



YOU'RE INVITED TO OUR WEBINAR

UNLOCK YOUR HAPPINESS HORMONES

Thursday 4th December • 12 -12:45PM • on Zoom

Have you ever wondered why some moments make you smile while others give you a rush of energy or lift your mood?

It all comes down to your body's natural happiness hormones.

Join our Wellbeing Coaches, Grant Payne and Carin Söderberg, for an inspiring session on how small, intentional actions can lift your mood and energise your day. In this engaging session, we'll explore:

- ✓ What happiness really means, and common myths that hold us back
- ✓ A simple self-audit to reflect on your own happiness levels
- ✓ How to get your D.O.S.E of feel-good hormones (dopamine, oxytocin, serotonin, and endorphins)
- ✓ Practical ways to cultivate joy, pleasure, and positivity through everyday actions



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