



Centre of Happiness

Nurturing success. Enriching lives.

www.centreofhappiness.org.za

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Nurturing Success ▪ Enriching Lives

The Centre of Happiness NPC core function is to assist and support entrepreneurs to reach their full potential.

The primary objective is to provide access to support the empowerment and development of entrepreneurs and small businesses to improve the quality of livelihoods.

By supporting entrepreneurs, profitable and sustainable micro enterprises, create networks and partnerships and to profoundly impact communities by initiating projects which will sustain and empower.

Company Profile

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Non Profit Company

Since antiquity, happiness and well-being have been the core issues faced by humanity. The Centre of Happiness NPC was created and developed with the basic understanding that, both the root of suffering as well as happiness lie within us – and with some constructive interventions we can all gradually progress towards the happiness state of mind through inner discipline.

The Centre of Happiness NPC provides a platform for enabling empowerment of individuals, small businesses and communities and encourages ownership of their own development with these objectives

- *to build profitable and sustainable micro-enterprises and partnerships*
- *to provide support and improve livelihoods through a network of partners*
- *to grow community development reducing poverty*

By providing foundational, entrepreneurial skills, we aim to help mitigate negative long-term social and economic impacts. Growing small emerging businesses to a point of sustainability, allowing other small businesses opportunities to step in and be supported by the platform created.

Facilitating programs that aim to break the cycle of poverty, networking and linking entrepreneurs with public and private partners in order to unlock economic opportunities, improving access to business, find meaningful work, sell products and services at decent margins, access finance for small businesses to grow and create a learning environment for people to improve and build their entrepreneurial business skills, network and gain exposure.

Encouraging and providing means for individuals to connect with – self, family, friends, and colleagues around the world, with a view to improving lives by promoting growth, happiness and success. Connect to attract mutual beneficial relationships supporting each other to grow with a commitment to personal growth, developing individuals, teams and businesses. Creating a network of trusted experts in a particular field prepared to pass knowledge onto others and refer each other while expanding reach and growing business.

Developing a culture of helping others “community spirit”, sharing resources, knowledge, skills and enabling access to relevant information. Initiating projects which will benefit communities and individuals by providing support, opportunities, business enterprise and skills development. Utilising the centre will provide self-growth and community service. By investing in yourself, you invest in your community.

Key Values

- **Happiness** – abundance, well-being, mentoring
- **Grounded** – aware, realistic & connected
- **Integrity** – transparency, ethics & credibility
- **Empathy** – caring, relationship building, sharing
- **Legacy** – sustainability, empowerment, ownership

About Us

Addressing basic **NEEDs**:

- **Nurturing success**
- **Enriching lives**
- **Empowering people**
- **Developing communities**

The centre supports, develops and inspires ambitious individuals and small businesses to grow successfully and sustainably and impact positively on society.

“By investing in yourself you invest in your community”

The Centre focusses on providing inspiration and opportunities needed to succeed. Programs are designed to assist individuals and businesses to develop and grow, helping them tackle the challenges that they are experiencing and in turn, create jobs and stimulate the economy – getting involved physically and emotionally. Our goal is to assist them, the best way we know how, to do business successfully. The objective is to providing coaching, training and mentoring assistance and support in order to create better living circumstances. With the outcome being to make a difference in their businesses and lives!

Enterprise Development

The Centre of Happiness supports Enterprise Development (ED), either through direct assistance from ED benefactors, or by assisting companies with the formulation and implementation of their ED strategies.

We provide a platform for corporate companies to support small and medium businesses through their ED contributions and to receive full recognition on their BEE Scorecard with regards to the ED element. We have a holistic approach to ensure that beneficiaries can focus on their core business operations, ensuring long-term success. The beneficiary will have access to expert advice and professional assistance.

ED is one of the elements of the BEE Code and seeks to ensure the development, sustainability, financial and operational independence of ED beneficiaries.

Social Development

All aspects of the Centre will be focused on and include aspects of social development. Individuals and organisations requiring support and assistance will be incorporated into all activities and workshops held at the Centre. Various outreach activities will be implemented, benefiting needy people identified by the directors and members. Programs will be implemented for job creation and training for graduates entering the workplace, as well as linking companies to individuals seeking work and preparing them for interviews, etc.

Workshops

- **Advanced Personal Empowerment Workshop – The goal is movement:** Choosing what you want and then being able to move in that direction. In addition to this, there is the ability to figure out how to work with other people who want to move in different directions. The ability to notice what you really want, the ability to see what is preventing you from moving towards what you want, the ability to move through challenges, and the ability to develop co-operative relationships to achieve what you want, faster. It is about being the solver of challenges. Getting what you want from life - work, finances, relationships, health, and spiritual development – requires specific abilities. Of these abilities, control of choice, emotion, thought and action, insight, communication and flexibility are important.
- **Small business & Entrepreneurs support workshop** – focus on personal / professional growth including topics – professionalism, self-belief, goal setting, action plans, procrastination and motivation.
- **Women’s Leadership workshop** – unleash your leadership potential. The purpose of this workshop is to develop women leaders by strengthening their sense of empowerment. By attending this intensive and highly interactive program, women will learn strategies for using power effectively and gain balance to effect change in their personal and professional lives.
- **Happiness workshop** – shift mind sets, shift results – increase your happiness swiftly and noticeably. Destroy the top 3 fears that have kept you from achieving success. Increase your productivity, confidence and passion. Rewire the way you think so you can enjoy an unbeatable mind-set and stay positive (even in the most difficult times). Make a quantum leap in your health and your positive impact on the world.
- **Discover the entrepreneur within yourself**
- **Life skills / coaching workshop**
- **Youth Development workshop**
- **Graduate program** – graduates supported in their endeavours to study further, seek employment or start an enterprise
- **Team building workshop** – corporates and small businesses
- **Stress buster workshop** – individuals, teams, small businesses and corporates
- **Legal workshops** – individuals and small businesses
- **Marketing / branding workshops** – individuals and small businesses

Daily, weekly and monthly activities will be hosted. Some will attract a fee and others will rely on donations of time/expertise or money to cover costs.

Examples of regular activities will include:

- Motivational talks, leadership and other workshops
- Networking meetings for individuals and small businesses (every 2nd Tuesday of the month 17:30-19:30)
- Training and skills development
- Job creation projects (including a database of employers and jobseekers)
- Database of trusted experts in their field

Directors and members

CoH Directors (responsible for structure, governance & integrity of the NPC):

Cherne` Cullen



Chantel Poonan



Thando Hlwatika



The centre is supported by members who are involved at all levels of operation and canvassing businesses for sponsorship and involvement, through our networks providing support.

- Thando Hlwatika – *Marketing, advertising and fundraising*
- Chantel Poonan – *Reiki, Crystal Healing and Body Talk*
- Gugu Ndlovu – *expert advice to individuals, groups and organisations through consultation and also practically assist clients to implement strategies to achieve their goals*
- Adam Botha – *Branding assistance; strategic branding workshops and support; youth and enterprise development*
- Sue Galley – *event coordination and workshop facilitation*
- Megan Watridge – *designer gift services to corporates and small businesses*
- Mary Clodagh – *Performance coaching*

Conclusion

“When we speak of this inner discipline, it can, of course, involve many things, many methods. But generally speaking, one begins by identifying those factors which lead to suffering and cultivating those which lead to happiness.

That is the way.” - Dalai Lama

Thank you for providing us this opportunity to introduce ourselves and the Centre of Happiness. We look forward to your support and partnership.

