



**INSPIRATIONAL
POWER SESSIONS**



HOW DOES IT WORK?

- Inspirational Power Sessions are sold by the unit, with one unit consisting of four classes (classes are 15 minutes each).
- Sessions are ideally scheduled at the same day and time every week, every other week, or each month, though exceptions can be made as needed.
- You choose the topics for each session.

We will provide the following for the sessions:

- Zoom links for all four sessions.
- A recording of the session (optional; extra fee applies)

We can also schedule sessions such as Yoga at Your Desk or various disciplines of body movement and stretching led by other Happiness U instructors. Please inquire.



INSPIRATIONAL POWER SESSIONS TOPICS

Adaptability and Change Management

- *Pre-pave for Power*
- *Dealing with Too Much Change*
- *Move Through Any Challenge*
- *Can Things Get Any Worse?*
- *All About Burnout*
- *How to Overcome Failure*
- *How to Get Stronger from Stress*

Time and Productivity Management

- *Clear Desk Clutter*
- *How to Avoid Distractions*
- *How to Overcome Procrastination*
- *Increase Your Energy*
- *Energy Adjustment*
- *More Productivity Please*
- *How to Get Motivated*
- *Minimize Mental Fatigue*
- *Time Stress*
- *Optimize Your WFH Experience*
- *Stress Relief Starts with Your Feet*

People and Interaction Management

- *Dealing with Irritating People*
- *Communication Strategies to Infuse Positivity*
- *Understanding Body Language*
- *The Body Language of Lies*
- *Introversion vs Extroversion*
- *What is Trust and How to Gain It*
- *Temper Emotional Triggers*

Mindset and Perspective Management

- *Meditation and a Guided Meditation*
- *Let Go of Worry*
- *Reducing Stress*
- *Stay Calm in the Midst of Crisis*
- *How to Practice Mindfulness*
- *Dealing with Negativity*
- *Work-Life Balance*
- *Get Unstuck*
- *Transcend Guilt*
- *How to Be More Positive*
- *Finding Purpose in Life*
- *How to Overcome Failure*
- *Happiness 101*
- *Gratitude and Positive Affirmations*
- *How to Stop Judging*
- *Keep Cool, Calm, and Collected*
- *Accepting the "Unacceptable"*
- *Group Coaching*



ADAPTABILITY AND CHANGE MANAGEMENT

PRE-PAVE FOR POWER

The future is undetermined and it's natural to fear the worst of what you don't want to happen rather than what you would rather see happen. This session paves the path towards getting what you want versus what you fear.

MOVE THROUGH ANY CHALLENGE

We respond to the reality we see, yet in truth, there are multiple realities of any given situation. This session covers a proven technique that will show you an alternate more inspiring reality of your experience.

ALL ABOUT BURNOUT

Everything you want to know about burnout, its dimensions and stages and how to prevent or reverse it. This session covers all the latest about burnout and even how the pandemic has affected us.

HOW TO GET STRONGER FROM STRESS, NOT BROKEN BY IT

Life doesn't just test us—it trains us. This session explores how to go beyond resilience by adopting an anti-fragile mindset, one that grows stronger, wiser, and more capable with every challenge, setback, or stressor you face.

DEALING WITH TOO MUCH CHANGE

Change that we don't want is often the hardest to accept, yet there are ways to look at change, and process unwanted change. This presentation gives the anatomy of change and how to best cope.

CAN THINGS GET ANY WORSE

When something goes wrong, it's easy to think of how bad the situation is, yet you can't go back to change it. What is the mindset to cultivate to be able to find solutions to your problems?

HOW TO OVERCOME FAILURE AND COME OUT AHEAD

Everything you want to know about burnout, its dimensions and stages and how to prevent or reverse it. This session covers all the latest about burnout and even how the pandemic has affected us.



TIME AND PRODUCTIVITY MANAGEMENT

CLEAR DESK CLUTTER

We are connected to everything around us both visibly and invisibly. Visual clutter affects us by siphoning off our energy and reinforcing overwhelm and disorganization. Get motivated with specific ways to shift your workspace.

HOW TO AVOID DISTRACTIONS

When you sit down to work, do you find that you need to learn “how to focus” better? Multi-tasking has become the norm and we’ve trained our minds to jump around. This session covers specific proven strategies that help.

