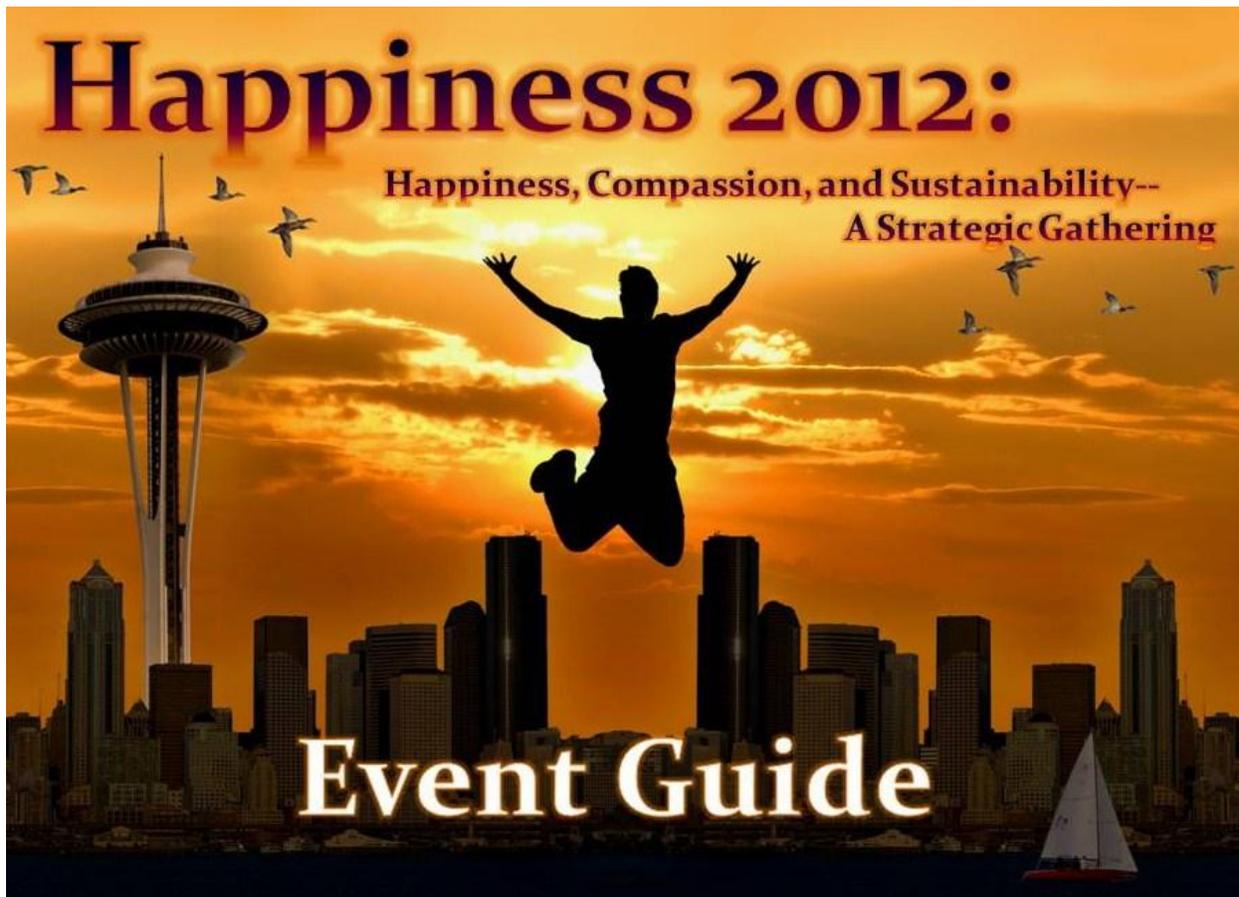


- Health • Compassion • Environment •
- Emotional Well-Being • Education • Community •
- Arts & Culture • Finances • Time Balance •
- Government • Workplace Satisfaction •



