Congratulations on attending the Happiness Conference!

Here's a rundown of essential tips to start your journey to a happier, more fulfilled life. Use these practical tools every day and explore further with our resources.

Top 10 Happiness Tips

🔟 GRATITUDE - GRATITUDE JAR

Each day, write down a little happiness and read them again at the end of the year.
Action: Start today with a 5-year journal or a jar.

9️⃣ MUSIC - CREATE A HAPPINESS PLAYLIST (HPL)

Create a playlist of energizing songs.
Action: Add 3 songs a week to your playlist or listen to Ingrid's playlist here.

8️⃣ LAUGHTER - WATCH FUNNY VIDEOS OR SERIES

Laugh at least 10 minutes a day by watching funny videos or series.
Action: Watch this fun video now!

7️⃣ DECLUTTERING - 1:1 RULE

For each new purchase, donate or dispose of an item.
Action: Place a donation box near the door.

6️⃣ KINDNESS - SPONTANEOUS ACTS OF KINDNESS

Offer a coffee, a compliment, or help someone out.
Action: Send a nice message now...go!

5️⃣ DON'T WORRY - "A YEAR FROM NOW..." TECHNIQUE

Ask yourself if this will matter a year from now.
Action: Step back from a concern and **plan** instead of **worrying**.

4️⃣ TIME - EAT THE FROG

Start the day with the most difficult and important task.
Action: Write down your "frogs" to accomplish each morning.

3️⃣ RELATIONSHIPS - QUALITY MOMENTS

Spend quality time with your loved ones.
Action: Plan an activity with a loved one.

2️⃣ WORK - IDENTIFYING YOUR STRENGTHS

Use tools to discover your talents.
Action: Discover your strengths with the free test VIA Character or treat yourself to the famous DISC color test!

1️⃣ OPTIMISM - REFRAMING NEGATIVE THOUGHTS

Turn negative thoughts into lessons.
Quote: *"I never lose. Either I win or I learn." - Nelson Mandela*

Take action!

📖 Buy the book 21 Days to Happiness

English Version
French Version

📊 Test your happiness (HAPI Test)

Free HAPI test in 5 min

📚 Happiness at KCC

Happiness Tools
Customized training and workshops

👥 Join us on social networks

LinkedIn KCC
Facebook
Instagram
YouTube
Happiness Website



🦊 Ready to activate your potential - in just 55 minutes?

Welcome to **FOX – Focused Online eXperience**, an **affordable online lunch-and-learn** series designed for busy professionals who want concrete results, fast. **Every month**, take part in a dynamic session led by experts who combine **cutting-edge content, scientifically validated techniques and interactive learning.** Whether in leadership, communication or stress management, leave with **practical tools you can apply right away.** Bring your lunch, log on, and progress with confidence.

Date	Lang.	Session
29 octobre 2026 à 12h00	Fr	Gestion du Changement
November 26, 2026 at noon	Eng	Feedback & Difficult Conversations
28 janvier 2027 à 12h00	Fr	Gestion et animation de réunions productives
25 février 2027 à 12h00	Fr	Leadership inspirant
March 25, 2027 at noon	Eng	Happiness & Performance
22 avril 2027 à 12h00	Fr	Les secrets de la gestion des conflits
27 mai 2027 à 12h00	Fr	Gestion du temps et des priorités
June 17, 2027 at noon	Eng	Energy & Stress Management
23 septembre 2027 à 12h00	Fr	Du service à la clientèle à l'expérience client

💡 Stay Inspired and Take Action!

Remember: happiness is a choice. Start today with these practical tips and transform your life.

💜 Thanks for participating!