"Happiness is the meaning and the purpose of life, the whole aim and end of human existence." - Aristotle

The Happiness Programme
By Steve Krummeck
“Whether you think you can or you can’t, either way you are right.” (Henry Ford)

Courtesy

We enable individuals, companies and organisations to transform from their current to their chosen desired state. The coaching process makes it possible to be more focused, resulting in raising the level of performance and becoming more highly effective. We facilitate the transformation of people’s lives by encouraging personal re-invention and personal mastery. Becoming thus centred in their own source of creativity and strength, individuals are able to achieve any or all of their goals. Leading purposeful, balanced and fulfilled lives is conducive to experiencing Happiness.

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THE HAPPINESS PROGRAMME OVERVIEW
Most people consider happiness their most important goal in life, yet seldom attain a true ‘state’ of Being happy. In fact, a high percentage of individuals say they are not happy. The Happiness Programme uses internationally recognised techniques (amongst others) to raise your genetically and environmentally programmed levels of happiness. This results in a ‘state’ of Being happy as well as increased levels of happiness.

THE HAPPINESS REVOLUTION IS HERE
In 1980, the New Zealand team of Lichter, Haye and Kammann conducted their own happiness-increase experiments using different strategies, and in 1983, Dr. Fordyce replicated and refined his initial study. These three classic papers showed that individuals could be taught to increase their happiness (an average of 25 percent) through training lasting only a few weeks.
HAPPINESS NOW

WORKSHOP OVERVIEW
The Happiness Now workshops take place once a week over an eight week period.

Utilising various techniques, participants are enabled to bring about an increase of their happiness levels, which levels are measured on a weekly basis.

The programme consists of a number of internationally recognised processes shown to increase participants' levels of happiness, as demonstrated in questionnaires and Electroencephalographs (EEG) carried out on participants during and after completion of the Happiness Programme. That is, one of the outcomes of the programme is that it changes how participants' brains function (in a positive sense), as measured on an EEG machine. The programme which I will facilitate will utilise questionnaires only to measure the shifts in the happiness levels of participants.

What is an electroencephalogram or electroencephalograph (EEG)?
An electroencephalogram or electroencephalograph (EEG) is a graphic record of the electrical activity of the brain.

WHY CHOOSE THIS WORKSHOP?
There are many benefits of being happy: personally, in relationships, and in business. The benefits of being happy make this an invaluable workshop.
EVIDENCE OF BENEFITS OF HAPPINESS

Happiness Increase Experiments published in peer review journals have empirically demonstrated that individuals can be trained to be 25 percent happier through training programme’s that take place in as little as ten weeks. Sources backing up the foregoing, as well as the benefits listed below, are listed on the last page, matched by number. This source number is 0

THE BENEFITS OF HAPPINESS

Recent studies are revealing an important reason why happiness is so important to us all. A growing body of research is demonstrating that as we become happier, the quality of our lives improves dramatically and in general we become better people. As we become happier we become more compassionate, more creative, more energetic, more financially successful, more emotionally and physically healthy, and more effective and productive in the work place.

Thus for those of us who are more concerned with creating a ‘better’ world than a happier world, becoming much happier and helping others become much happier may prove a very effective means to this end. Imagine for a moment the reduction in incidents of crime in the United States (or any country for that matter) if, as a country, they were able to raise the national average happiness level.

Some of the benefits of happiness are detailed below (Sources backing up the following benefits are listed on the last page, matched by number)

Benefits to families, communities, and society at large - 1
• More likely to be more cooperative, pro-social and charitable

Stronger immune system - 2
• More likely to have a stronger immune system

Superior work outcomes - 3
• More likely to enjoy superior work outcomes
  o Greater Creativity
  o Increased Productivity
  o Higher Quality of Work
  o Higher Income

Longer Life – 4
• More likely to live longer

Larger social rewards - 5
• More likely to enjoy larger social rewards
  o More likely to marry
  o Less likely to become divorced
  o More likely to have more friends
  o More likely to enjoy stronger social support
  o More likely to enjoy richer social interactions

Better emotional health - 6
• More likely to be more emotionally healthy

More activity, energy, and flow - 7
• More likely to be more active, and have greater energy and flow

Less symptoms of psychopathology - 8
• Less likely to show symptoms of psychopathology
  o Less Depression
  o Less Suicide
  o Less Paranoia

Greater self-control and coping abilities - 9
• More likely to exhibit greater self-control and coping abilities
Happier people (10): -
• Persist longer on tasks;
• Select higher goals;
• Produce superior outcomes
• Discover rewards in mundane ordinary events
• Have better relationships with their loved ones, peers, boss, and customers
• Have a bolstered immune system
• Have more energy and activity
• Are more productive and engaged
• Have greater self-control and coping abilities
• Enjoy an upward spiral of success
• Are more likely to accept change

Long term outcomes of being happy include a positive shift in an individual’s ATTRIBUTES.

