

IMHW23-60 Choosing Joy

**PRESENTED BY****Jodi Simmonds & Kerri Lorenson****SERIES SESSIONS**

Date	Time
April 18, 2023	3:45 PM - 4:45 PM

**LOCATION****Online - Your Computer****FEE****\$25.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****Ines.ca**

Program

It sounds and feels wonderful doesn't it? But can we really choose joy? By prioritizing everyday activities that we know bring us sparks of joy and leaning into those experiences, we can choose more joy. Positive psychologists have determined that we have a window of opportunity to create and sustain happiness and joy. In this session, we'll explore practices that can help you to regularly and fully experience joy in the everyday.

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Jodi Simmonds

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online**, you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file**. If you do not receive a confirmation email, please contact celine.zevola@learning-network.org