

MA in Happiness Studies



The Science of Wellbeing

Understand and apply the science of happiness.

Draw on modern research and ancient wisdom from across the world.

Increase wellbeing—and success—in yourself and
your family, in clients and colleagues.

Lead yourself and others on the path of flourishing.

Your Community

- Be a part of a global community of learners.
- Enjoy an active and supportive alumni network around the world.
- Cultivate life-long connections with students, teachers, and employers.
- Enjoy personal and professional support from like-minded and like-hearted individuals.

Your Future

- Create a better future for yourself and others.
- Develop the skills and the network to thrive in a changing world.
- Enrich your life today so that you can thrive tomorrow.

Your Future

- Great leadership starts with you!
- At home and in the workplace, lead by example.
- Use your gifts, talents, and strengths to positively influence your environment.

We look forward to learning more about you.



Start your application at:

www.happinessstudies.academy/masterdegree



Any questions? Email us:

info@happinessstudies.academy

Eligibility requirements:

Bachelor's degree or equivalent in any subject.

 150

Online Lessons

 240

Total Academic Hours

 30

Credit MA degree

HS100 4 Weeks

2 credits

Foundations

Receive the technical foundation & psychological foundation for the entire degree. Students learn to navigate through the syllabus, understand the ins-and-outs of the Learning Management System (LMS) and become familiar with the building blocks of each course. The course includes reading texts, experimenting with various practices, and watching online lectures.

HS101 4 Months

4 credits

Introduction to Happiness Studies

Learn about happiness through the lens of wholeperson wellbeing (wholebeing). Drawing on psychology, philosophy, neuroscience, economics, theology, literature and other disciplines, this survey course focuses on each of the five dimensions of wellbeing: Spiritual, Physical, Intellectual, Relational, and Emotional (SPIRE).

HS102 4 Months

4 credits

Integrative Thinkers on Happiness

Explore seven disciplines—Economics, Business, History, Religion, Education, Biology and Music—through the lens of fourteen influential thinkers. The work of each of the thinkers brings together theory and practice, as well as different elements of SPIRE, while contributing both breadth and depth to our understanding of wholebeing.

HS103 4 Months

4 credits

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.

HS104 4 Months

4 credits

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.

HS105 4 Months

4 credits

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 Reminders.

HS106 4 Months

4 credits

Wholebeing Coaching

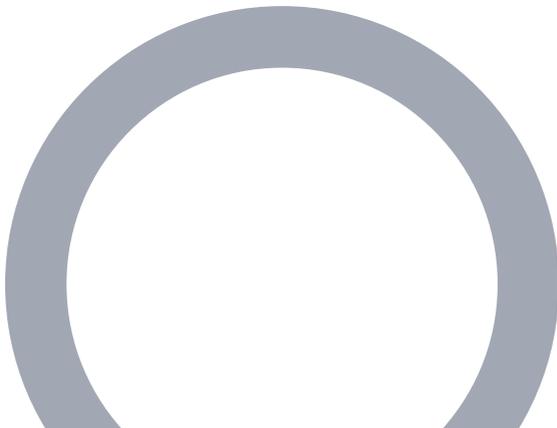
Introduces evidence-based coaching techniques from Positive Psychology Coaching, Appreciative Coaching, Acceptance and Commitment Coaching, and more. Students will experiment with the different methodologies and ultimately formulate their own coaching approach—one that they can apply to helping themselves and others reach higher levels of wholebeing.

HS107 4 Months

4 credits

Happiness in Literature & Film

Stories, throughout history and in every civilization, have moved individuals and nations—inspired real and meaningful change. Each week, throughout the course, students watch a film and then closely read a poem and a short story—all relating to one of the twelve wholebeing principles.



Managers and organizations will enjoy higher levels of innovation and productivity, better teamwork and increased motivation.

Teachers and parents will be able to bring out the best in their students or children, in terms of higher levels of creativity, deeper engagement with school material, improved thinking and better overall school performance.

Therapists and coaches will gain the know-how to help them cultivate better relationships with their clients, while leading them towards better mental and physical health, as well as reaching higher personal and professional heights.

Service providers in different vocations will receive valuable tools that will help them become happier and healthier personally, as well as more effective and successful, professionally.