Seattle University

August 24-25

www.timeday.org/happiness2012

Welcome

Dear Attendees,

Welcome to the first-ever Seattle happiness conference, **HAPPINESS2012: A STRATEGIC GATHERING**, co-sponsored by The Happiness Initiative, Take Back Your Time, the Compassionate Action Network, Sustainable Seattle, and the Seattle University Department of Communications! I am delighted to see you here and hope you enjoy the program we've put together. I am proud to report that we have speakers and attendees at this conference coming from as far away as South Africa, and from many other parts of the United States.

The purpose of this gathering is to help implement the United Nations July 19, 2011 call to all countries and communities to place "the pursuit of happiness" at the top of their policy and action agendas and to find ways to measure their success in achieving greater sustainable well-being for all. In that spirit, this conference is designed less as a speakers' showcase and more as a large conversation in which your ideas and your participation are central as we seek to build a successful strategy for happier communities. Please plan on attending all of the conference if you can, and contributing your voice to these important strategy discussions. Please use the conference to network with as many people as you can and to help us improve our activities such as The Happiness Initiative and Pursuit of Happiness Day.

This conference was made possible by the volunteer efforts of a terrific team, led by the indispensable Orna Locker, and including Maureen McGregor (who designed this program guide!), Brittany Faulkner, April Atwood, Sarah Freeman, Cecile Andrews, Anna Baldwin, Lauren Summers and Andrea Michelbach. Please join me in thanking all of them. Thanks also to our financial supporters, Yaffa Maritz and Humanities Washington, and to Hale's Brewery and Chateau Ste. Michelle Winery for deeply discounted beverages for our reception. And thanks to Sabrina Tusing and Seattle University's dedicated Events and Conferences staff, who worked hard to make this conference the success I know it will be. Please help us all make this a conference to remember!!!

Enjoy!

John de Graaf, Conference Director

Seattle University Map



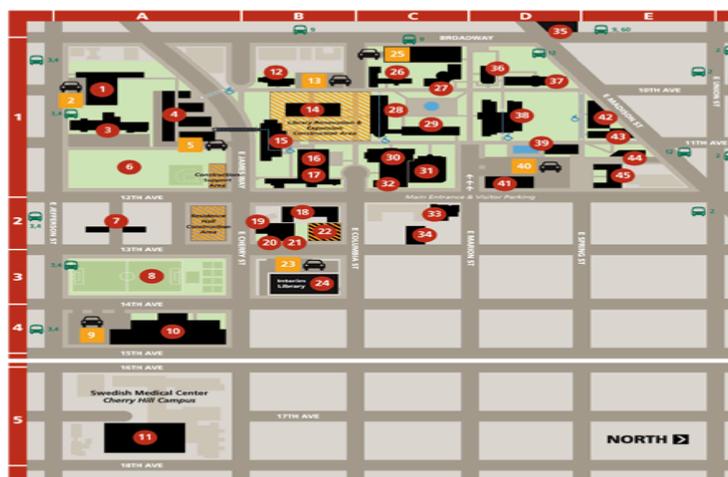
SEATTLE UNIVERSITY
 901 12th Avenue, PO Box 222000, Seattle, WA 98122-1090
 Tel.: (206) 296-6000, www.seattleu.edu

