

PLUS:
HATS OFF TO
DIZZEE RASCAL

Now & Then

THE RIGHT KIND
OF PEOPLE
DAVID BAILEY
SUSANNA HALONEN

HAPPY DAYS
WITH SUSANNA HALONEN,
APPLIED POSITIVE PSYCHOLOGY

“When I began my MSc Applied Positive Psychology studies at UEL I was excited about the year ahead and focused on building my Happyologist business alongside it. Little did I know the adventure I was about to have!

“It was an incredibly intense year in which I learned more about the topic than I ever thought possible, made lifelong friends, and even embarked on my own journey of self-discovery.

“It was an inspirational environment to be a part of, and I’ve put everything I learned in that year into practice into my own life as well as into my business.

“Today, Happyologist is a fully fledged business offering one-to-one coaching, workshops and talks to individuals, teams and organisations to help them discover their happiest, most passionate, best-performing selves.

“Having my own business has also given me the flexibility to pursue my other passion, competing at a high level in equestrian dressage.

“So what are my top tips for you? Live life according to your values, know what positive impact you’re looking to create, forever continue learning and growing, and connect with likeminded people – these are the things which will bring out your passion for life!”

“ Susanna’s stress on wellbeing, attitude, authenticity, willingness to experience new things and openness to learning making connections has been crucial in demonstrating to students how important the time at university can be in setting the trajectory for the future. ”

Noemi Sadowska



To watch the full interview with Susanna Halonen scan the QR code or visit <http://tinyurl.com/qyb5hc2>

For more visit: www.happyologist.co.uk



"My year at UEL was incredibly giving. I learned so much and made lots of great friends. I love to stay in touch with UEL. As an Alumna I have a special connection with the University and love to give back to the place that has opened so many doors for me."

Susanna Halonen,
MSc Applied Positive
Psychology (2013)

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