HOW TO OVERCOME PROCRASTINATION

When there is something we don’t want to do, but have to, we tend to defer it. Procrastination has this way of making us feel guilty and overwhelmed. Learn simple proven ways to beat this and get it done.

INCREASE YOUR ENERGY

We have four sources of energy to draw from: Physical, Mental, Emotional, and Spiritual. Where are you losing energy? Where do you need to replenish? This session offers proven strategies so you can get more done in less time.

ENERGY ADJUSTMENT

How to make some immediate personal energy adjustments so that you feel better physically, mentally, emotionally, and spiritually. This session will include some meditation, visualization and breathing.

MORE PRODUCTIVITY PLEASE

A day of productivity is one of the best feelings in the world. How can we be more productive when we are constantly distracted? This session covers the latest productivity mindset strategies so you can feel good about your accomplishments.



TIME AND PRODUCTIVITY MANAGEMENT

HOW TO GET MOTIVATED

When you have absolutely no interest and desire to do something, yet you know you “have” to get it done, how do you start? This session covers some mindset techniques to get you moving towards the object of least desire.

MINIMIZE MENTAL FATIGUE

Are you mentally drained? Have a hard time remembering things? Or making decisions about simple things? This session covers some proven techniques to minimize energy loss, and boost your mental acuity.

TIME STRESS

Many of us go through our days scattered, distracted, overwhelmed, and frustrated having “not enough time” to do everything we want to do. Move towards time expansion, and opt out of the negativity around time scarcity.

OPTIMIZE YOUR WFH EXPERIENCE

Working remotely brings unique challenges: distractions, isolation, and maintaining focus amid daily interruptions. Learn practical tips to create good habits, optimize your productivity, and maintain your well-being in a remote environment.

STRESS RELIEF STARTS WITH YOUR FEET

Most of us spend our days disconnected from nature’s stabilizing rhythms. Learn how simple grounding practices can calm your nervous system, reduce stress, and restore focus and balance. Discover how to recharge your energy in a simple and natural way.



PEOPLE AND INTERACTION MANAGEMENT

DEALING WITH IRRITATING PEOPLE

Some people we like, some we don't, and others are just plain annoying. This session offers new perspectives on how to not lose energy to those that irritate you, and move on.

COMMUNICATION STRATEGIES TO INFUSE POSITIVITY

How we speak to one another makes a difference. Begin to incorporate specific positive ways of asking and responding to others so that the interaction is optimized.

UNDERSTANDING BODY LANGUAGE

We communicate non-verbally all the time. Learn a few interesting tips on how to read the emotions of others through their body language, and how to come across to others in the way intended.

THE BODY LANGUAGE OF LIES

When someone is out of truth, we can compare their body language to what was said to discern whether truth is being told. For example, a shrug of one shoulder versus two is a clue.

INTROVERSION VS EXTROVERSION

Do you get more energy from being alone than being with people? Or do you get energy by spending time with others? Understand the difference, and how to use it to your advantage.

WHAT IS TRUST AND HOW TO GAIN IT

Why do you trust others? Why do others trust you? Trust can be broken down into five components, and by identifying these components, we can clearly define how trust is built and lost.

TEMPER EMOTIONAL TRIGGERS

When someone ticks us off, the first thing we do is want to react and fight back by sending that email (that you later regret). This class covers a technique to quell the urge to react so you can respond with grace.



MINDSET AND PERSPECTIVE MANAGEMENT

MEDITATION AND A GUIDED MEDITATION

When life and work get hectic, or you begin to feel overwhelmed, rejuvenate your mind space through a guided meditation to calm and refresh yourself.

LET GO OF WORRY

Worry is one of the most misused use of our energy. How can one stop the bad habit of worrying? Harvard has come up with three “anti-worry” affirmations that reverse the worry signal in our brain.

REDUCING STRESS

Stress stems from the inability to adapt to a changing environment. Sometimes it's helpful to take a moment to look for a new perspective of our stress so that we can find a new way to let it go.

WORK-LIFE BALANCE

Whether it's children, caregiving for loved ones, or life in general that pulls you in all directions, what is the mindset needed for balance? What can be done for relief or to move towards greater balance.

