

# HAPPINESS NOW WORKSHOP

***"Happiness is the meaning and the purpose of life, the whole aim and end of human existence" - Aristotle***

## **Why the Happiness Now Workshop?**

A growing body of research is demonstrating that as we become happier, the quality of our lives improves dramatically and in general we become better people. As we become happier we become less stressed, more compassionate, more creative, more energetic, more financially successful, more emotionally and physically healthy, and more effective and productive in the work place.

## **Do you want to.....**

- Achieve the foregoing and be happy / happier;
- Be more successful, empowered, and motivated;
- Reduce your stress levels;
- Improve your immune system, have more energy and activity;
- Be able to persist longer on tasks;
- Select higher goals and produce superior outcomes;
- Have better relationships with their loved ones, peers, boss, and customers
- Be more likely to accept change;
- Be more productive and engaged;
- Have greater self-control and coping abilities;
- Enjoy an upward spiral of success.....and MUCH more.

**If the answer is yes to any one or a combination of the foregoing**, then join Steve Krummeck, a professional transformation coach and the author of the book, "The Game of Life & Success – Steps to Self Mastery & Happiness," as he shares his personal insights, and proven tools and techniques to increase your happiness levels, that are the heart of his work with The Happiness Now Workshop. Steve offers hope as he reveals practical tools for everyday abundance, love, inner success, lasting joy, what's detailed above, AND Happiness. Discover what happiness is, the "how of happiness", the HUGE benefits of happiness, as well as learn how you can stop chasing happiness and start experiencing it NOW!

Date: Workshop commences on 10 February 2024  
Duration: Eight four hour sessions once a week for eight weeks  
Venue: Online Zoom (Details will be provided)  
Investment: Varies from client to client – Refer to the detailed brochure.

**For more information and bookings, contact:**

**Steve Krummeck: Cell +27 829000679 / WhatsApp +27 829000679**



**What You See (in your mind's eye) Is What You Get!**

**A Steve Krummeck Offering**

**Workshop facilitated by Steve Krummeck**



**The "Happiness Now" workshop** is suitable for anyone, such as individuals, couples, teams, businesses / organisations.

**MY Intention - To inspire and enable you to Create the Life, Relationships, Career, and Business YOU Desire!**