

MakeHappyFoundation.com

Make Happy Foundation

Happiness can be learnt



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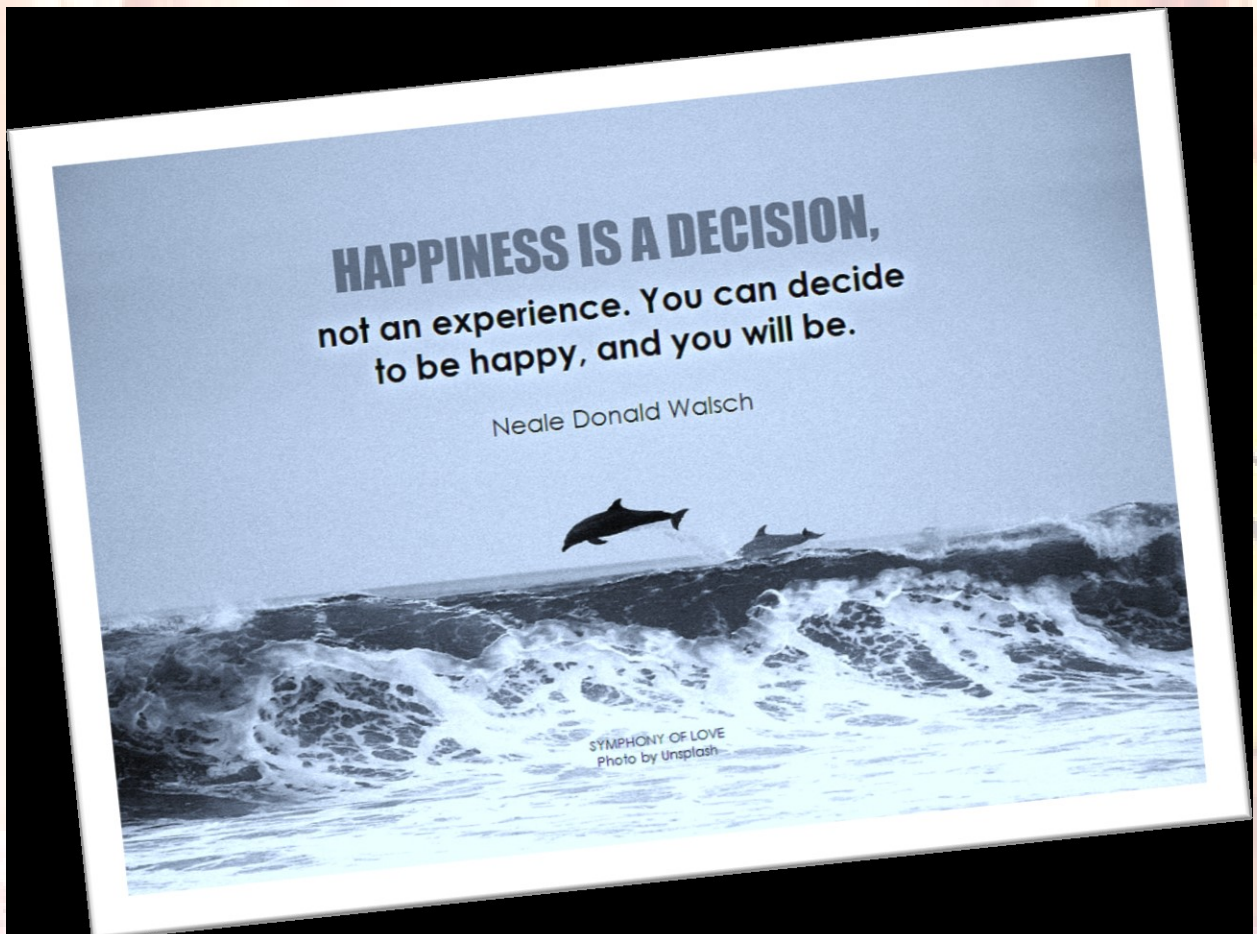
150 Centrum Plaza
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Gurgaon

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Who we are ?

*Happiness can
be learnt !!*

We at make happy foundation are addicted and committed to spreading happiness by giving people the skills to be happy. We have highly effective activity based scientific coaching modules on happiness. We have specialized courses for Individuals and Corporates.



