



FIRST INTERNATIONAL WORKSHOP

Happiness in Practice
*Positive Psychology &
Community Resilience*



With the patronage of



Comune di Modena

19–21 January 2026

Modena - Italy

Sala Redecocca

Piazzale Redecocca, 41121



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the European Union



SOLIS Srls



ESA



Projects
For
Europe
ASBL

Project number: 2025-1-IT02-KA210-ADU-000350376



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Programme Overview

Monday · 19 January – Opening & Introduction

09:30 – Welcome & registration
10:00 – Workshop opening & objectives · SOLIS SRLS
11:00 – Positive psychology & experiential resilience · SOLIS SRLS
13:00 – Lunch
14:30 – Awareness & emotional well-being · ESA
15:30 – Empathy Circle · ESA
16:00 – End of day · SOLIS SRLS
17:00 – Cultural visit

Tuesday · 20 January – Well-being Practices

09:30 – Positive psychology & stress management · SOLIS SRLS
11:00 – Laughter Yoga & group dynamics · SOLIS SRLS
13:00 – Lunch
14:30 – Autobiographical workshop: personal resilience · ESA
16:00 – Methodological reflections · PFE
17:00 – Cultural visit
20:00 – Social dinner

Wednesday · 21 January – Co-creation & Exchange

09:30 – Local design workshop (all partners)
11:30 – Community of Practice definition · SOLIS SRLS
13:00 – Lunch
15:00 – Evaluation & closing · PFE

Thursday · 22 January – Departure Day

Morning – Individual returns

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 www.happinesspractice.com



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