Buildings & Areas

709 13th Avenue Building	B2	20	James Tower	A5	11
715 13th Avenue Building	B2	21	Kolvenbach Residences	C2	34
1001 Broadway Building	D1	35	Lee Center for the Arts	D1	41
1218 East Cherry Building	B2	19	Lermieux Library & McGoldrick Learning Commons (reopening Fall 2012)	B1	14
1313 East Columbia Building	B3	24	Interim Library at 1313 East Columbia Building	B3	24
Administration Building	D1	37	Logan Court Residences	A2	7
Admissions & Alumni Building	C2	33	Logan Field	A1	6
Archbishop Murphy Apartments	A1	4	Loyola Hall	C1	26
Arrupe Jesuit Residence	B1	12	Lynn Building	E1	44
Bannan Engineering Building	C1	28	Pigott Building	D1	38
Bannan Science Building	C1	29	Rianna Building	B2	18
Bellarmino Residence Hall	B1	17	Seaport Building	B2	22
Campion Residence Hall	A1	1	<i>Future Lee School Annex</i>		
Casey Building	C1	27	Student Center	B1	15
Championship Field	A3	8	Student Center Pavilion	B1	16
Chapel of St. Ignatius	D1	39	Sullivan Hall	C1	30
Cornolly Center	A4	10	Teilhard de Chardin Hall	A1	3
Fine Arts Building	E1	42	University Services Building	C1	31
Garvard Building	D1	36	Xavier Residence Hall	E1	45
Hunthausen Hall	E1	43			

Parking Areas

10th & East Jefferson Lot	A1	2	10th & East Columbia Lot	B1	13
Murphy Garage	A1	5	Broadway Garage	C1	25
13th & East Cherry Lot	B3	23	Main Parking/Visitor Parking	D1	40
14th & East Jefferson Lot	A4	9			



Friday Plenary

All Sessions are in Champion Ballroom

Gross National Happiness: The UN Challenge Moderated by *Orna Locker*

The United Nations has called on all countries to put “the pursuit of happiness” instead of Gross Domestic Product at the top of their economic agendas, and find ways to measure their success in achieving it. Three participants in the April 2, 2012 UN conference on Happiness and Well-Being present aspects of these developments:

- *Robert Costanza* has worked with the UN and the government of Bhutan on pathways and indicators toward a sustainable economy of well-being for all.
- *Connie Moffit* looks at personal changes centered on altruism, compassion and mindfulness that lead to greater life-satisfaction.
- *Tom Barefoot* shares what his Vermont-based organization, Gross National Happiness—USA has been doing to advance the UN declaration.

The Happiness Initiative Moderated by *Sekai Senwosret*

The Happiness Initiative (www.happycounts.org) engages individuals, institutions and communities in measuring happiness and creating personal, organizational and policy changes that can increase well-being for everyone.

- *Laura Musikanski* explains the nuts and bolts of the Happiness Initiative, what is happening in communities that are using the HI survey and method, and how you can begin to apply the initiative in your work and your community.
- *Ryan Howell*, primary creator of the survey used in the Happiness Initiative explains how the survey was developed, what it measures, some key results so far and current research needs connected to the survey.

Compassionate Cities, Happy Cities Moderated by *Anna Baldwin*

The Compassionate Action Network, a Happiness2012 partner, has developed an international Compassionate Cities campaign to advance the international goal of happiness and well-being by focusing on what communities can do to enhance caring policies, economies and personal behaviors.

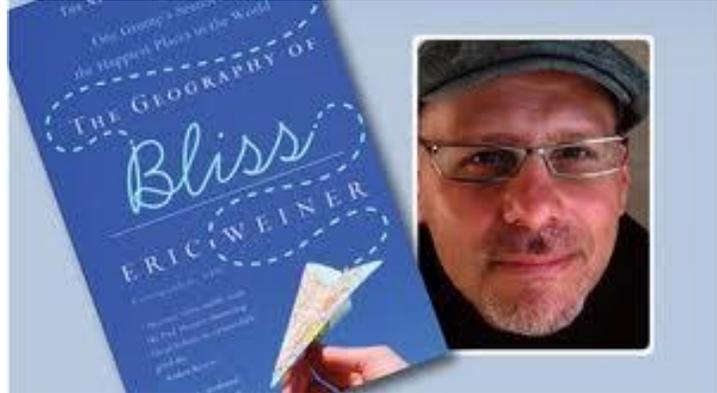
- *Rita Hibbard* and *Jeff Vander Clute*

Pursuit of Happiness Day Moderated by *John de Graaf*

Some US communities and some colleges celebrated the first Pursuit of Happiness Day (PHD) on April 13th this year (Thomas Jefferson’s birthday). Next year, we hope to make PHD a national event. We will also be participating in International Happiness Day, set for March 20th, by the United Nations. This is an exciting way to get the happiness message across!

