



## **RAISING HAPPINESS ONLINE PARENTING CLASS FALL 2011 DATES ANNOUNCED**

*Start the School Year Right By Teaching Children Happiness Skills*

**BERKELEY, Calif. (July 11, 2011)** – As the busy, oftentimes hectic back to school season approaches, parents often wonder what steps they can take to set their kids up for success and happiness in the coming school year. With a looming laundry list of new academic challenges, social commitments and countless after school activities, how do parents keep their children happy while also supporting their budding interests, developmental needs and sending them on the path to success?

Dr. Christine Carter, sociologist and happiness expert at UC Berkeley, believes that happiness is a skill that can be learned. Author of the book “RAISING HAPPINESS: 10 Simple Steps for More Joyful Kids and Happier Parents,” Dr. Carter’s online class **Raising Happiness** helps parents teach their children happiness habits, including the practices, beliefs and behaviors that help bring more joy into their own lives and the lives of their children. The Fall 2011 **Raising Happiness** online class begins on **October 3, 2011** and runs for ten weeks.

“Beginning a new school year can be very stressful for parents and children alike,” says Carter. “Although parents can not control the challenges faced by their children in the new school year, they do have the opportunity to teach their children the skills needed to increase happiness in their day-to-day lives.”

Following is the agenda for the **Fall 2011 Raising Happiness** class:

### **Theme One: How and Why to Put Your Own Happiness First**

- Week 1: Why Happiness is the Biggest Advantage in Life
- Week 2: It’s True: Your Happiness is the Most Important Thing
- Week 3: Why Parents Today Aren’t Happy

(over)

- Week 4: How to Break a Habit and Start a New One: The Science of Change
- Week 5: Dedicated Implementation Week and Group Coaching Call

### **Theme Two: The Science of Success**

- Week 6: The Two Most Powerful Things You Can Say to Kids
- Week 7: Your Guide to Elite Performance (i.e., How to Raise an Olympic Athlete)
- Week 8: Perfectionism is a Disease; Achievement is a Myth
- Week 9: How to Foster “Grit” in Your Children
- Week 10: Dedicated Implementation Week and Live Group Coaching

Dr. Carter has helped thousands of parents find more joy in their parenting while raising happy, successful and resilient kids through **Raising Happiness**. For more information on **Raising Happiness**, visit [www.Raisinghappiness.com](http://www.Raisinghappiness.com). Registration closes October 3<sup>rd</sup>.

### **ABOUT CHRISTINE CARTER, Ph.D.**

A sociologist at UC Berkeley’s Greater Good Science Center, Carter is the author of “RAISING HAPPINESS: 10 Simple Steps for More Joyful Kids and Happier Parents.” She also writes a blog for Greater Good, which is syndicated on the Huffington Post and PsychologyToday.com. Dr. Carter has been quoted in *Women’s Health* and *Parenting* magazines, *The New York Times*, *Los Angeles Times*, *USA Today* and dozens of other publications. She has appeared on the “Oprah Winfrey Show,” the “Rachael Ray Morning Show,” “The Daily Show with Jon Stewart,” “CBS Sunday Morning,” “ABC World News with Diane Sawyer” and NPR. Dr. Carter teaches parenting classes online throughout the year to a global audience on her web site [www.raisinghappiness.com](http://www.raisinghappiness.com).

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