

LGBTQ+ FESTIVAL OF HAPPINESS

FOCUSING ON CREATIVITY, RESILIENCE AND HUMAN CONNECTION

OCTOBER 28TH TO NOVEMBER 3RD 2020



THIS IS A FREE ONLINE FESTIVAL FOR THE LGBTQ+ COMMUNITIES OF GREATER MANCHESTER AND BEYOND.

It begins with a week of activity and ends with follow-on weekly sessions into 2021.

During the festival week we can explore thoughts, feelings and emotions, to support us through these unprecedented and challenging times where we experience shifts and change from moment to moment.

We will have daily drop-in sessions of meditation and laughter; both are scientifically proven to automatically lower stress and boost our health.

We will run a creative writing project.

And we will have a powerful, personal transformational program of workshops looking at the true nature of humans.



DETAILED TIMETABLE FOR THE WEEK

AFTERNOON DAILY DROP-IN SESSIONS:

2-2.40pm Laughter Yoga

2.45-3.25pm Meditation and relaxation

These are both drop-in sessions, and in principle can be reserved for specific groups or communities.

AFTERNOON DAILY CREATIVE PROJECT:

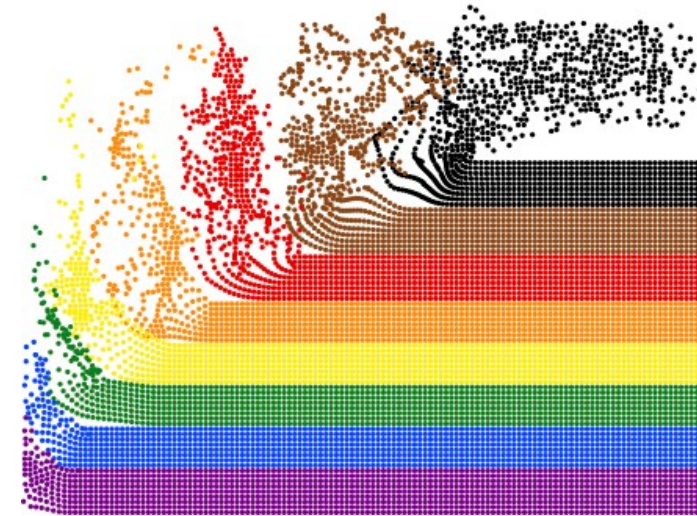
3.30-4pm Creative writing

The set of workshops will look at structure, character development, and dialogue, with a view to participants creating very short films using their mobile phones.

DAILY EARLY EVENING PROGRAM:

6-8pm Little Shop of Happiness:

A powerful, personal transformational program of workshops looking at the true nature of humans. People are encouraged to attend all sessions, but attend a minimum of 2 to benefit.



THE LITTLE SHOP OF HAPPINESS

The Little Shop of Happiness is a brand new six week online personal transformation and coaching programme, where we explore the true nature of the mind to discover how resilience, happiness and wellbeing are built into the human design.

It's no ORDINARY change programme and allows participants to see for themselves the very nature of their innate wellbeing.

It's a unique opportunity to understand how the mind works at a deeper level, and how your true potential for change is at the very core of your being.

The Little Shop of Happiness is 100% experiential, which means throughout the programme you will learn how humans, and indeed how you yourself, operate at a deeper level where change really happens, and how insights are key to unlocking your infinite potential.

Over the course of six weeks we will guide you through a series of talks, thought experiments and share personal stories of transformation from the inside out.

- What if change is only one thought away?
- What if big change in any area of your life is possible?

If you want to know the answers to these and other questions about life, then book your place on this course.

Places are limited to a maximum of twenty people, and we encourage those with an open mind, a thirst to learn about a new understanding of how the mind works, and a genuine desire to change.

- Sessions are two hours long once a week
- The programme takes place on Zoom.
 - Each session will have its own unique password and waiting room set up.
- Joining instructions will be sent to participants before the course begins and before each of the weekly sessions.

To kick start this fun, thought provoking and transformative programme, we encourage participants to undertake a very simple, creative task of their choice, to be reviewed at the first session.

Following each session, a mini, fun and creative task will enable participants to experiment with their newfound understanding. At the beginning of each new session you will explore and unpack what's showing up differently for people as you deepen your understanding of the mind.



SESSION ONE: THE SCHOOL OF UNLEARNING

The School of Unlearning begins the uncovering of participants' current map of reality, how they see life in general, and provides an opportunity to explore the areas of life they wish to change.

- The Map is not the Territory
- Beyond Beliefs

SESSION TWO: THE HUMAN MIND AND THE WORLD

In this session we take a deep dive into the key areas that underpin all change.

- Exploring the source of change
- State of Mind vs State of the World

SESSION THREE: THE NATURE OF THOUGHT

In this session we explore the nature of thoughts, and how our reality is created from thought moment to moment.

- The True Nature of Thought
- The Thought - Feeling Connection

SESSION FOUR: STRESS AND THE SOURCE AND THE SOLUTION

In this session we open up to the possibility of why rainy days and Mondays don't get you down, explore the nature of stress, and introduce you to the single paradigm.

