

# HAPPINESS THROUGH GOAL SETTING COURSE

A great opportunity to take a **FREE**  
Course in Happiness.

## Who is it for?

Available to all 18-65 year old employees.

## When is it?

The course is held over 1½ days on multiple dates  
in:

- 28 - 29 March 2019
- 25 - 26 April 2019
- 16 - 17 May 2019
- 13 - 14 and 27 - 28 June 2019

To sign up or for further information  
please email  
[commercialservices@brookes.ac.uk](mailto:commercialservices@brookes.ac.uk)