

The physics of happiness

Overview

Happiness? Are you serious? I'm struggling enough as it is!

Not a nice feeling is it, when things aren't going well?

But you push on regardless.

Now you tell me, how's that strategy going? What are the consequences of that?

Learning objectives

Discover the hard facts about long-term success and resilience.

This inspirational but hard-hitting presentation will give you the inside track on motivation, success and, yes, what it's got to do with happiness.

No ten-point magazine-checklists to brighten your day, that change nothing. Just the straight physics of happiness.

Who should attend?

Anyone with an enquiring mind, willing to be challenged – and with a sense of humour!

Format

A bite-sized session for up to 15 people.

The expert trainer

Richard is a scientist by background – he worked originally in oil and coal exploration, and on research into the indoor environment, for which his work was recognised internationally – and this explains his clear thinking and emphasis on evidence-based pragmatic solutions to individuals' issues now that specialises in the science of happiness and fulfillment.

In 2012 he gained his PhD in esoteric studies with his dissertation on a new understanding and model of happiness – the Physics of Happiness. This model gives a powerful and ecological foundation for his approach to helping people change their behaviour, achieve their goals, and heal the symptoms of disease.

He is a stimulating and thought-provoking speaker, hypnotherapist, NLP coach and trainer. As well as working with individual clients, he has many years' experience of running workshops for client organisations (particularly the NHS).

Richard is a Master and Accredited Trainer in NLP, a Master and Accredited Trainer in Time Line Therapy, past supervisor for the London College of Clinical Hypnosis, a qualified Life Coach and founding chairman of the Harpenden Professional Development group for mind-therapy practitioners and students. He is also an Annual Visiting Lecturer on 'Mind and Environment' on the MSc course on Intelligent Buildings at Reading University.