

## FREE EVENT ON HAPPINESS

Sunday, 10<sup>th</sup> January 2021 (10.00 GMT to 16.30 GMT via ZOOM) All welcome!

**6 hours CPD points**

What is happiness and what role does it play in our lives? Do we try to steal it at the expense of others? Do we search it as a constant, never changing, emotional state? Is it possible to be happy when many are miserable? When it all boils down to basics, Happiness is merely a word, and what meaning we attribute to it is personal. This meaning says a lot about us too.

Come and join people from around the world as we consider hardship and happiness, which Stefan Sandstrom TSTA from Sweden calls:

“Your right hand and your left.”



Hosted by John Baxendale PTSTA and Joanna Beazley Richards TSTA at Wealden Psychology Institute, South East England. Guest speaker, Stefan Sandstrom TSTA

To book a place, contact [admin@wealdeninstitute.co.uk](mailto:admin@wealdeninstitute.co.uk).

“Many people think excitement is happiness.... But when you are excited you are not peaceful. True happiness is based on peace.”

*Thich Nhat Hanh*

