

	<h1>Course Information</h1>	
	Course Name: The Pursuit	
	Course Developer: Valerie S. D'Intino, ENP	
	Course Hour(s): 1	Target Audience: Universal - Wellness

I. Description:

- Everyone wants more from life! This course will focus on how to create circumstances and conditions that help us achieve more, more happiness, more job satisfaction, better performance, more contentment, more energy, more motivation, & an overall more abundant life. Not only will I share research that demonstrates the benefits of practicing gratitude, but this course is also meant to empower participants to let go of people & things that don't serve them well while finding the ones that do. I'll share my approach to moving with intention (Yes, exercise!) to create joy. Lastly, I will focus on the importance of setting goals to achieve continual self-improvement (along with guidance on changing dreams into action plans to achieve those goals).

II. Pre-requisites:

- None

III. Objectives:

- Demonstrate the importance and benefits of gratitude.
- Learn the value of surrounding yourself with those people and experiences that help me feel like my most authentic self.
- Define joyful movement and understand how it can enhance your wellbeing.
- Develop an action plan to achieve goals, continually.

IV. Facility Needs:

- Tables
- Chairs
- ADA Accessible Facility
- Bathroom Facility

V. Equipment/AV Needs:

- Projector
- Screen or SMART/View Board
- Computer or HDMI Connection

VI. Other Needs:

- If offered virtually, platform must allow students the ability to engage and ask question of the instructor via chat or otherwise.

VII. Special Notes:

- Course is limited to 45 students unless other arrangements are made with instructor.

VIII. Maintenance:

The course information will be reviewed at least annually.