

The Four Levels of Happiness™ Seminar

The Four Levels of Happiness™ seminar has been enthusiastically received by scores of Catholic leadership teams and staffs throughout the country – in chanceries, parishes, schools, clergy convocations, hospitals, parish missions, and various apostolates. A combination of education and inspiration, the offering is perfect for retreat or development days.

- **Audiences:** 15-125 participants – chancery or parish staff, clergy, educators, Catholic Charities, Apostolates
- **Teacher:** Fr. Spitzer on video with a professional facilitator - customized for adult learning
- **Method:** Multi-media plus slides with poignant and entertaining movie clips
- **Length:** One-Day standard or a Half-Day option, plus Multi-Day option for clergy conferences
- **Materials:** 16 page handout with graphics, quotes, exercises, and personal application roadmap (plus pastoral application for clergy)
- **Follow-up:** Daily Journal with prayers, meditations and Scriptures on happiness

Sample of Fr. Spitzer video topics:

- *I'm a numbers guy – The encounter that changed my notion of happiness*
- *Blamo, it comes to me! – Our Catholic tradition, the gold standard for happiness*
- *Four different kinds of desire – The Four Levels in a nutshell*
- *I lunge toward the bowl of linguine – Happiness Level One*
- *Ego in the Center – Happiness Level Two*
- *Hardwired to love – Happiness Level Three*
- *My mother was right! – Happiness Level Four*
- *How to create your own personal hell in three easy lessons – The Comparison Game*

Sample Schedule – One-Day Standard Version

9:00	Session One
10:15	Break
10:30	Session Two
11:45	Transition to Mass
12:00	Mass
12:30	Lunch
1:15	Session Three
2:15	Break
2:30	Session Four
3:30	Evaluations and Adjournment

FOUR LEVELS OF HAPPINESS TOPICS	One-Day Format	Half-Day Format	Multi-Day Clergy Format
What is Happiness? The Catholic Gold Standard	✓	✓	✓
What are the Four Levels? – A dynamic exploration	✓	✓	✓
The PED formula for discerning happiness	✓	✓	✓
Your Personal Happiness Inventory for a balanced portfolio	✓	✓	✓
The Comparison Game and Bible Quiz	✓		✓
Purpose in Life – Four Fundamental Attitudes	✓		✓
Three Common Blocks to Level Four Happiness	✓		✓
Pastoral Implications and Applications (clergy version)			✓
The Four Levels and the Beatitudes			✓
The Four Levels and the Virtues and the Gifts of the Holy Spirit			✓
Follow up Four Levels Resources:			
Scripture, Catechism, Church documents and writings	✓	✓	✓
20 daily personal reflections	✓	✓	✓
Daily reflection card	✓	✓	✓
The Four Levels and Increasing Trust card	✓	✓	✓
Staff and/or Clergy Presentations - Sample of Dioceses:			
<i>Anchorage</i>	<i>Gallup</i>	<i>Oklahoma City</i>	
<i>Birmingham</i>	<i>Harrisburg</i>	<i>Omaha</i>	
<i>Denver</i>	<i>Juneau</i>	<i>Phoenix</i>	
<i>Fairbanks</i>	<i>Kansas City KS</i>	<i>Springfield IL</i>	
<i>Fargo</i>	<i>Lincoln</i>	<i>Springfield MO</i>	
<i>Fort Wayne/South Bend</i>	<i>New Orleans</i>	<i>St. Cloud</i>	

“I find myself continually going back to Fr. Spitzer concepts on the Four Levels of Happiness. It helps me to check my motivations and to direct others and hopefully to give them motivation in their actions.”
- Most Reverend James S. Wall, Bishop of the Diocese of Gallup

“Thank you again for the outstanding workshop that you provided for all of our diocesan priests and deacons at our Priest’s Institute this year. The reaction that I received from so many who attended was extremely positive.”
-Most Reverend James V. Johnston, Jr., Bishop of Springfield-Cape Girardeau