

Part 2. What really boosts our happiness and well-being.

- Elements of authentic happiness and sustained well-being
- Applying our signature character strengths
- Immersing in the flow
- Optimism
- Social connection
- Gratitude and kindness
- Resilience and coping with stress, problems, and trauma
- Mindfulness: mastering your mind
- Pursuing your goals: right motivation and mindset
- Greater meaning
- Exercise and sleep

+ Sound Bath Meditation

Guest speaker: Oleg Smirnov, M.A.

Program director and founder of Sound Living LA, Oleg Smirnov has over 15 years of experience in practicing, coaching, and facilitating wellness and mindfulness. In addition to a Master's degree in Psychology, Oleg Smirnov has years of in-depth study of eastern meditation traditions.

