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REALIZING A WORLD WITH

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WORLD HAPPINESS WEEK

MARCH 18<sup>TH</sup> - 23<sup>RD</sup>, 2021

BY

WORLD HAPPINESS FOUNDATION

# World Happiness Week

March 18<sup>th</sup>-23<sup>rd</sup>, 2021

By

**L U I S G A L L A R D O**

The year 2020 has been challenging in many ways. A health crisis swept the world, disrupting practically everyone's daily life. Racial injustices, intolerance, and inequalities on almost every level, climate change, economic crises, and more only added to the problem. 2020 shook us all to the core, regardless of the corner of the world where we are living.

And now, it's time to focus our energy on recovery.

World Happiness Week is a global event with activations in over 80 cities worldwide. Due to COVID-19, all of these events have now successfully transitioned to digital platforms.

From March 18<sup>th</sup> to March 23<sup>rd</sup>, World Happiness Week encourages us to celebrate happiness and introduce some much-needed balance into our lives.

## **What is World Happiness Week?**

World Happiness Week is a global initiative that takes place every year. This online event is organized by the World Happiness Foundation, an organization dedicated to supporting government and business leaders in implementing new policies for creating happiness and well being for all.

The Foundation works in partnership with the United Nations University for Peace and supports two UN resolutions:

- **65/309 - Happiness:** Towards a Holistic Approach to Development
- **66/281 - International Day of Happiness**

World Happiness Week is one of the most diverse polycentric forums. In 2020, it reached over 10 million people in over 40 countries!

The Week consists of various events that happen digitally and in-person (where they're allowed due to COVID-19 restrictions). Leading experts in happiness and well-being talk about education, technology, science, business, policy, art, music, and more. In partnership with the United Nations University for Peace, the International Positive Education Network, Tecmilenio, IIT KGP, Transtech, and more than 300 institutions, the World Happiness Week focuses on the future - realizing a world with freedom, happiness, and consciousness for all.

There will be four main segments to the World Happiness Week.

- **Global Agoras**

Agora is an Ancient Greek word with the meaning of 'public meeting place.' More than 80 agoras in over 45 countries worldwide will take place during the World Happiness Week. Every Agora will have a different set of activities planned.

- **Conscious Kids Fest**

If coronavirus restrictions permit, live events in multiple cities will be held for the youngest Happiness Week participants. Children will enjoy yoga, live music, artists, games, healthy food, face painting, and many other kid-friendly activities.

- **Central Stages**

Festival vibes will spread around multiple central stages around the world, where participants will attend workshops and seminars, dance to live music and DJs, eat delicious food, shop from conscious vendors, and much more.

- **Digital Summit**

Finally, the International Happiness Week is the largest and most accessible event with the theme of happiness and well-being. Anyone can join the free summit online!

### **Topic Overview**

World Happiness Week will last for six days. Each day has a specific topic attached to it, corresponding with the overarching theme of Realizing the Future of Happiness.

- **March 18th: Work**
- **March 19th: Health**
- **March 20th: Education**
- **March 21st: Self, Planet, Social Impact**
- **March 22nd: Transformative Technologies**
- **March 23rd: Governance, Public Policy**

The primary goal of all topics, presentations, and workshops is to introduce change at a systemic level to fight social injustices and environmental concerns. The World Happiness Foundation's work is in line with the UN Global Compact and the Sustainable Development Goals.

### **Why World Happiness Week Matters**

In this day and age, it is too easy to get swept up by the negative. The media - both traditional and social - emphasizes scandal and sensationalism, and evil (and false) news spread in a blink of an eye. World economies have no regard for natural wealth or communal bonds and are all too eager to encourage overconsumption.

If you're overwhelmed with work, suffering from a physical or mental condition, or are simply feeling more drained and lost than before, it seems like there is little that can keep you afloat.

The World Happiness Week aims to remedy that.

That is not to say that World Happiness Week offers short-term relief. Quite the opposite - all the esteemed speakers at the event are there to provide sustainable, long-term solutions. By changing the faulty foundations of society and learning new methods to help us cope with the pressures of reality, the World Happiness Week leads us to a better, more joyful future.

Join the World Happiness week if you want to hear what's new in the fields of healthcare, technology, education, social impact, public policy, and more. All of the information you retain will prove significant in how you view the world around you. They will guide you forward and possibly even influence the very next steps you take in life.

### **Day 1: Workplace Well-Being**

According to research, an individual spends approximately 90,000 hours of their life at work. That is one-third of their lifetime! It is no wonder that the type of work you do and your workplace's environment significantly impact your overall happiness.

Not only that, but the success of any business is directly linked to their employees' well-being. Overworked, stressed, underpaid, frustrated, or ill workers cannot give it their best at their job, causing a significant drop in organization performance.

It is one reason why many influential companies such as IBM, Google, Deloitte, and others have appointed Chief Happiness and Chief Mindfulness Officers in their organizations. Most of these positions came about because one person wanted to share the power of mindfulness with their coworkers.

