

MINDFUL ENTREPRENEURSHIP PROGRAM

FREE INFORMATION SESSION

Thursday 5th September 2019

19:30 to 21:00

Venue: Maui Coworking, C/ Perelló 78, Barcelona

The purpose of this **free Information Session** is to give you a real insight into the **Mindfulness Entrepreneurship Program** and how it can help you make the most of your professional and personal life.

WHO CAN COME

Whether you come on your own, or with friends or family, you'll be warmly welcomed. Please see information below to get in contact or to book a seat.

FACILITATOR: *Dr Sergio Costa, Visiting Research and Teaching Fellow, University of Bath*



Sergio joined the University of Bath School of Management as a Lecturer in Entrepreneurship in 2015. He completed his PhD in Entrepreneurship at Strathclyde Business School in 2014, receiving the prestigious Academy of Management's Heizer Doctoral Dissertation Award. He began his business career as a Production Engineer for Infineon, and later as a Sales Engineer for Siemens. After his MBA, he served as a Strategy Consultant for Porto Business School. Originally from Portugal, Sergio enjoys designing and launching new ideas, international communities, mindfulness retreats, and musical improvisation. He nurtures a close connection to Plum Village Mindfulness Centre, where he has practiced and volunteered over 9 months. He has a broad experience of sharing the benefits of mindfulness with others.

More about the facilitator: www.linkedin.com/in/asergiocosta

Information & Booking

Email: info@hellohappiness.io

Tel: +34 623 187 908 (*Facetime and WhatsApp*)

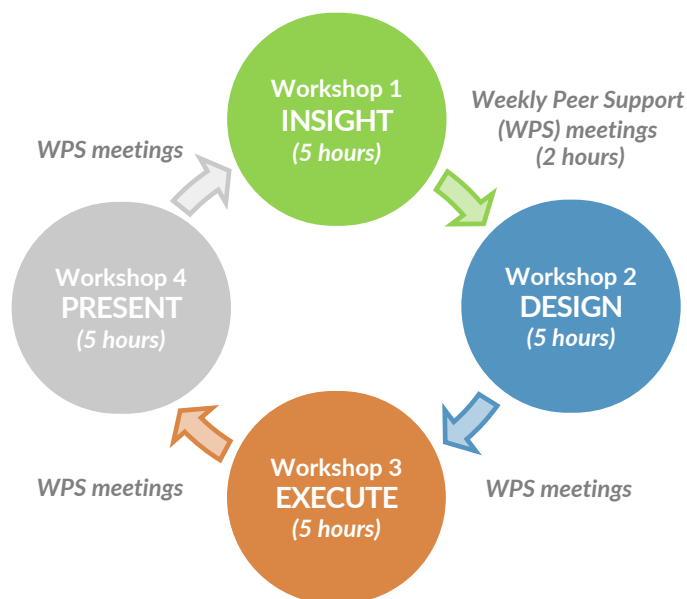
What is Mindful Entrepreneurship

Being mindful means being aware and awake. Entrepreneurship is the creation of a new form of organising. **Mindful Entrepreneurship** is then the process of creating or redesigning your work and life with awareness, in a way that is reflective of you, of your passions and values, thus conducing to a greater sense of fulfilment and happiness.

THE PROGRAM

The Mindful Entrepreneurship Program is a 4-month long transformative journey designed for people who feel stuck or not entirely satisfied with their professional and/or personal life. It will be of benefit for everyone, at any stage.

The Program entails a five-hour workshop each month, complemented by two-hour weekly peer support meetings. It combines mindfulness techniques, design thinking methodology, and entrepreneurship frameworks.



WHY

Many people are not satisfied with their work or life, but they don't know what to do about it. This Program offers you a safe place to conduct your inner journey with collective support, helping you to reflect, design and do something about it. It aims at:

- 1 Increasing awareness, clarity and confidence
- 2 Having a deeper **insight** on what makes you happier and what you want
- 3 Developing a clear **design** integrating your intended work and life
- 4 Start **executing** this design.

HOW

This Program differs from existing entrepreneurial programs in many ways:

- 1 Uses mindfulness and self analysis to look deeply into yourself
- 2 Design and execution decisions are based on happiness rather than only financials
- 3 Holistic and inclusive design process, integrating work and life, and building synergies between your different parts.

The Program's format includes lectures, individual work, group sharing, guided activities, experiential exercises, video, audio, handouts and other resources.

the way out is in

Zen Master Thich Nhat Hanh



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