- *Maureen Wilt* organized highly-successful PHD activities at the University of Central Missouri.
- *Tom Barefoot* organized a PHD celebration in Vermont, including a proclamation by Vermont’s governor.

Keynote Speaker—Eric Weiner



Pigott Auditorium, Saturday, 1:45 pm—Open to the public

Eric Weiner says...

I always wanted to be a foreign correspondent. So I could hardly believe my good fortune when, one day in 1993, NPR dispatched me to India as the network's first full-time correspondent in that country. Typically, foreign correspondents like myself travel to the world's *least* happy countries and seek out the least happy people there (refugees, war orphans). On one level, this is important, rewarding work. It can also be a real bummer. So I decided to write a book in which I sought out the world's unheralded happy places. Countries that, in their own way, are pursuing that most American of pursuits: happiness. The result is *The Geography of Bliss*, a New York Times Bestseller that has been translated into 18 languages. In my latest book, *Man Seeks God*, I continue searching, but this time for a taste of the divine.

Film: *The Fire Inside*

Saturday, 7:30 pm Pigott Auditorium and 12:30 pm TBA

The Fire Inside is a 34-minute documentary that asks provocative questions and offers thoughtful perspectives on our relationship to the natural world and the ecological crises we face today. What is nature? And what is the human experience of that world? In the everyday push of our modern lives what connections have been lost and what remain? The film follows a small, diverse group on a contemplative retreat as they explore the wildness about them and the passion for place within. *The Fire Inside* was created in response to the complex and numerous challenges before us, from climate change to varied forms of habitat destruction. But the film primarily speaks to questions surrounding the personal crises many of us experience such as “nature deficit disorder”, hectic lives and concerns about our future. The film explores these questions through immersion in nature, contemplative practice, and shared experience. The voices presented in our film range from the scientific to the spiritual, from Buddhist, Christian and Jewish perspectives, to those of no particular faith at all. It is our hope that this short film will offer a starting place for discussion on various issues and how we might best respond the challenges ahead. **In attendance—filmmakers Phil Walker and Becky Gould**

Domain Workshops

Saturday, August 25, 9:00am

Material Well-being and Environment –Pigott 100 Moderated by *Maureen McGregor*

The present pattern of economic growth and surging consumerism threatens our global environment, exacerbates inequality and leads to widespread unhappiness. Can we create prosperous, happy and sustainable communities?

Vicki Robin, Dave Batker, Noelani Dubeta, Jessie Dye

Health and Mental Health—Pigott 101 Moderated by *April Atwood*

The United States spends more on health care than any other nation, yet ranks last among the world's wealthy countries in most indicators of physical health, while leading the world in incidents of depression and anxiety. Why is this so and what can be done to improve our standing?

Stephen Bezruchka, Judith Lipton, Alejandra Suarez, David Levy, Christy Lee-Engel

Work and Time Balance—Pigott 105 Moderated by *John de Graaf*

Gallup finds that its lowest well-being scores come in the area of work satisfaction, while the Happiness Initiative records particularly low scores in the domain of "time balance." Americans work some of the longest hours in the industrial world and have the least vacation time, family leave and sick leave. How can we make our workplaces more conducive to well-being and allow for greater leisure time for all?

Brittany Faulkner, Cathy O'Keefe, Charles Sylvester, Becky Gould

Arts, Culture and Education—Pigott 106 Moderated by *Sarah Freeman*

Life is about more than money, work and health. Bhutan has found that access to arts, culture, education and recreation are essential to satisfied lives. How can we achieve greater appreciation for-- and greater access to-- arts, cultural activities and life-long learning in our communities?