Primary Attributes of the 'Happy'
• Independent Inter-dependence
• Integrated Thinking
• Live Consciously
• Self-responsible
• Gratefulness
• Dynamic
• Persistent
• Courageous
• Open Flexibility
• Emotional Acceptance

Primary Attributes of the 'Unhappy'
• Inter-dependent Dependence
• Disintegrated Thinking
• Live by Default
• Accusatory
• Envious
• Stagnant
• Boredom
• Conformity
• Closed Rigidity
• Emotional Repression
METHOD OF DELIVERY

- Eight interactive workshops, including practical application activities
- Workshop facilitated and led by Steve Krummeck, a professional Transformation Coach
- Individual attention ensures maximum benefit gained from the workshops
- Individual and group work
- Participants will immediately begin to design their happier state, their new lives, future desired state, and/or future desired business/organisation through their own personal transformation
- Adult learning - That is, participants will be given the knowledge and 'keys' and immediately begin practicing the techniques imparted to them during the workshop
- Task, goal, action, and outcomes orientated workshops
COST
• **R3750-00 per person** (Includes the E-Book, “The Game of Life & Success – The Steps to Self Mastery & Happiness). The book contains twenty five ‘keys’ which will result in positive transformations in your life, relationship/s, career, and business/organisation)
• Block booking of 15 to 25 participants – One person attends for free
• Block booking of 30 or more – Two people attend for free

WORKSHOP DATES
• The Happiness Programme - Workshops take place once a week over an eight week period (total of eight three hour sessions);
• Workshops can be booked on request for the dates you require;
• One-on-One programmes are available on request.

WORKSHOP TIMES
• Weekend Workshops - Registration Day, 8am to 8:30am. Thereafter, 9am to +/- 11:30am;
• Evening Workshops - Registration Day, 7pm to 7:30pm. Thereafter, 7:30pm to +/- 10:30pm;
• ALTERNATIVELY, times of your choosing.

WORKSHOP VENUE
To be advised (in north of Johannesburg – South Africa)
Alternatively, a venue of your choice, which may increase costs

BOOKINGS
Steve Krummeck, Telephone 011 7041395 / 0829000679

DETAILED WORKSHOP ENQUIRIES
Steve Krummeck, Telephone 011 7041395 / 0829000679
ABOUT THE FACILITATOR – STEVE KRUMMECK

Steve is the founder and owner of The (W)Right Coaching cc. Steve and his company specialises in personal and business/organisation Transformation Coaching, focusing on interventions such as one-on-one or group coaching and customised transformation workshops. This includes workshops on his book The Game of Life and Success – The Steps to Self Mastery & Happiness, for individuals, groups, and companies/organisations.

He is an author and professional certified Transformation Coach (Life, Relationship, and Executive Coaching), which certification was obtained through the University of Stellenbosch - Executive Development Ltd (in South Africa) and the I-Coach Academy which is based in the United Kingdom with branches in New York and South Africa.

He has an array of skills ranging from project management, marketing management, human resource management, business management, total ethics management, public relations, re-engineering, and communications. Steve’s skills are backed by various qualifications which include a National Diploma in Public Relations, Business Management, Marketing Management, Project Management, and Human Resource Management. Steve is also a certified Ethics Officer with the Ethics Institute of South Africa.

Steve worked in the corporate world from 1987 to 2005. He often spoke at conferences (locally and internationally) on the subject of fraud prevention, ethics, and total ethics management. In many quarters in South Africa he was recognised as a leader in respect of fraud awareness (an extension of fraud prevention) and ethics interventions.

Through coaching and his passion and dedication to make a positive difference to individuals, companies, and the various organisations where he has worked, Steve has built up a string of successes. His approach brought about empowered, highly productive, balanced individuals; This in turn resulted in effective, inspired, value-add teams; able to use their initiative and feel happy in their work environment.

Steve works on the foundation that as individuals we are all connected to one another and therefore have a profound effect on others, companies, organisations, countries and the world as a whole.

Steve is a highly motivated, positive, and inspirational individual who thrives on challenge and change, and delights in seeking new and interesting experiences. He feels a strong impulse to ignite individuals' and teams’ inherent inner strengths and abilities. Where this is achieved, a new-found passion to reach previously unimagined success, happiness and fulfilment energises the individual and/or the team. It’s through this belief and value system that, while in the corporate world for over twenty years, he consistently led teams that stood out above all others, producing unmatched results.

His life mission is to assist others live balanced purposeful, effective and fulfilled lives. His mission includes assisting his clients discover their innate power and authentic selves, realise the essence of who they are, as well as master their thoughts, and therefore lead phenomenal lives. His mission is also to profoundly affect human beings’ value systems to bring about a unified focus to nurture and protect our life -giving planet, including all living organisms thereon.
Steve can be contacted on:
Telephone: +27 11 704 1395 (International), or 011 704 1395 (South Africa).
Cell phone: +27 82 900 0679 (International), or 0829000679 (South Africa).
E-mail - stevewk@twrcc.co.za
For more information on Steve’s service offering, please visit The (W)Right Coaching Company website: www.twrcc.co.za
Source References


