

HAPPINESS IN PRACTICE

POSITIVE PSYCHOLOGY & COMMUNITY RESILIENCE

Erasmus Project N° 2025-1-IT02-KA210-ADU-000350376

Small-scale Partnerships in Adult Education



COMMUNITY OF PRACTICE (COP)

Happiness is not only an individual experience, but also a social phenomenon. Positive emotions spread through our relationships, influencing people even beyond our closest circle.
(Christakis & Fowler)

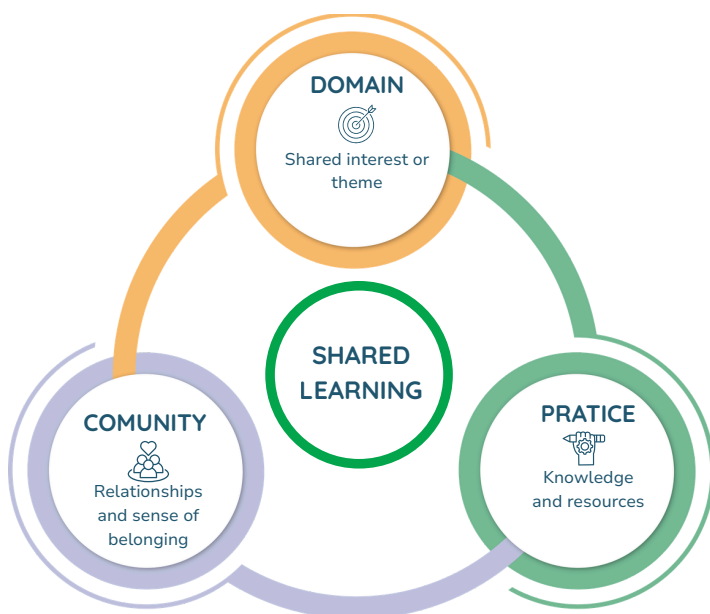
A community of practice is a group of people who share a common interest or challenge and learn together through dialogue, collaboration, and shared experience.

The concept was developed by Jean Lave and Etienne Wenger (1991) and is based on a fundamental idea: learning does not happen only individually, but also through interaction with others and participation in real-life contexts.



The Community of Practice (CoP) is the heart of the Happiness in Practice project. A meeting space where educators, facilitators, and professionals share experiences and explore new ways to promote well-being.

Through workshops, international meetings, and the exchange of methodologies, the community builds tools to strengthen empathy, emotional awareness, and lifelong learning. The CoP creates a European collaboration network, where dialogue, creativity, and shared experience fuel collective learning and community resilience.



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Positive Psychology & Arts

We explore how evidence-based techniques and artistic methodologies strengthen individual well-being.



Experiential Learning

We learn by doing: workshops, empathy circles, and collective reflection as tools for transformation..



Community Resilience

We build transnational support networks connecting educators from Italy, Spain, and Belgium.

The CoP offers



Live and recorded sessions with experts



Resource library and Happiness Toolkit



Discussion forums and empathy circles



Positive content social network

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