

cultivating happiness

with Orlaith O'Sullivan, PhD



A powerful journey to refresh your outlook and make a habit of happiness

- 8 week course
- online
- Ireland's first positive neuroplasticity-based course
- all welcome

*"One of the best experiences
I've had in a long time"*

Can I learn to feel happier?

In recent years, scientific research on what influences our sense of happiness and life satisfaction has opened up new possibilities for improving our wellbeing.

Through mindfulness, this online journey explores practical ways to nurture wellbeing, resilience, joy and meaning in your life.

- learn to become a really good friend to yourself
- care for anxiety, anger or sense of rushing
- nourish your joy, gratitude, wonder and kindness

"For me it was life-changing"



- 8 week course online
- weekly magazine, reflections and guided meditations to explore during the week (without any pressure!)
- Zoom-lite space: cameras can be off; simply make yourself comfortable and explore your own wellbeing



meet Orlaith

*"I have recommended
Orlaith and this course to
so many people"*

Orlaith is internationally recognised for her teachings on living happily and mindfully. She is known for creating sanctuaries of rest for adults, blending poetry and mindfulness and creating practices that meet us in our modern lives, just where we are.

book at: orlaithosullivan.com/happiness



make

happiness

a habit