

#WLT2019    /JesuitInstitute



How to live a Happy life

The spirituality & psychology of well-being

David Marcotte, SJ, PhD, is a Jesuit Priest and Clinical Psychologist. He is currently Assistant Professor of Psychology and Associate Director of Clinical Training at Fordham University, New York.

Father Marcotte teaches strategies to increase well-being and on how to cope effectively with stress. He links his teaching to empirical research on the neuroscience of well-being. **"The main goal is to help people be their best self,"** said Father Marcotte, "and use that best self to make a difference in the lives of others—to contribute to the community in a meaningful way."

BOOK YOUR SEAT NOW!

Pretoria: 3 June 2019 (evening lecture)

Johannesburg: 4 - 6 June 2019

Cape Town: 11 - 13 June 2019

Durban: 18 - 20 June 2019

Manzini: 22 June 2019 (one-day workshop)

Port Elizabeth: 25 - 27 June 2019

Gaborone: 3 July (one-day workshop)

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