



The Science & Art of Happiness:

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

幸福的科學與藝術：

正向心理學與基於研究的轉化性修習

證書課程

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.

UC Berkeley's leading experts in positive psychology and Tsz Shan Institute's seasoned senior monastic teachers co-developed and co-teach the '**Scientific Foundations Course**'. Skilled at making science fun and personal, UC Berkeley's teachers 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 teachers will offer you direct, step-by-step guidance in the core practice of the course—the mindfulness or meditation exercises corresponding to each lecture.

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 will be offered opportunities to engage with the practice through a **Community of Practice** and a **Teaching Assistantship** 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 – August 2021, and is now accepting applications.

The next Scientific Foundations Course will be offered in January – February 2022. Application for the course will be opened in the last quarter of 2021.

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

實踐強化課程

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.

Instructor (Online Workshops):

Natalie Brain

Greater Good Science Center, UC Berkeley

Natalie is a leadership coach for the UC Berkeley Haas School of Business and 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.

She has an MBA from the Massachusetts Institute of Technology, 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.

Instructor (Experiential Learning Sessions at Tsz Shan Monastery):

Venerable You Zhe (有哲法師)

Tsz Shan Institute, Tsz Shan Monastery

Date & Time:Zoom Online Workshops:

July 17, 24, 31; August 7, 14, 21 (Saturdays) 10:00 am – 12:00 pm

Experiential Learning Sessions at Tsz Shan Monastery:

August 8 (Sunday) 9:30 am - 12:30 pm ****Please note this session is on Sunday.****

August 28 (Saturday) 7:30 am - 12:00 pm

* Experiential Learning Session hours 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 January – February 2022, also on Saturdays 10:00 am – 12:00 pm via Zoom and occasionally supplemented with experiential learning sessions at Tsz Shan Monastery.

Priority will be given to applicants who have:

- (a) successfully completed the Scientific Foundations Course (previously known as “SCT course”) in 2020;
- (b) been working in teaching, counselling, coaching, healthcare, or other caretaking professions;
- (c) substantial meditation experience; and/or
- (d) studied psychology, mental health, health sciences or other relevant subjects.

Languages:

- The Zoom workshops will be conducted in English. You are however encouraged to use your preferred language (e.g., Cantonese) during the in-class group exercises (as well as in the Community of Practice set up after the completion of the course). You are also welcome to ask questions and interact with the instructor in Cantonese or Mandarin; a translator will be stationed to help the instructor understand your question.

- The experiential learning sessions at Tsz Shan Monastery will be conducted in Cantonese. We will try our best to cater non-Cantonese speakers with live interpretation service whenever it is possible.

Course Structure:

(Subject to further adjustment)

July 17 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 24 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.

July 31 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 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.

***August 8 (Sunday) 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 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.

August 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.

***August 28 Experiential Learning & Ceremony of Completion 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. The exercises may involve keeping some form of simple written notes (e.g., reflective journals) or something equivalent. You must complete a minimum of 4 exercises and submit the associated written notes; and
3. At the end of the course, you are required to submit a short piece of reflective writing (minimum 400 words) on one of the topics given to you.

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

Community of Practice:

Students who demonstrate the potential and commitment to sharing the science and practice of the course with others can apply to participate in a subsequent Community of Practice, admission of which will be limited to 25 participants. This group will meet periodically following the completion of the Practical Intensive course, enabling participants to share their experiences of applying the course content to various aspects of their lives and work. They will learn from one another and get support from the Berkeley team in this learning journey. The Berkeley team will also play a role in facilitating the Community Practice, and an interpreter might be stationed to support those who prefer to use Cantonese to practice and express themselves.

Further Opportunity to Engage with the Practice:

Students who have completed both the Scientific Foundations and the Practical Intensive courses will also be eligible to serve as teaching assistants for these courses in the future, helping the instructor teach the course and offering support to the new learners in the course. Ideally, these teaching assistants are from the Community of Practice. Being a teaching assistant help a former student keep remembering, engaging with, and deepening their practice.

Course Fee:

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

* Scholarship will be available for application. Information to be announced.

How to Apply:

This course accepts application on a rolling basis. We encourage you to apply as early as possible.

Application Deadline: 5 July, 2021

Maximum number of students: 60

Apply here: <https://forms.gle/imk1cDuFQ4jTH3zS9>