



# [VIRTUAL] MAKE MONDAYS MARVELOUS SERIES: TAKE ALL THREE AND SAVE

FALL

ADD TO CALENDAR

Session schedule: MON, NOV 14 - MON, NOV 28  
Number of Sessions: 3  
Age range: Adults  
12:00 PM - 01:00 PM  
\$30.00 members / \$30.00 public

ADD TO CART

Registrations are processed on a first-come, first-served basis.

Please contact Registration by email at [boxoffice@mmjccm.org](mailto:boxoffice@mmjccm.org) for additional information or if you are having trouble registering; be sure to include your name, contact information, and class/program /event for which you wish to register.

By registering for a Marlene Meyerson JCC Manhattan program, you consent to the JCC's [Cancellation Policy](#). Participants in JCC programs are subject to all Policies and Practices of the Marlene Meyerson JCC Manhattan.

Diane Young Uniman, Certified Positive Psychology Life Coach, Certified Laughter Yoga Leader

This November begin your preparations for the holiday season from the inside out. Turn your Monday lunch hour into a time of self-reflection to access greater joy. Studies show that the happier you are, the greater your chances for success in your personal life, health, and work. In this humor-laced, three-part seminar, Certified Positive Psychology Life Coach and breast cancer survivor Diane Uniman (aka Princess Diana von Brainisfried) shares how to achieve sustainable happiness, a positive mindset, and personal fulfillment without having to make radical life changes. Discover science-based strategies for finding happiness from positive psychology research, wisdom from ancient thinkers, and tips for how to begin making every day your best day (including Mondays!).

Each class builds on the next; participants are encouraged, but not obligated, to attend all three. To learn more about Princess Diane von Brainisfried's blog, coaching, and programs, visit [princessdianevonbrainisfried.com](http://princessdianevonbrainisfried.com).

### Week One: First Steps to Happiness + Well-Being

Now that the elections are over, it's time to re-energize and reboot. Learn how your DNA does not rule your happiness destiny. Take your first steps towards the happiness roadmap with small shifts in perspective that yield big results. Discover the power of tapping into your inner "peace core," as well as strategies to banish and prevent common inner peace thieves like stress, rumination, worry, and self-sabotaging thoughts.

### Week Two: Breakthrough Attitudes for a Better Life

In preparation for Thanksgiving, discover the power of reframing any situation and using empowering words. Learn transformational strategies for forgiveness that will help you flourish, and how to give yourself a daily dose of self-compassion and self-forgiveness. This and other breakthrough attitude techniques will help you achieve "goblet half-full" thinking.

### Week Three: Crafting Your Unique, Big, Bold Wonderful Life

The end of the year is fast approaching. What better time to reflect on and return to the question of what is your unique passionate purpose? Tap into intuition and explore the role of authenticity. Step into the gift of now by putting personal pressure and expectations in their place. Learn how to leverage little bits of time for big results. Elevate gratitude as a happiness booster. Establish morning practices, and cultivate your unique treasure chest of daily delights.

## RELATED PROGRAMS + CLASSES



### [VIRTUAL] Moving for Life: Gentle C...

Sat, Sep 03 - Sat, Jan 14  
11:00 AM - 12:00 PM  
\$0.00 MEMBERS / \$0.00 PUBLIC

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### [VIRTUAL] Ai Chi Renewal Program fo...

Thu, Sep 08 - Thu, Jan 12  
09:45 AM - 10:45 AM  
\$0.00 MEMBERS / \$0.00 PUBLIC

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### [VIRTUAL] Permanent Weight Loss for...

Thu, Sep 22 - Thu, Nov 03  
07:00 PM - 08:00 PM  
\$275.00 MEMBERS / \$275.00 PUBLIC

REGISTER



### [VIRTUAL] Positive Neuroplasticity ...

Wed, Oct 26 - Wed, Dec 07  
06:15 PM - 09:15 PM  
\$90.00 MEMBERS / \$90.00 PUBLIC

REGISTER

ALL PROGRAMS + CLASSES