Karin de Weille, Anjani Millet, Alicia Crawford, Barak Rosenbloom

Community and Government—Pigott 102 Moderated by *Orna Locker*

A sense of community and strong social connections are the clearest predictors of life satisfaction. Yet our culture encourages hyper-individualism and social disconnection. At the same time, confidence in government and public institutions is at an all-time low. How do we reverse these troubling trends? What can we learn from some of the world's happiest countries about building community?

Laura Cava Northrop, Don Miller, Cecile Andrews, Jennifer Lail

Action Workshops 1

Saturday, August 25, 10:45am

The Happiness Initiative in Communities—Pigott 100 Moderated by *Cecile Andrews*

How does a Happiness Initiative work and how can it be used effectively to improve well-being in our communities? How can the initiative give voice to underrepresented communities and achieve greater social understanding and justice? How can you use it in your community?

Laura Musikanski, Jeff Vander Clute, James Hong

The Happiness Initiative on Campuses—Pigott 101 Moderated by *Sarah Freeman*

How can colleges use the Happiness Initiative and its survey to create a broad campus dialogue about well-being and a new economic paradigm? What are the benefits and difficulties involved in promoting a happiness initiative on your campus?

Pete Wangwongwiroj, Becky Gould, Maureen Wilt, Andrew Cozin

Conference 2013 and Beyond—Pigott 106 Moderated by *Orna Locker*

We hope to create an annual and growing happiness conference that would rotate to different cities around the United States. This workshop is a brainstorming session about what might be included in future happiness conferences and what teams of people are needed to move this concept forward.

April Atwood, Tom Barefoot, John de Graaf

Funding—Pigott 105

Because it is a new concept, it has been hard to find funding support for the Happiness Initiative and other happiness projects. Yet without financial support, it will be extremely difficult to move this idea forward. This workshop is a brainstorming session for ideas of potential funders and approaches.

Facilitated by Sekai Senwosret

Partnerships and Outreach—One—Pigott 102 Moderated by *Brittany Faulkner*

Both businesses and labor organizations provide fertile ground for broader discussions of happiness and efforts to improve well-being in our workplaces, something the Gallup Poll says is sorely lacking in the United States. How can happiness advocates reach out to business and labor, speaking their language and responding to their concerns?

Kimberly King, Jessica Bonebright

Action Workshops—Two

Saturday, August 25 2:30 pm

Pursuit of Happiness Day—Pigott 105 Moderated by *April Atwood*

This year, Pursuit of Happiness Day (April 13, Thomas Jefferson’s birthday) was celebrated at several colleges and communities and the governor of Vermont signed on. Next year, we hope to involve the entire country in this event, while at the same time recognizing the UN’s International Day of Happiness on March 20. How can we effectively coordinate these events and draw substantial participation and media coverage? How can you get your community or campus involved?

Tom Barefoot, Maureen Wilt, John de Graaf

Spreading the Word—Message and Media—Pigott 106 Moderated by *Cecile Andrews*

How do we frame the conversation about happiness when many people think of it as mere hedonism and a luxury in hard times? How do we reach the media with the message that we need a new economic paradigm based on well-being rather than GDP? What stories and information can be most effective in moving our message? How can we effectively employ social media tools to spread the word?

Bonnie Duncan, Zack Walsh, Jessica Lansfield, Michael Maine

Partnerships and Outreach—Two—Pigott 101 Moderated by *Sarah Freeman*

How can we build effective community partnerships to spread the Happiness Initiative and the goals of a new economy based on well-being and compassion? What organizations should be at the table? How should we approach them? How do we ensure inclusion and diversity? How is the Eau Claire partnership power map a model for future community partnership efforts?

