

Life of Happiness and Fulfillment WEBINAR

All the topics based on content materials created and structured by prof. Raj Raghunathan. He studies the impact that people's judgments and decisions have on their own happiness and fulfillment.

Prof. Raghunathan is the author of "If You're So Smart, Why Aren't You Happy?" and a professor at the University of Texas McCombs School of Business, where he relies on themes from psychology, behavioral sciences, decision theory and marketing to explain consumption behavior.

Raj's work has appeared in leading marketing journals, and been cited in several mass media outlets, including The New York Times, The Los Angeles Times, Austin American Statesman, The Houston Chronicle, and Self magazine.

Key Modules

- What is Happiness and why is it so important?
 - The 3 main things we (as humans) need to be happy: Progressing towards Mastery, Belonging and Autonomy.
 - Mastery: Identifying skills and developing a plan for nurturing them in the workplace and at home
 - Belonging: Understanding the difference between "passionate love" and "companionate love"
Identifying your "love language"
 - Autonomy: Gaining internal control through emotion regulation strategies and mindfulness practice
 - How to develop a personal plan for achieving a Life of Happiness and Fulfillment. 3 things you can do, starting today, to improve your happiness levels.
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Expert Trainer - Liubov Kirilova

Has a 22-years business experience as an entrepreneur and a C-Level professional. She has been working in fin-tech industry, telecommunications, payments industry (mobile payments in particular), and employee training and engagement area. Liubov started her own company Crystal Water in 2009. In mid-2017, she has launched the innovative product Goodworky – an employee engagement and retention platform. In late 2018 Liubov has started with partners a new company which has launched a mobile app called Happiness Accelerator in early 2019. Liubov holds a Master's degree in International Economy and Business from the University of National and World Economy in Sofia, Bulgaria.

PERSONAL INFORMATION

First Name

Last Name

Company

Job Title

Country

E-mail address

Contact Number

Name to appear
on Certificate

Price per session is 375 AZN

Duration of session is 90 minutes