However, the benefits of such a position are invaluable. Chief Mindfulness Officers are tasked with helping their employees manage their thoughts, emotions, and energy, and gain self-awareness. Digital distractions are also something that needs to be controlled, as they kill creativity and productivity.

This is why, on Day 1 of World Happiness Week, our guides will educate business leaders on how to create positive work environments. They will discuss the best programs, policies, and practices to implement for the highest chances of success.

## **Day 2: Mental & Physical Health**

If the year 2020 has taught us anything, it is the importance of physical health. Worldwide, over 2 million people have lost their lives in the COVID19 pandemic. Social distancing, wearing masks, regular hand-washing, and disinfection has become the norm all to preserve life and protect from infection.

Simultaneously, healthcare systems around the globe have been overtaken and paralyzed, delaying or withholding essential treatment to other patients. Indeed, physical health has never been so much at risk as it is today.

However, mental health mustn't be overlooked, either. Due to the pandemic, job insecurity, the looming threat of disease, and possibly death, more people report feeling depressed and anxious. Not only that, but due to travel bans and social distancing rules, more people are feeling isolated and lonely as well.

Because of this concerning data, Day 2 of World Happiness Week is all about Mental & Physical Health. It is dedicated to providing participants with the most up-to-date and relevant information regarding healthcare. The target audience here isn't just healthcare professionals but also individuals looking to improve their own physical and mental well-being.

### **Day 3: Positive Education**

One of the many downfalls of education systems around the world is that they are uniform, one-size-fits-all. Instead of forcing every young person into the same mold, we should turn to a more positive approach to education, a curriculum that includes positive psychology principles.

On Day 3 of World Happiness Week, the attendees will hear all about education that helps young people find their purpose, develop their social and emotional skills and character strengths. After all, today's children are our future leaders. Positive education will have an enormous impact on their lives and how they grow.

By listening to our speakers, educators, parents, and other individuals will gain a new perspective on education and realize its full potential.

### **Day 4: Social Impact - Planet**

The UN Sustainable Development Goals include the steps we need to take to preserve the planet we live on. Recycling, using sustainable modes of transportation, putting a stop to global warming, planting trees, reducing the use of plastic bags - acknowledging and celebrating nature, we have to stop its deterioration.

Day 4 of the World Happiness Week is all about having a positive impact on nature. However, to achieve this, we must first connect with our inner selves. The speakers for this day are sustainability experts, social connection researchers, and business leaders who dream of a thriving planet.

But what does a thriving planet mean for humanity? Day 4 will help participants understand what they can do to help this process. It doesn't have to be complicated at all!

### **Day 5: Transformative Technologies**

There is hardly an industry that is evolving at a more rapid pace than technology. From robotics to virtual reality to AI to biotechnology - innovations in this field can be exhilarating, and intimidating at the same time. However, they also hold immense potential in helping humans evolve and flourish.

To best prepare ourselves for what's coming and find out how to integrate the new tech in a way that enriches our life and doesn't hinder it, we will talk with experts, engineers on Day 5 of World Happiness Week, and developers in transformative technologies of today.

## **Day 6: Public Policies and Economy**

Real change can only occur if the public policy supports it. On the last day of the World Happiness Week, participants gather round to debate global problems and the unique challenges that each country faces.

Political leaders share their policies, perspectives, best practices, future goals, and successful solutions, to advance human progress. Of course, the United Nations resolutions are at the core of this day (as they are in all the others), and happiness and well-being are the main focus.

## **Conclusion**

As you can see, a lot is happening during World Happiness Week! From March 18th to March 23rd, attendees from all over the world will be able to enjoy the company of like-minded people and listen to insightful lectures on various topics.

You can choose whether you want to attend in person (if you're in Spain, or at any of the +80 Agoras around the world and if COVID-19 measures permit) or if you're going to join from the comfort of your home. The Digital Summit is free to attend, regardless of where you are!

This year's World Happiness Week will have exciting subjects and even more exciting speakers.

**Day 1** is all about finding your happiness at the workplace. Gone are the days where employees are expected to grin and bear it until the end of their shift. Chief Happiness and Mindfulness Officers and practitioners are popping up in companies, aiming to teach their employees how to work smart, not hard, and preserve their mental health in the face of stressful workdays.

**Day 2** talks about mental and physical health. You will hear the latest discoveries in the realm of psychology, psychiatry, and medicine in general.

**Day 3** focuses on positive education, where pioneers in this field will share their thoughts on what's next for education systems worldwide. You have to admit - the current education formats are getting a little stale.

**Day 4** embraces the power of nature and social impact. Learn how to protect the environment and how to connect with your community so you can all work together to make our planet a better place for future generations.

**Day 5** takes a turn into the alley of technology, where tech experts will deliver presentations on how the latest innovations can help humanity thrive.

Finally, **Day 6** brings together great political minds. After all, to achieve true global happiness, the world's policymakers must be on board. On Day 6, the speakers and participants will enjoy a lengthy discussion on what can be done to accomplish the goal of making everyone happy, no matter where they are in the world.

We're looking forward to seeing you there!

<https://www.worldhappiness.foundation/>