

THURSDAY
11.06.2025
3:00 PM



COUNTY OF MONTEREY
**EMPLOYEE WELLNESS
PROGRAM**
THE HEALTH PROMOTION PARTNERSHIP

The Science of Happiness



ABOUT THIS LIVE WORKSHOP

This sixty-minute interactive workshop will focus on unpacking the concept of happiness. It will provide participants with actionable, mindfulness-based tools to help them cultivate healthy emotions and learn how to respond to difficult ones, as well as review a framework to redefine happiness.

This framework will also provide an opportunity to reflect on how to bring more purpose and meaning into their lives.



INSTRUCTOR:

Oscar Flores, M. Ed.,

ACC, NBC-HWC, IMTA CMT-P, IFEC-TMHP
Consulting, Training & Coaching

KEY LEARNINGS:

- **Review** research on common ways people get social and cultural messages that point to happiness as something that arises only when the external conditions are met.
- **Learn** about three domains that help you understand happiness more neutrally, including: accepting things as they are, accepting yourself fully, and taking care of yourself and others.
- **Explore** ways to cultivate more positive emotions to balance more challenging emotions that can shift us out of happiness.
- **Reflect** and review key ways to define and bring purpose and meaning into your day-to-day life.

REGISTER NOW TO RESERVE YOUR SEAT!

Subject to supervisor approval, you may use your Wellbeing and Work-Life Resource Paid Leave Hours.