Laura Musikanski, Sekai Senwosret, Yaffa Maritz, Jackie O’Ryan

Promoting Personal Happiness—Pigott 102 Moderated by *Anna Baldwin*

Is happiness about policy, personal behavior, or both? How do we apply lessons from neuro-science about the kinds of activities which most contribute to personal happiness? How can we engage citizens in improving their own personal well-being and use the education system to promote happiness?

Scott Crabtree, Ginny Sassaman, Steve Poland

Measuring What Matters—Pigott 100 Moderated by *Eldan Goldenberg*

How are countries, states and communities as diverse as South Africa, Arkansas and Seattle beginning to measure well-being instead of simply GDP? How can polling help change attitudes toward well-being and encourage a focus on experiential rather than consumer choices? How does the Happiness Initiative survey provide a basis for effective assessment of community happiness and suggest policy directions?

John Kester, Talita Dalton-Greyling, Ryan Howell, Maggie Murphy, Eldan Goldenberg

Speakers

Cecile Andrews is an author, simplicity expert and the creator of “Happiness Circles”. ***April Atwood** teaches about sustainability at Seattle University and the Bainbridge Graduate Institute. ***Anna Baldwin** just received her Masters in Education from Harvard University. * **Tom Barefoot** is a founder and co-coordinator of Gross National Happiness USA and was active in passing a law to establish a Vermont Genuine Progress Indicator and is a project leader working on alternative indicators for Vermont. ***Dave Batker** is the Executive Director of Earth Economics and co-author of *What's the Economy for, Anyway?* ***Stephen Bezruchka** is a physician and teaches at the University of Washington School of Public Health. ***Jessica Bonebright** is the President of the Martin Luther King County Labor Council and a Program Administrator for her union, SPEEA, on a joint initiative between the union and The Boeing Company. ***Robert Costanza**, one of America’s leading ecological economists, teaches at Portland State University and consults with the government of Bhutan. ***Laura Cava Northrop** is the Administrative Director at the League of Women Voters of Washington and a member of the Seattle Women's Commission. ***Andrew Cozin** is the former coordinator of campus outreach for the Happiness Initiative. ***Scott Crabtree** coaches individuals and leads workshops for organizations to help them apply positive psychology and neuroscience to be happier and more productive. ***Alicia Crawford** is the program coordinator for Idea Lab 2012, a summer program of Oregon Humanities where Oregon teens and teachers use the humanities to explore the pursuit of happiness and how it shapes our culture. ***John de Graaf** is the Executive Director of Take Back Your Time and co-author of *Affluenza* and *What's the Economy for, Anyway?* ***Karin de Weille** is a writer, performer and teacher and runs the New World Habits Reusable Cup Campaign, in partnership with Sustainable Seattle. ***Noelani Dubeta** received her Masters degree in Well-Being at the University of Bath, England and works on sustainability issues in Vancouver, BC. ***Bonnie Duncan** is the communications director for SRG Partnership, an architectural firm. ***Jessie Dye** is Program and Outreach Director for Earth Ministry. ***Brittany Faulkner** is a coach and consultant focused on happiness at work and in life. She helps people cultivate meaning and happiness for themselves and others. ***Sarah Freeman** works at KCTS Television and has been an active member of the Happiness conference organizing committee. ***Eldan Goldenberg** is the former Operations Director for Sustainable Seattle and IT manager for the happiness survey. ***Becky Gould** is a small-scale shepherd and an Associate Professor of Religion and Environmental Studies at Middlebury College, Vermont. ***Talita Dalton-Greyling** is a lecturer and a researcher at the University of Johannesburg in South Africa. ***James Hong** oversees youth and community engagement programs with the Vietnamese Friendship Association in Seattle. ***Ryan Howell**, who developed the Happiness Initiative survey, teaches psychology at SF State University and runs the Web site *Beyond The Purchase*. ***Rita Hibbard** is the Executive Director of the Compassionate Action Network. She has an extensive background covering social justice issues as a journalist for many years. ***John Kester** is a PhD student at the University of Arkansas and is working on a comprehensive alternative indicators plan for the state of Arkansas. * **Kimberly King** is a business owner, social entrepreneur and partnership specialist. She is President of The Peace Company and an NGO Representative with the United Nations.

