



Happiness in Practice: Positive Psychology & Community Resilience

**FIRST INTERNATIONAL WORKSHOP MODENA
19-22 JANUARY 2026**

Erasmus Project N°2025-1-IT02-KA210-ADU-000350376
Small-scale Partnerships in Adult Education



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Our Partnership

SOLIS SRLS (Italy)

A small enterprise based in Modena, dedicated to **social innovation, autobiographical theatre, and participatory facilitation**. It combines creative and educational methodologies to promote inclusion, sustainability, and community development.



ESA –European Social Art (Spain)

A small enterprise based in Modena, dedicated to **social innovation, autobiographical theatre, and participatory facilitation**. It combines creative and educational methodologies to promote inclusion, sustainability, and community development.



PFE –Projects for Europe (Belgium)

An organisation located in Brussels, with focus is to strengthen the European dimension of projects through **training, research, and networking with stakeholders**.



Project context

Adults aged 35–60

- Increased emotional strain and anxiety
- High pressure from work and family responsibilities

European context

- Mental health: a growing social and economic concern
- Only **5.8%** of health expenditure → mainly treatment, little prevention

Eurobarometer

- **46%** experienced emotional difficulties in the last year
- **54%** did not seek professional help



What we see is not only distress, but a lack of preventive and collective spaces.

Expected Outcomes

- **Improved well-being and resilience**
through experiential workshops combining social theatre, autobiographical practices and positive psychology.
- **Stronger competences for educators and facilitators**
with practical, transferable methods to support emotional health in adult education.
- **Greater engagement in lifelong learning**
especially among adults who face barriers to participation, through accessible and non-clinical approaches.
- **An emerging learning community**
connecting participants and partners to share practices and sustain wellbeing over time.
- **Increased awareness of sustainable living**
as a key dimension of both individual and community health



Our approach

- Positive Psychology
- Laughter Yoga
- Social Theatre
- Autobiographical narratives
- Community-based practices

We will use different languages:

- body
- experience
- reflection
- practice



Not because one is better than another, but because wellbeing does not pass through a single channel.

Different Languages

Why different languages?

Wellbeing is not:

- only cognitive
- only emotional
- only individual



It is:

- embodied
- relational
- contextual



The goal is to **strengthen competences:**

- to cope better with pressure
- to support others
- to work in a more human way in educational and social contexts

Project Activities



- 1 Project Management & Coordination
- 2 First International Workshop (Italy)
- 3 Empathy Circles (Spain / Italy / Belgium)
- 4 Second International Workshop (Spain)
- 5 Happiness Local workshops in each partner country
- 6 Happiness' Community of Practice (CoP)
- 7 Happiness Toolkit
- 8 Communication & Dissemination



A shared framework

This workshop is not therapeutic.

It does not aim to cure and it does not teach people how to be happy.

It is an educational and preventive space.

We work with:

- practices
- competences
- shared experiences



to make everyday life more sustainable and more habitable.

This workshop is a **co-creation**

- Nothing is simply given
- What happens emerges through presence, participation and relationships.

We do not bring solutions

We create the conditions to explore them together.

Una cornice condivisa

Questo workshop **non è terapeutico.**

Non ha l'obiettivo di curare e non insegna alle persone come essere felici.

È uno **spazio educativo e preventivo.**

Lavoriamo con:

- pratiche
- competenze
- esperienze condivise

per rendere la vita quotidiana **più sostenibile e più abitabile.**



Questo workshop è una **co-creazione.**

- Nulla viene semplicemente dato.
- Ciò che accade emerge attraverso presenza, partecipazione e relazioni.

Non portiamo soluzioni.

Creiamo le condizioni per esplorarle insieme.

Un marco compartido

Este taller **no es terapéutico**.

No tiene como objetivo curar ni enseñar a las personas a ser felices.

Es un **espacio educativo y preventivo**.

Trabajamos con:

- prácticas
- competencias
- experiencias compartidas

para hacer la vida cotidiana **más sostenible y más habitable**.



Este taller es una **co-creación**.

- Nada se entrega simplemente.
- Lo que sucede emerge a través de la presencia, la participación y las relaciones.

No traemos soluciones.

Creamos las condiciones para explorarlas juntos.

Where we start?

We will not start from definitions, We will start from **some sentences**.

They are not sentences to explain, but sentences **to listen to and observe** their effect.



After read the sentence...

- It bothers me because...
- it sounds like...
- I don't know what to think, but...
- Me molesta porque...
- Suena como...
- No sé qué pensar, pero...
- mi infastidisce perché...
- mi suona come...
- non so cosa pensarne, ma...