When we give generously, with an abundance mentality, what we give away will multiply. – Henri Nouwen

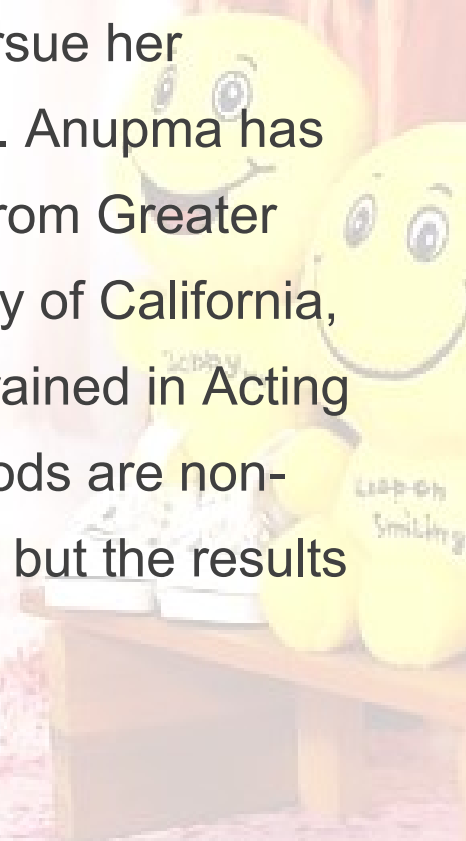
Happiness is the greatest treasure

Social Initiative

We support the cause of education of under privileged kids and Girl child / Women's issues.

About Us

Make Happy Foundation is a dream and a passion to create happier individuals and a happier society. Started by Anupma Agarwal Chandra, a maverick dreamer who quit the coveted IAS-Allied career to pursue her passion for teaching Happiness. Anupma has studied science of Happiness, from Greater Good Science Centre, University of California, Berkeley. She is also an MBA trained in Acting and Public Speaking. Her methods are non-conventional and crazy at times but the results are powerful and impressive



Happiness Foundations:

Most powerful course on the attitudes of happiness, how they can be learnt and why you can learn the skills of being happy just like the skills of driving. We specialize in 'how to' of learning these techniques. Our methodology is simple activities which gives very strong happiness results. Totally scientific we explain you science behind every activity / change we recommend.

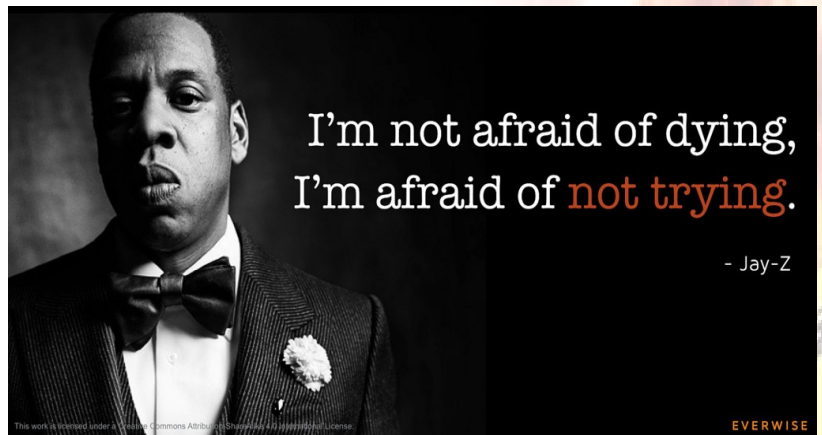
A happy person is one who can enjoy the scenery while on a detour

Duration: 8 weeks - one class a week

How to

Fail:

That surprised you! Isn't it?



A hugely popular and effective course on how to turn failure around on its head. Our question is Have you failed enough to be successful? A sure shot Life Changer.

Duration: 4 weeks - one class a week

Happiness can be learnt !!

Happiness Intelligence (Hi 5) program

Hi 5 is a powerful happiness coaching program that helps build happiness intelligence for increased energy, motivation, happiness, and life success. It brings together happiness and work satisfaction

Duration: 8 weeks - one class a week

Happiness Conversationalist:

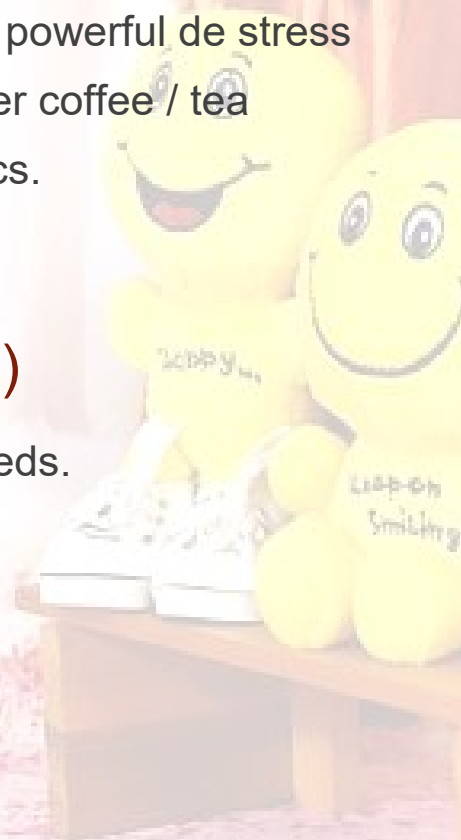
Path breaking, extremely enjoyable and powerful de stress technique. It entails happiness chats over coffee / tea through discussion on your favorite topics.

One-to-One or group

Individual sessions (Bespoke)

One-to-one sessions tailored to your needs.