- Dissolving the myth of stress and the association to circumstance
- Understand why stress is an inside job
- Discover the weather of your mind

SESSION FIVE: DEEP LISTENING

Throughout the programme we will discuss a whole new way of listening, and in this session we will provide participants with the opportunity to listen to each other at a deeper level.

- The Fundamentals of Deep Listening
- Deep Listening Practice
- Unpacking Deep Listening

SESSION SIX: THE HAPPINESS FACTOR

In this final module we explore the true nature of happiness and why happiness is closer than you think.

- The problem with - I'll be happy when.....
- Myth busting happiness and achieving goals
- Why Happiness is an inside job

What you can expect to gain from this programme

- A deeper understanding of the human mind.
- Greater impact in your work and personal life.
- Significant shifts in creativity, confidence and wellbeing.
- Engaged action with increased sense of happiness and inspiration.
- Authentic connection to yourself and others.



LAUGHTER YOGA:

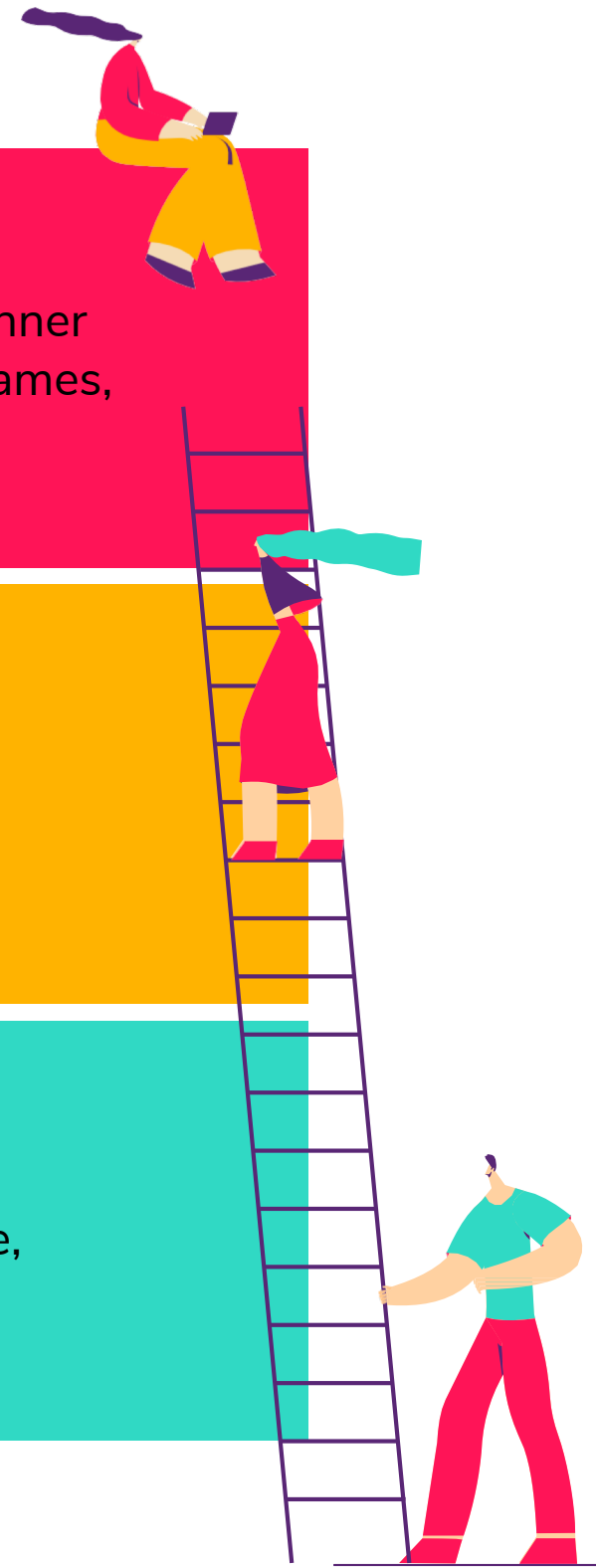
Based on the principle of laughing for no reason, we engage with our inner playfulness for an exercise class including warm-ups, Laughter Yoga games, and a laughter meditation.

GUIDED MEDITATION:

After some warm up stretches and breathing exercises, we will listen to a guided meditation.

CREATIVE WRITING:

Our aim is to create a short one-scene film using our mobile phones. We will start by looking at inspiration, structure, character and dialogue, and then create our own work.





Our Happiness Factor CIC is a social enterprise run by Gary Loftus and Robin Graham.

We grew from a desire to bring like-minded people together to share and learn in our communities.

Our purpose is to ripple out happiness across the world by connecting with the joyfulness that exists within us.

Gary is a transformative coach. Robin is a wellbeing specialist.

We are based in Manchester, and work nationally and internationally.

Between us we have over 50 years of experience with communities, sharing skills and bringing ideas to life.

HOW TO TAKE PART

Sessions can be booked through Eventbrite:

<https://lgbtqhappinessfestival.eventbrite.co.uk>

All sessions are generally suitable for everyone 18+, and are free of charge.

Please read the information on the booking page.

PARTNERS: We are working with partners across Greater Manchester.

FUNDER: Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to create this Festival. Thanks to the Government for making this possible.



HM Government

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