they are highly interactive and engaging.

Experiential Learning Sessions at Tsz Shan Monastery:

Session I: August 12 or 19 (Saturday) 1:00pm – 5:00pm

Session II: October 7 or 14 (Saturday) 1:00pm – 5:00pm

\* For best learning outcome, the class will be split into two groups to attend the in-person Experiential Learning Sessions. For example, you will need to attend Session I on either August 12 or 19.

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

**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 2024, 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)

**July 22 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.

**July 29 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 12 / 19 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.

**August 26   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.

**September 2   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 9   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 23   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.

**\* October 7 / 14   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.

\* You may complete the above assignments 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, enabling participants to learn from one another and get support while applying the course content to various aspects of their lives and work. **Eve** 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 meetings in total:

- October 21
- November 4
- November 18
- December 2
- December 16
- January 13, 2024
- January 27
- February 17

**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 8, 2023

Apply here: <https://tinyurl.com/bp6f4pj4>