

# PLEASE JOIN US

## The Science of a Meaningful Life

### WEBINAR



WEDNESDAY, DECEMBER 8



1:00 P.M. MST



SCAN TO REGISTER

As we get ready to turn the page to a new year, it's a good time to reflect on what matters - that is - what truly drives our sense of purpose in life. The Solutions Group would like to gift a meaningful webinar to our well-being community and partners.

In this talk, Dr. Simon-Thomas introduces eight keys to enhancing eudaimonia - the "highest human good" in ourselves: optimism, mindfulness, social connection, gratitude, compassion, kindness, levity and awe.

### You will learn the following:

- The science that connects these eight keys to genuine happiness in life, starting with the "prosocial nervous system."
- The formative role that interpersonal touch plays in human connection and resilience.
- How kindness and happiness make up a mutually reinforcing loop.
- How you can incorporate more meaning into your day-to-day experiences.

**Wednesday, December 8 at 1:00 p.m. MST**

Scan the QR code above or register here:

[https://phs-org-corp.zoom.us/webinar/register/WN\\_CMrCZ4sKTMcfwp\\_xqPjusQ](https://phs-org-corp.zoom.us/webinar/register/WN_CMrCZ4sKTMcfwp_xqPjusQ)



### Presenter:

**Emiliana Simon-Thomas, Ph.D.**

Science Director, The Greater Good Science Center at the University of California, Berkeley

*The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society.*



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