



BCPH PUBLIC HEALTH LEADERSHIP SUMMER INSTITUTE & MEDICAL ACADEMY

Course Title: Happiness for High-Achieving Individuals

Course Instructor: Dr. Rob Carpenter

Course Description:

Based on Dr. Rob's best selling book, The 48 Laws of Happiness, you will learn about the "happiness traps" you face as a high achieving individual, the common mistakes people make when trying to overcome them, and create a tailored roadmap to accelerate - and maximize-your personal happiness in the office, at home, and in the most important areas of your life. Why be a frustrated high-achieving leader when you can be a happy one instead?