*Happiness can
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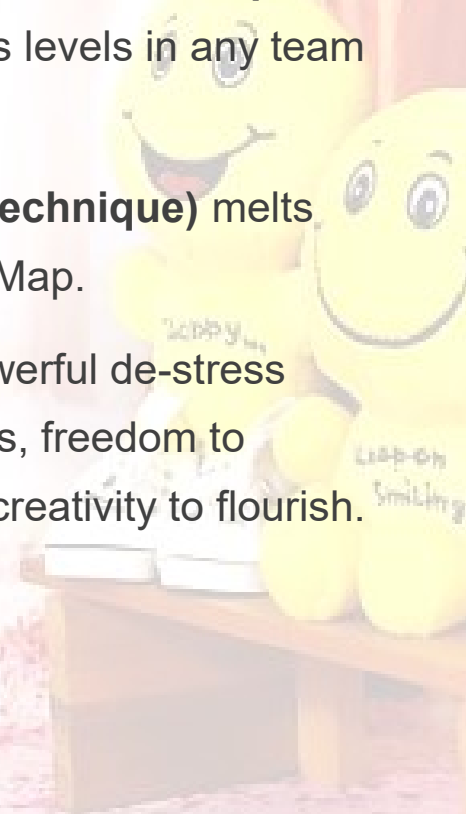
Our programs are designed to build lasting Happiness. It has been found in studies that organizations can lose up to fifty percent of their profit to stress and unhappiness. Get the happiness advantage for your business!!

Joy and Productivity workshops

Stress is the single greatest enemy of workplace productivity and performance. Stress saps energy, morale and motivation. It increases absenteeism, presenteeism, and workplace conflict and drives debilitating depression and burnout. This program features:

- **High Octave Mental Stimulation De-Stress techniques** that quickly and effectively reduce stress levels in any team or group.
- **‘Aerobic Mindfulness’ (Mental Flow Technique)** melts away stress, and creates positive Mind Map.
- **Creative interactions** that combine powerful de-stress with natural play to improve relationships, freedom to communicate, and help innovation and creativity to flourish.

*Happiness
can be
learnt !!*



Happiness Intelligence (Hi 5)

Hi 5 is a powerful happiness coaching program that helps build happiness intelligence for increased energy, motivation, happiness, and life success. Hi 5 helps to:

- Increase your energy and zest for life
- Improve your performance, reduce burnout, get more done
- Reduce your stress levels — perhaps to the point where you begin to seek out new challenges
- Learn to counter worry, depression, trauma and grief
- Start to build ever-increasing levels of personal happiness
- Great for Team Building

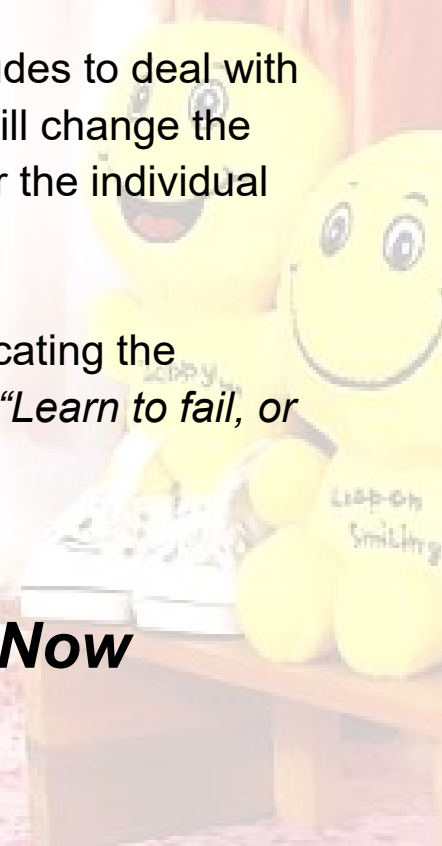
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Art of Failure

This is our unique program to building attitudes to deal with failure and treat it as an opportunity. This will change the perception of failure that the organisation or the individual has.

In fact, we go to the extent of actively advocating the experience of failure, the philosophy being “*Learn to fail, or fail to learn ...Choice is yours*”.

Choose Happiness Now



MakeHappyFoundation.com

Connect With Us

Make Happy Foundation

150, Centrum Plaza

Golf Course Road

Gurgaon

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+91 836 818 4017

Email MakeHappyFoundations@gmail.com

TESTIMONIALS

I simply loved it. We want more. – Rachna Gupta

I took coaching from Mentor Anupma as I was facing lot of issues with my confidence and enthusiasm. It made a huge difference, I was able to feel positive very soon again and since then I have been quite stress free. Her method is very enjoyable. – Anuradha Reddy

I was not aware of this hair research. Very credible – Vijay Kumar

Your own skin is too good. So this is the secret. -- Kaveri

I joined the basic happiness course and then several times I engaged Anupma for Thought Transformation. I have entirely overcome my depressive thoughts. Thank you. – Avantika Kumar