

Master of Arts in Happiness Studies

The Science of Wellbeing
Led By Professor Tal Ben-Shahar

100% online • 30 Credits • 1000+ hours of study

Fully Accredited

Eligibility requirements: bachelor's degree in any subject.

 150

Online Lessons

 240

Total Academic Hours

 30

Credit MA Degree

Academic Foundation

Students are exposed to the program's psychological and technical components. They learn about key concepts and how to effectively navigate the curriculum and utilize the Learning Management System (LMS). Students participating in the course learn from reading the assigned texts, by experimenting with various personal practices, and by interfacing with Professor Tal Ben-Shahar during online webinars.

Introduction to Happiness Studies

In this course, students gain a comprehensive understanding of happiness. They are introduced to a holistic approach to wholeperson wellbeing (wholebeing). This interdisciplinary course examines how other disciplines, such as psychology, philosophy, neuroscience, economics, theology, literature, and others can enhance the five dimensions of wellbeing: Spiritual, Physical, Intellectual, Relational, and Emotional (SPIRE).

Integrative Leaders on Happiness

Students explore seven disciplines through the lens of seven influential figures. The course highlights leaders whose work in economics, business, history, religion, education, biology, or music have had a lasting impact on their field and on our understanding of wellbeing. It also examines how each leader applied an integrative approach that brought together theory and practice, diverse aspects of their discipline, and various elements of the SPIRE model.



Facilitating Happiness

Learn tools and techniques that can help individuals and groups increase levels of wellbeing. Each of the lectures introduces the science behind a particular technique and then provides concrete steps that students can take to make a meaningful difference in their life and in the lives of others.

Philosophy & Happiness

Understand how philosophy, considered the mother of all disciplines, informs the study of happiness. Each week, students delve into a seminal philosophical text and with the help of complementary material explore its relevance for personal and societal wellbeing. Each text sheds light on a different element of happiness.

A SPIRE Retreat

Bring together reflection and action (ReflAction) for the purpose of personal and collective transformation. Helps students become happier, and guide them in helping others to do the same. Some of the techniques include meditation, goalsetting, yoga, physical exercise, breath work, different forms of journaling, and reminder.

Wholebeing Coaching

Students will be introduced to evidence-based coaching techniques from a variety of approaches, such as positive psychology coaching, appreciative coaching, and acceptance and commitment coaching. They will experiment with different methodologies, and will ultimately formulate their own coaching style that they can apply to help themselves and others reach higher levels of wholebeing.

The Power of Narratives in Wellbeing

This course details how stories throughout history and across civilizations have had a profound impact. It focuses on how stories inspire change and promote growth. Each week, students will analyze a film, a poem, and a short story that connect to one of the twelve wholebeing principles. The course explores different ways individuals and groups understand, pursue, and attain happiness.

The Master of Arts in Happiness Studies degree is offered in partnership with Centenary University. It is the first academic degree program in the world to exclusively focus on the study of happiness and wellbeing. Centenary University has a 150-year tradition of providing high quality liberal arts and professional studies. The university helps students gain the skills and connections they need to prosper in today's world.

The Master of Arts in Happiness Studies degree is accredited by the Middle States Commission on Higher Education.

 www.msche.org/institution/0209

Potential Career Path

Researcher · Consultant · Coach · Policy Analyst · Educator

Graduates of the MA in Happiness Studies may pursue a variety of careers, leveraging their interests and skills:

In business, the principles of happiness studies can enhance an organization's competitive advantage by creating a positive work culture that highlights employee wellbeing. This has been shown to increase productivity, creativity, job satisfaction, and to reduce absenteeism and turnover.

In education, incorporating happiness into the curriculum or using happiness-based teaching methods can improve student engagement, motivation, and academic performance.

In the social services, happiness interventions and trainings can be useful tools to help individuals overcome mental health challenges and to improve their overall wellbeing.

A Chief Happiness Officer focuses on creating and maintaining a positive and fulfilling work environment for employees. This may include developing and implementing programs and initiatives to promote wellbeing, such as stress management workshops, employee recognition programs, and work-life balance initiatives.

Start your application here:

 www.happinessstudies.academy/masterdegree

Have Questions? Contact Us!

 Info@happinessstudies.academy

Learn directly from one of the world's leading experts in the science of happiness!

Dr. Tal Ben-Shahar taught two of the most popular courses in Harvard University's history: Positive Psychology and The Psychology of Leadership. He co-founded the Happiness Studies Academy and created the Certificate in Happiness Studies, the first-ever Master of Arts in Happiness Studies, and a Happier School program. His books have been translated into over 30 languages and have appeared on best-seller lists around the world.

HSA Student Testimonials

"As a leader, training in happiness has enabled me to design a business culture based on the SPIRE model and to train the organization's leaders to replicate happiness on a larger scale."

Santiago Jaramillo

Executive Director, Colombia

"I believe that this course should be a 'sweet obligation' for every top manager all over the world. Companies would spend less money coaching their executives suffering from burn-out."

Felicidad Cristobal

CEO, Spain

"The skills Tal teaches in this course are the building blocks for a good life...Take Tal's course, it will change your life for the better."

Marie Skelton

Author, Australia