

DOMONIQUE BERTOLUCCI

The Happiness Prescription.

HOW TO BE THE HAPPIEST PERSON YOU KNOW

With the 'Great Resignation', 'The Great Reflection', and the 'Big Disengagement' all well underway, there has never been a more important time to help your people to understand what makes them tick, and what they need in order to live a happy and fulfilling life.

People are asking themselves the question, 'Am I really happy?' But without proper guidance on how to explore this question, they risk arriving at quick-fix answers or making knee-jerk decisions that ultimately don't address the underlying issue.

While in the short term a dramatic change like resigning from your job can feel like a release, unless you take the time to properly understand what makes you happy, within a short period of time you will find yourself feeling just as frustrated as before.

Domonique takes a values based approach to the question, 'What makes you happy?' and shows you how to work out what to do with your answer; what you really need to change and what you want to make sure stays the same.

MINDSET
HAPPINESS
MOTIVATION
PERSONAL LEADERSHIP

ENQUIRE ABOUT BOOKING DOMONIQUE

YOU WILL DISCOVER:

- The four key places most people look for happiness and why you'll never find it there,
- The three fastest and easiest ways to boost your happiness regardless of your circumstances,
- The most important question you will ever ask yourself and what to do with your answer,
- Why you should start any change with a 10% improvement and how to work out what yours should be, and
- How to come up with your own unique formula for a happy and fulfilling life.

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THE FULL
SPEAKING
PACK**