

TRAINING PROGRAM: The Happy Class: Virtual Program Series

Presented by: Marilyn Suttle, CVP, Suttle Enterprises, LLC

SUMMARY

This multi-session live virtual course provides the know-how for participants to become happier and more resilient, even during challenging times. Wellbeing practices are known to improve personal and workplace experiences, increases productivity and build self-trust and confidence when interacting within various networks of relationships. Each action-packed, fun-filled Zoom session will include breakout rooms for smaller group conversation. These are not fluffy notions. You'll get practical skills that work. Up to 1,000 participants can attend over Zoom with breakout rooms to facilitate employee connection and engagement.

CHOOSE A SPECIFIC NUMBER OF SESSIONS OR THE ENTIRE SERIES

Phase	Module	Description	Length
Session 1	Happiness Set- points, Self-Awareness & Gratitude	The goal of session 1 is to enable participants to: <ul style="list-style-type: none"> Discover the three areas of their happiness set point: 1. Genetics. 2. Outside influences, and 3. Learned behavior Understand the body's response to gratitude Use specific skills and activities for raising set points and growing awareness of moments to appreciate 	1-hour over Zoom
Session 2	Restoring Peace through Challenges and Chaos	The goal of session 2 is to enable participants to: <ul style="list-style-type: none"> Discover the power of choosing your response to difficult events Gain skill in finding the gifts received from challenges Explore features of the mind that support and challenge happiness 	1-hour over Zoom
Session 3	The Three Keys to Success and Happiness at Work & in Life	The goal of session 3 is to enable participants to: <ul style="list-style-type: none"> Gain a greater sense of realistic optimism (seeing the possibility of a brighter and better future while taking actions to create it.) Increase positive sources of social support View stress as a challenge rather than a threat Release the prisoner of "woe" 	1-hour over Zoom
Session 4	Happiness Habits & Wellbeing Practices	The goal of session 4 is to enable participants to: <ul style="list-style-type: none"> Identify one key unhappiness habit to replace Remove and replace poor habits with Happiness Habits Create a plan to habit-stack new practices into everyday routines 	1-hour over Zoom
Session 5	Challenging Self-Limiting Beliefs	The goal of session 5 is to enable participants to: <ul style="list-style-type: none"> Understand the mechanism of repetitive thought Reduce the charge of emotional memories that sabotage happiness Create an evidence journal of life-enhancing beliefs 	1-hour over Zoom
Session 6	Passion Test	The goal of session 6 is to enable participants to: <ul style="list-style-type: none"> Identify their current top 5 passions. Gain clarity on what matters most to them Include more of what they love in their life 	90 minutes over Zoom

Note: Small group discussions will take place in Zoom breakout rooms

WHY SUTTLE?

Marilyn Suttle, CVP is the CEO of Suttle Enterprises, LLC a personal and professional growth training company in Metro Detroit. She works with businesses that want to stand out as a provider of choice, and with teams that want to work well together. For twenty years, Marilyn has presented programs, coached, and consulted with leaders, teaching them to excel at relationship-strengthening communication, customer service, and success strategies for living a happy, productive, self-fulfilling life.

A three-time bestselling business author, Marilyn's breakthrough book, *Who's Your Gladys? How to Turn Even the Most Difficult Customers into Your Biggest Fans* is filled with inspiring real-life case studies, revealing how large and small companies from a variety of industries successfully manage difficult customers.

Marilyn brings proven, practical, easy-to-use tools and good humor to her programs. Her virtual keynotes and training programs educate, entertain, and ignite a desire to create longterm win-win relationships. Her clients have won industry awards, raised service scores, and produced lasting results.

Client highlights for Suttle Enterprises include small businesses, associations, and large organizations: Ford Motor Company, Pfizer Corporation, Cummins, Kimberly-Clark Corporation, and Blue Cross Blue Shield. Marilyn has three Certified Virtual Presenter designations.

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