GET UNSTUCK

Sometimes we feel like we are moving fast but going nowhere. When stuck, there are a few things that can be done to help “unstuck” you. This session will also cover perspectives for an ease-filled way to see your situation.

STAY CALM IN THE MIDST OF CRISIS

Crises are a part of life and work. By understanding the mindset needed to remain grounded and centered, you're better equipped to lead yourself and others through disruption.

HOW TO PRACTICE MINDFULNESS

Having greater self-control, improved concentration and mental clarity can all come from being more “mindful” on a daily basis. This session covers simple exercises to implement mindfulness for greater ease.

DEALING WITH NEGATIVITY

Life can be negative. People can be negative. Situations can be negative. Sometimes it's helpful to understand the biggerpicture and how to find balance so that you don't get dragged down.

FINDING PURPOSE IN LIFE

Do you ever feel like life has lost its purpose? Has life become humdrum? If so, this session will bring to light new ways to see how purposeful your life is, and where to start to find purpose and grow it.

HOW TO OVERCOME FAILURE

Things don't always go our way. We know this and we can usually adapt as we go, but what do we do when we fail at something or something falls flat. Instead of feeling bad about it, learn how to gain from the pain of failure.



MINDSET AND PERSPECTIVE MANAGEMENT

TRANSCEND GUILT

Guilt that siphons our energy. Whether it's from relaxing when you feel you "should" be working, buying something "pricey," or letting your kids play video games "too much," this session offers a fresh perspective.

HAPPINESS 101

Who doesn't want to be happy? Surveys show that it's one of the top three most desired "things" in life, yet why is it so elusive? This session covers happiness, and the science behind what you need to do to feel this incredible emotion.

HOW TO STOP JUDGING

Judging ourselves and others are normal parts of being human, but it's incredibly negative for you and siphons energy. This session will cover the reasons why we judge, and mindset strategies for shifting your focus.

ACCEPTING THE "UNACCEPTABLE"

Sometimes things happen that we are absolutely not "okay" with. Yet, the reality is something we need to accept. Whether it's an expanding waistline, or a personal or professional setback, if you can't change it, the best thing to do is to reset your perspective. Let's find neutral, regroup, and charge forward again.

HOW TO BE MORE POSITIVE

Life brings negativity and sometimes that negativity can spiral. How does one look at life in a way that feels better? How do you get out of a "bleh" mode and not just act positive, but truly feel it?

GRATITUDE AND POSITIVE AFFIRMATIONS

It's easy to feel good when good things are happening. But what about when life is sucky, stressful, and overwhelming? It's hard to be appreciative sometimes. This session helps to find the light within the darkness.

KEEP COOL, CALM AND COLLECTED

It happens to all of us. Someone, something or some situation comes up that pushes us to the edge of our patience. This session has specific techniques and strategies to move past frustration and into acceptance.

GROUP COACHING

Ask any question on any topic of challenge or interest and use this session as a time to get tips, techniques and hacksto any area of interest in your life. All areas of life, work or leadership are welcome.



**INSPIRATIONAL
POWER SESSIONS
MEMBERSHIP**



INSPIRATIONAL POWER SESSIONS MEMBERSHIP WITH ALICE OF HAPPINESS U

WHEN

*2nd and 4th Wednesdays of every month
(unless otherwise noted)*

TIME

*12pm HST
(15-minute sessions)*

WHERE

Virtually on Zoom

Should you wish to audit the session, kindly use the link included in the corresponding email. Alternatively, request complimentary access by contacting Erin at erin@yourhappinessu.com.

NOTE: The Zoom link we share with you will provide complimentary access, and is intended solely for decision-makers within your organization as an opportunity to get to know Alice and her work. Please ensure this link remains confidential and is not shared outside your organization.

MEMBERSHIP PROGRAM

If you are interested in this membership program for your company, it is through a subscription model. The fee is determined based on the total number of employees within your company, and the membership agreement spans a period of one year. We offer various billing cycles including monthly, quarterly, or annually according to your preference. Email us for dates and topics.

PRICING TIERS

- **Up to 25 employees:** \$450 / month
- **26-50 employees:** \$550 / month
- **51-100 employees:** \$650 / month
- **100-200 employees:** \$850 / month
- **200+employees:** \$950 / month