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Nick Baylis

How to help your life go well : Cambridge University one-day workshops, open to all

Designed especially for the general public, the practical applications of 'Positive Psychology and The Skills of Well-being' are to be taught in stand-alone one-day workshops held at Cambridge University.

This is training for all and any adults who would like to develop their practical skills on the subject of fostering all-round well-being for ourselves and those we care for.

The range of workshops begin this June 2007, convened by Professional Studies within The Institute of Continuing Education, Cambridge University.

No previous experience of the field is required, nor any particular academic or professional qualifications. These workshops are designed to inspire and benefit individuals from the widest possible range of backgrounds, no matter you be 18 or 80.

There is no exam nor formal evaluation, so our workshop participants simply receive a crested 'attendance certificate' signed by the course directors. We appreciate that our participants will be adults who bring a wealth of worldly experience with them, so these workshops are designed to inspire and guide them in developing key aspects of their professional and personal lives.

Do we really need lessons in living?

Faced with the rapidly increasing demands of 21st century life, we can all of us benefit from some practical ideas about what principles, strategies, skills and

experiences are most likely to help us thrive and flourish - emotionally, intellectually, socially, and physically. The workshops also address our wider relationship with our Natural World, and the need to nourish our soul - by which I mean our sense of having something unique and vital to contribute to the life around us.

By systematically studying how lives can be helped to go well, the cross-disciplinary science of well-being draws on a range of evidence from around the world. This helps us understand what we can all do to increase the likelihood of our leading profoundly healthy and good-hearted lives, rich in creative partnerships.

These one-day workshops are designed to help adults foster profound improvements in their personal and professional lives, and the lives of those they care for.

Beyond Cambridge

Beyond Cambridge, I am a well-being consultant giving insight lectures and workshops to organisations ranging from The Royal College of General Practitioners and the Royal Mail, through to the BBC World Service and Proctor & Gamble.

I am also developing a school-wide well-being programme at Wellington College, (see Education and Health, 2006, 24:2).

I also wrote a weekly column as 'Dr FeelGood on the Science of Happiness' in The Times, and author of the popular self-help book, 'Learning from Wonderful Lives: lessons from the study of well-being.'