



The Four Levels of Happiness® Seminar

The human heart desires joy. We all desire joy, every family, every people aspires to happiness.

- Pope Francis

The foundation of the entire Spitzer Center curriculum is also foundational to human nature – namely, our universal desire for happiness. This notion of *The Four Levels of Happiness®* was articulated by Fr. Robert Spitzer, through his study of the collective insights of more than 130 prominent theologians, philosophers, psychologists, and authors over two millennia.

The Four Levels of Happiness® seminar has been enthusiastically received by hundreds of priests and deacons across the country. A combination of education and inspiration, the offering is perfect for a clergy convocation, priest assembly, or education days.

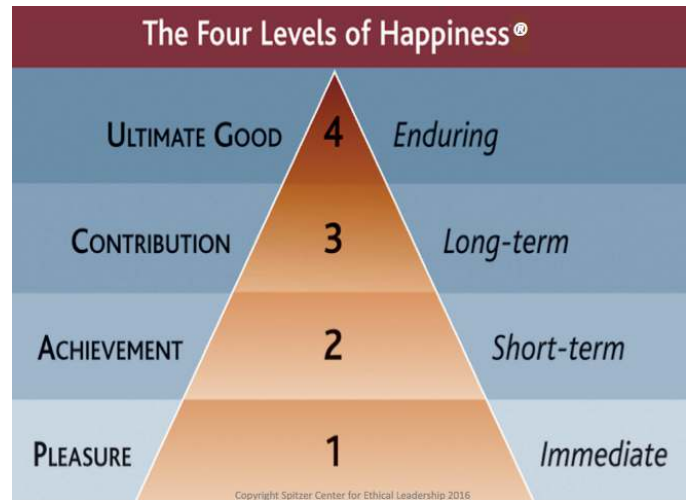
- **Audiences:** Priests and/or Deacons
- **Teacher:** Fr. Spitzer on video with a professional facilitator(s) - customized for adult learning
- **Method:** Multi-media plus slides with poignant and entertaining movie clips
- **Length:** One, Two, or Three Day options customized to the convocation schedule
- **Materials:** 12 page handout with graphics, quotes, exercises, personal inventory, and pastoral application
- **Follow-up:** Daily Journal with prayers, meditations and Scriptures on happiness

What are over 600 priests from 21 dioceses saying about *The Four Levels of Happiness®* seminar?

- Excellent – one of the best seminars I have experienced in my priesthood
- As a seminar, excellent content, giving us ample preaching material and staff formation possibilities. As a retreat excellent – pricked my conscience several times, spoke directly to me. I will grow from your challenges!
- Excellent presentation, great blending in of videos to help explain the levels. Refreshing presentation; a learning experience that was fun to attend.
- It was thought provoking, interesting, and done in a contemporary manner
- A time of relaxation, reflection, reunion, and new ideas, insights
- I find using St. Thomas very helpful. Best clergy conference I ever had
- Good information/insights/new ways of looking at our ministry and ourselves as priests

FOUR LEVELS OF HAPPINESS® TOPICS

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



Presbyterates Served by the Spitzer Center

Anchorage

Grand Island

Phoenix

Birmingham

Harrisburg

Pueblo

Denver

Juneau

Salina

Colorado Springs

Kansas City KS

Santa Rosa

Fairbanks

Kansas City - St. Joe

Springfield-Cape Girardeau

Fort Wayne-South Bend

Laredo

Springfield IL

Gallup

Omaha

St. Cloud

"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. The reaction that I received was extremely positive."

-Most Reverend James V. Johnston, Jr., Bishop of Springfield-Cape Girardeau