

Online Course

THE HABITS OF HAPPY PEOPLE

How you can become happier and coach it in others.



Have you ever wondered why some people seem to maintain ongoing levels of happiness and optimism greater than others do? Do you realize that research shows that simply by changing some key habits, we can raise the level of our ongoing happiness?



Course Outline

This live, online course will feature Dr. John Izzo exploring the habits of happy, optimistic people and how we can become happier and more optimistic while coaching others to be happier and cultivate optimism and positivity in their lives.

Based on solid research, each session will explore habits that can change our level of happiness on an ongoing basis. We will create impact and make a difference to those around us, including our team members and our family. Each sixty-minute session will feature Dr. John Izzo speaking live about the habits of happiness, as well as opportunities for group dialogue and Q&A with Dr. John Izzo. Each session will be recorded in case you miss a week.



Course Schedule

Six online sessions

April 13	May 4
April 20	May 11
April 27	May 25 (no session May 18)

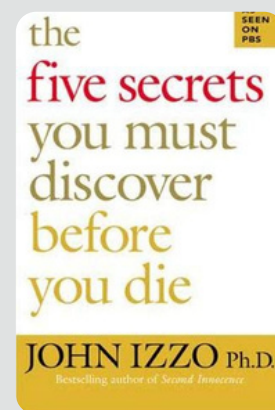
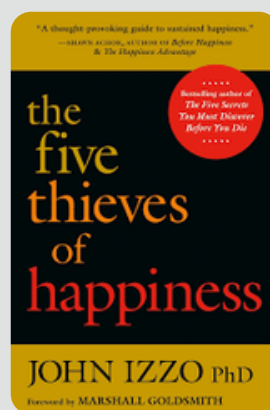
9-10 am Pacific (12-1pm Eastern)



\$125 CAD for Canadian registration
\$125 USD for US and international registration
Group discount of 12% for teams of 5+

[Link to registration form](#)

Questions? Contact info@drjohnizzo.com



Dr. John Izzo is the best-selling author of eight books including *Stepping Up* and *The Purpose Revolution*. He has been coaching people on their careers for over thirty years and has advised over 600 companies around the globe.