Speakers

***Jennifer Lail** has lived and studied urban planning for the last three years in Denmark, Sweden and Iceland, three of the world's happiest countries. ***Jessica Lansfield** is a PhD student at the University of Victoria in the Social Dimensions of Health Program and works for the Vancouver Island Health Authority. ***Christy Lee-Engel** is the Director of Bastyr University's Center for Spirituality, Science and Medicine. ***David Levy** is a professor in the Information School at the University of Washington. ***Judith Lipton** is a psychiatrist and author who lives part time in Redmond, WA and part-time in Costa Rica, where she is studying happiness. ***Orna Locker** is the co-director of Sustainable Ballard and coordinator of the Happiness Conference. ***Michael Maine** is an MBA student at Bainbridge Graduate Institute, active blogger and producer of Minerva Labs podcast radio interview program. ***Yaffa Maritz** is a psychologist and a member of the board of directors of the Compassionate Action Network. ***Maureen McGregor** has been actively involved in Sustainable Seattle and The Happiness Initiative. ***Don Miller** teaches in the School of Urban Planning and Design at the University of Washington. ***Anjani Millet** is the Founder of Gross National Happiness World Project, and Communications Chair for the UN Happiness and Well-being conference delegation. ***Connie Moffit** has worked in nonprofit management in the US and Canada for 20 years, including People for Puget Sound and Seeds of Compassion in Seattle. ***Maggie Murphy** has a PhD in social psychology from the London School of Economics and works with Policy Interactive, a public opinion research project in Eugene, OR. ***Laura Musikanski**, MBA, is a lawyer and Executive Director of The Happiness Initiative. ***Cathy O'Keefe** teaches therapeutic recreation at the University of South Alabama and is a member of the Take Back Your Time board of directors. ***Jackie O'Ryan** is co-director of Faith Action Network, formerly Washington Association of Churches and the Lutheran Public Policy Office. ***Steve Poland**, a psychologist, teaches a class on happiness and positive psychology at University of New Mexico Continuing Education program in Albuquerque. ***Vicki Robin** is the co-author of the best-seller *Your Money or Your Life* and is completing a new book, *Blessing the Hands that Feed Us* (Viking/Penguin 2013). ***Barak Rosenbloom** has been a high school teacher, a Presidential Management Fellow at the U.S. Department of Labor, and a developer of programs for teens. ***Ginny Sassaman** is a writer, artist, co-founder of GNHUSA, and creator of The Happiness Paradigm Store and Experience. ***Sekai Senwosret** is development director of The Happiness Initiative and founder of Social Moguls. ***Alejandra Suarez** teaches psychology at Antioch University and is the past president of the Washington State Psychological Association. ***Charles Sylvester** is chair of the Department of Physical Education, Health, and Recreation at Western Washington University. ***Jeff Vander Clute** is an entrepreneur, Board Chair of The Happiness Initiative and a board member of The Compassionate Action Network. ***Phil Walker** is a filmmaker in Atlanta. His most recent film is *The Fire Inside*. ***Zack Walsh** is the founder of *buddhismandhappiness.com*, and the former Director of Resources of the Happiness Initiative. ***Chirapon Wangwongwiroj** is a senior in chemical engineering and Happiness Initiative coordinator at the University of Michigan. ***Eric Weiner** is the author of the best-selling *The Geography of Bliss*, and a former National Public Radio reporter. ***Maureen Wilt** teaches social work at the University of Central Missouri and is on the board of Take Back Your Time.

