

Why Become a Corporate Partner?

The Happiness Project is not only a good community investment, but it is also a great business that is making a societal investment! You can benefit directly by impacting a future -or two by:

- Aligning your business with a wellrespected, growing organization dedicated to supporting and serving individuals, especially children, through this unprecedented time.
- Creating awareness of your corporate identity and portraying a positive image to your stakeholders.
- Differentiation from competitors in support of a very worthy cause.
- Providing a great and highly rewarding opportunity for employee involvement.
- Year-round promotional opportunities to others participating in the same cause.



Won't you please consider contributing to support our mission? If you have any questions about The Happiness Project or would like more details about our operations, please do not hesitate to contact our President, Jason Coleman, at the email address [redacted], or the phone number, [redacted].



Introduction

The Happiness Project is a nonprofit organization that aims to ensure people from all walks of life are encouraged, supported, and able to seek joy.

The organization offers programs that develop social connections and provides a supportive network to those in need. The Happiness Project does this with two distinct programs: Meet and Eats and Individual Coaching.

Need for Our Programs

In 2020, 6% of US adults (14.8 million people) and 17% of adolescents aged 12-17 (4.1 million) experienced a major depressive episode. 2020 was a trying year for everyone, as shown in these statistics.



Life satisfaction, a potential indicator of depression, fluctuates as we age. USC professor Arthur Stone surveyed 400,000 participants to determine how emotions change over time.

What we found was that in our 20s, we're at a moderate level of life satisfaction, then it drops down to the lowest levels in our early 50s, and then it starts shooting up through age 80.



Our Solutions

The Happiness Project is a nonprofit organization that aims to ensure people from all walks of life are encouraged, supported, and able to seek joy.

Meet and Eats:



The Happiness Project
hosts a Meet and Eat at a local
community center every month.
These events welcome people from
all walks of life to connect, share
stories, collaborate, and network.
Food is provided since sharing
a meal helps break barriers
that may otherwise be in
place

Individual Coaching:

Clients are paired with individual mentors for regular meetings and the development of social capital. The mentor works with the client on goal setting, developing connections, and finding fulfillment within their lives.



