

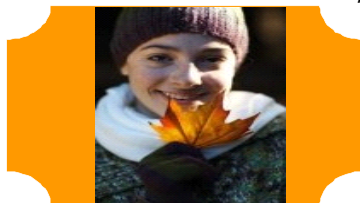
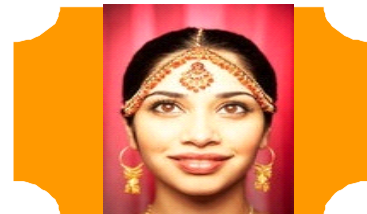


*Happiness Now*  
*Workshop*

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



**Why Happiness Now?** 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. Organisations / businesses that have a happy culture and happy employees, a happy way of being, enjoy all the foregoing as well as reduced stress levels and reduced absenteeism, and therefore less medical claims. In individuals there is greater commitment, confidence, self belief, motivation, contributions in general, and more of an inclination towards achieving their and the businesses/ organisations full potential. Research shows that anywhere between forty to sixty percent of the population is unhappy at any given point in time, equating to a large percentage of the population / of your employees either not enjoying, or enjoying less of all the foregoing. This alone is a powerful case for being happy and or bringing about a positive, happy culture within your business / organisation.



## The Happiness Now Workshop Overview

The Happiness Now workshop takes place once a week over an eight week period (total of eight four hour sessions).

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

This programme consists of a number of internationally recognised processes shown to increase participants' levels of happiness, as demonstrated in happiness questionnaires completed week by week by participants during and after completion of this Happiness Programme.

An Electroencephalographs (EEG) carried out on other happiness programme participants during and after completion of the happiness programmes, showed that happiness programmes of this nature change how participants' brains function (in a positive sense), as measured on an EEG machine.

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

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 Now workshop 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.

**YOU can be taught to be happy / happier**

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 (on an average of twenty five percent) through training lasting only a few weeks.

### 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



# The Benefits of Happiness

## 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.

## SOME OF THE BENEFITS OF HAPPINESS

Benefits to families, communities, and society at large

- More likely to be more cooperative, pro-social and charitable

Stronger immune system

- More likely to have a stronger immune system, improved body chemistry and heart rate coherence

Superior work outcomes

- More likely to enjoy superior work outcomes
  - Higher brainwave functioning
  - Greater Creativity
  - Increased Productivity
  - Higher Quality of Work
  - Higher Income

Longer Life

- More likely to live longer

Larger social rewards

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

Better emotional health

- More likely to be more emotionally healthy
- More likely to be more active, and have greater energy and flow

Less symptoms of psychopathology

- Less likely to show symptoms of psychopathology
  - Less Depression
  - Less Suicide
  - Less Paranoia

Greater self-control and coping abilities

- More likely to exhibit greater self-control and coping abilities



## Why Choose This Workshop?

When we are happy 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. Organisations / businesses that have a happy culture and happy employees, a happy way of being, enjoy all the foregoing as well as reduced stress levels and reduced absenteeism. In employees there is greater commitment, confidence, contributions in general, and more of an inclination towards achieving their and the businesses full potential.

Three years of researching, writing, and having my book published on self mastery and happiness, as well as two years of researching leading authors \* on the subject of happiness, scientific studies on happiness, and happiness in general, led to what is arguably one of the most profound, life altering happiness workshops available. Participants realise a deep and life altering shift to a 'state' of Being happy. \* Be Happy – Dr Robert Holden (PhD), Happy for No Reason – Marci Shimoff & Carol Kline, The Art of Happiness – Dalai Lama, Man's Search for Meaning – Viktor E. Frankl, Quantum Success The Outstanding Science of Wealth & Happiness – Sandra Anne Taylor, Dr Jayme Albin (MA, PhD), to name a few.

There are many benefits of being happy: personally, in relationships, and in business. The benefits of being happy make this an invaluable workshop which will substantially improve your life, relationships, career, business / organisation. The benefits of being happy make this a must attend workshop. Over and above the benefits already listed,

**Happier people: -**

- 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, and Live Consciously
- Self-responsible, and Gratefulness
- Dynamic, Persistent, Courageous, Open Flexibility, Emotional Acceptance

**The Good News**

The Happiness Now workshop has proven its worth by tracking participants' happiness levels as well as how 'good or bad' they felt over the eight week workshop. Those who have attended the workshop show a steady increase in their happiness levels and how good they felt, week after week of attending The Happiness Now workshop.

## COST

- R9175-00 per person = R287-00 an hour. Group bookings of ten or more, R8695-00.  
The above fee excludes the Book, "The Game of Life & Success – The Steps to Self Mastery & Happiness). The book contains sixteen 'steps' which will result in positive transformations in your life, relationship/s, career, and business / organisation and is highly recommended as a part of the workshop. Cost per book - R290-00)

## WORKSHOP DATES

- Workshop commences on - Choose your own start date  
Happiness Now workshops take place once a week over an eight week period (total of eight four hour sessions).
- Workshops can be booked on request for the dates you require if you are a business / organisation and have a minimum of five or more participants.

## WORKSHOP TIMES

- Evening Workshops - 7:00pm to 11:00pm (19H00 to 23H00);  
Weekend Workshops (Not available at present).

## WORKSHOP VENUE

Currently the workshops are online via Microsoft Teams, Zoom or Skype. Participants will be advised which medium will be used.

## BOOKINGS

Steve Krummeck, cell phone / WhatsApp 0829000679 / International +27 829000679 or e-mail [stevewk@twrcc.co.za](mailto:stevewk@twrcc.co.za)

## DETAILED WORKSHOP ENQUIRIES

Steve Krummeck, cell phone 0829000679 / international +27 829000679 or e-mail [stevewk@twrcc.co.za](mailto:stevewk@twrcc.co.za)

Workshop facilitated by -



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"Happiness is the spiritual experience of living every moment with grace, love and gratitude"  
Whiteley

"True happiness brings more richness than all the money in the world."  
Source unknown

"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed."  
Storm Jameson

*Steve Krummeck*

I enable individuals, companies and organisations to transform from their current to their chosen desired state. My coaching process makes it possible to be more focused, and raise the level of performance, thus becoming highly effective. I facilitate personal mastery, the transformation of people's lives, personal reinvention, and enable people to achieve any, or all of their goals (within reason), and to lead balanced purposeful, fulfilled lives.