

# HAPPINESS CUSTOM MADE offers interactive workshops for personal and professional development to businesses and organizations.

## Participants will:

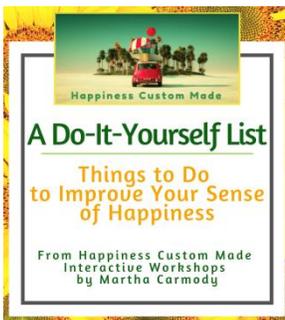
- Start with the research on the Science of Happiness
- Identify realistic and high impact targets for change
- Reallocate energy wisely to improve well-being



## WORKSHOP TOPICS

Might as well enjoy your journey...right?

### HAPPINESS 101: CLAIM YOUR BEST SELF



The basic workshop which helps individuals identify sources of optimism. Research findings are transformed into a personal action plan.

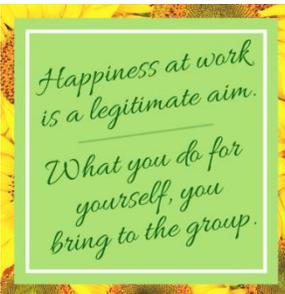
#### Participants report....

*"This workshop brought powerful strategies to life to keep happiness & positivity alive."*

*"This was an enjoyable and well-designed journey of reflection and personal growth. I left with do-able steps for change. It was a great use of time!"*

*"High quality hand-outs keep the take-aways at my fingertips."*

### HAPPINESS IN THE WORKPLACE



The keys to professional satisfaction and peaceful productivity are provided. With guidance, participants make a plan to improve effectiveness at work. Ideal to do as a cohesive group of colleagues.

#### Participants report....

*"The gears just shifted and I saw co-workers in a new way."*

*"I understand myself as a decision-maker with clarity and can appreciate the value of different work styles."*

*"The conversations among co-workers were fascinating. We left with great ideas about collaboration!"*

### HAPPY HOMES



This workshop is designed for parents. The goal is to help build an optimistic mindset for your child, which is the emotional protection that lasts a lifetime.

#### Participants report....

*"I left with communication tools right in my hand!"*

*"This workshop was thought-provoking and reassuring."*

*"Dr. Carmody spoke with experience and humor. I can easily start doing the three parental habits that are shown to help kids."*



### HOW TO HAVE A GOOD MORNING

This is ideal for a short 60-90 minute introductory workshop, with the focus on getting the day off to a great start. Participants love the easy changes that have big impact.



## WORKSHOP FORMATS

### HALF DAY WORKSHOPS

An ideal start to a professional development day in an organization. Workshop lasts 3-4 hours, preferably in the morning, and sets a positive tone among colleagues.

### FULL DAY WORKSHOPS

This allows for a deep exploration of personal and professional change that is tailored to specific employee and organizational needs. The “feel” of the day is fun and nurturing, while maintaining a clear sense of value-added outcome for the group.

### “HAPPY HOUR” SERIES

The workshop information can be offered to a group in a series of 5 hour-long meetings. These can either be at the lunch hour or the last hour of the work day.

### QUICK FIX

This is a 60-90 minute hands-on way for participants to know that change is possible. It’s a compelling introduction to the science of happiness research.

#### ***Please note...***

*While these are the formats that seem to fit best for most groups, Happiness Custom Made is just that, and other options can be developed in response to the needs of your group!*

## RECENT HAPPINESS CUSTOM MADE WORKSHOP LOCATIONS

- Albuquerque Academy
- Adelante Development Center, Inc.
- Bosque School
- NM School for the Blind and Visually Impaired
- Ojo Encino Day School, Cuba, NM, member of Navajo Educational Line
- Sofia Center for Professional Development
- Sundance Educational Consulting, Inc.
- Sunset Mesa School
- Workshop open to the public, offered at 3B Yoga Studio

## ABOUT DR. MARTHA CARMODY

Dr. Martha Carmody has a Ph.D. in clinical and developmental psychology and has been a practicing psychologist in the Albuquerque community for over 25 years. She utilizes insight-oriented modalities grounded in current research to help clients realize desired life change. Happiness Custom Made is a versatile and engaging format for bringing Dr. Carmody’s professional experience to a wider audience. She offers these workshops for personal and professional development to businesses, schools, and organizations.



CONTACT DR. MARTHA CARMODY TO START PLANNING

**YOUR HAPPINESS CUSTOM MADE WORKSHOP**

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