Schedule at a Glance

Friday, August 24

Campion Ballroom

12:00	Registration opens	
1:00	Welcome	April Atwood
1:10	Why we are here: Vision and conference goals	John de Graaf
1:35	GNH: The UN challenge	Moderator: Orna Locker
1:40	Sustainability and GNH	Robert Costanza
2:00	The importance of altruism, compassion and taming the mind	Connie Moffit
2:15	GNHUSA	Tom Barefoot
2:30	Video: GNH in Brazil	
2:45	Panelist discussion	
3:00	Break	
3:30	The Happiness Initiative	Moderator: Sekai Senwosret
	Introduction to the Happiness Initiative	Laura Musikanski
	KCTS Video	
	The survey and key results	Ryan Howell
4:30	Compassionate cities / Happy cities	Rita Hibbard, Jeff Vander Clute
4:55	Pursuit of Happiness Day	Maureen Wilt, Tom Barefoot
5:20	Introductions in small groups	
6:00	Dinner break	
7:30	Reception / mixer!!	

The reception is open to pre-registered Happiness 2012 participants only and not to day pass holders. Please indulge in the provided food and beverages, while sharing your ideas about happiness, compassion, and sustainability with others.

**Special thanks to Hale's Brewery and Chateau Ste. Michelle
for deeply discounted beverages.**

Saturday, August 25 *Pigott Auditorium & Classrooms*

8:30	Welcome	Auditorium	Laura Musikanski
8:45	Today's Tasks	Auditorium	Cecile Andrews
9:00	Domain workshops		
(1)	Material Well-Being & Environment	P100	Vicki Robin, Dave Batker, Noelani Dubeta, Jessie Dye
(2)	Health & Mental Health	P101	Judith Lipton, Stephen Bezruchka, Alejandra Suarez, David Levy, Christy Lee-Engel
(3)	Work & Time Balance	P105	Brittany Faulkner, John de Graaf, Charles Sylvester, Becky Gould, Cathy O'Keefe
(4)	Arts, Culture & Education	P106	Karin de Weille, Anjani Millet, Alicia Crawford, Barak Rosenbloom
(5)	Community & Government	P102	Laura Cava Northrop, Don Miller, Cecile Andrews, Jennifer Lail
10:30	Break		
10:45	Action workshops		
(1)	HI in Communities	P100	Laura Musikanski, Jeff Vander Clute, James Hong
(2)	HI on Campuses	P101	Pete Wangwongwiroj, Andrew Cozin, Becky Gould, Maureen Wilt
(3)	Conference 2013	P106	Orna Locker, April Atwood, John de Graaf, Tom Barefoot
(4)	Funding	P105	Sekai Senwosret, facilitator
(5)	Partnerships and Outreach part 1	P102	Kimberly King, Jessica Bonebright
12:15	Lunch / regional meetings / open space/ Film— <i>The Fire Inside</i>		
1:45	Keynote		Eric Weiner, <i>The Geography of Bliss</i>
2:30	Action workshops 2		
(1)	Pursuit of Happiness Day	P105	John de Graaf, Maureen Wilt, Tom Barefoot
(2)	Spreading the Word - Message and Media	P106	Bonnie Duncan, Zack Walsh, Jessica Lansfield, Michael Maine
(3)	Partnerships and Outreach part 2	P100	Laura Musikanski, Sekai Senwosret, Yaffa Maritz, Jackie O'Ryan
(4)	Promoting Personal Happiness	P101	Ginny Sassaman, Scott Crabtree, Steve Poland
(5)	Measuring what Matters	P102	Maggie Murphy, Ryan Howell, John Kester, Talita Greyling, Eldan Goldenberg
4:00	Break		
4:15	Conference Impact Conversations		
4:30	Final reports from action workshops		
5:30	Dinner/Open Space		
7:30	Film: <i>The Fire Inside</i> , with filmmakers Phil Walker and Becky Gould		
8:30	Goodbyes		
9:00	Conference Ends		

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