

## **AGENDA**

### **Awe, Wonder, and the Science of a Meaningful Life Jonah Paquette, Psy.D.**

**Note: All Times are Pacific Time**

- 9:00 - 9:10 Welcome and Introduction
- 9:10 – 10:30 Defining Happiness and Well-Being and reviewing common models for understanding psychological well-being  
Reviewing the benefits and importance of positive emotional states  
Identifying 5 key barriers to happiness  
Overview of 10 core principles for psychological well-being
- 10:30 -10:40 Break
- 10:40 -12:10 Awe & Wonder  
Appreciation & Gratitude  
Kindness & Compassion
- 12:10 – 12:50 Lunch
- 12:50 - 2: 20 Self-Compassion  
Strengths and Flow States  
Mindfulness and Acceptance-based approaches
- 2:20 - 2:30 Break
- 2:30 – 4:00 Social Connection & Belonging  
Meaning & Purpose  
Resilience and Posttraumatic Growth  
Savoring Positive States