

EMPLOYEE ASSISTANCE PROGRAM

**This month's live webinar:**

# THE PURSUIT OF HAPPINESS USING POSITIVE PSYCHOLOGY



**Wednesday,  
July 12<sup>th</sup>  
11:00 a.m.**

### **The Pursuit of Happiness Using Positive Psychology**

- Define happiness and the role of positive psychology.
- Discuss barriers to happiness.
- Practice strategies to improve your well-being.