



# JOYFUEL Workshop

**Energize your mind, body, spirit and purpose.**



**Humans require regular doses of joy to be resilient.  
Joy fuels your sense of purpose that supports health and wellness.  
Discover and activate your JoyFuel™ every day!**

This engaging workshop guides participants through a series of fun, failure-free, interactive experiences that spark curiosity and clarify understanding about joy and meaning in life. Research shows that joy is a source of resilience that supports overall health, wellness and social connection.

Every participant identifies specific ways to access and amplify their sources of joy and develops a simple yet powerful JoyFuel wellness plan with the support of a Purpose Prescription™.

Outcomes:

- Build resilience to navigate daily life with more energy + focus
- Gain understanding of the physical + emotional impact of joy
- Learn how to fuel your purpose with joy
- Learn how to detect + fuel joy within other people
- Reference the JoyFuel Handbook anytime you need to refresh and energize yourself, your life and your work!

[Watch the JoyFuel Video](#)