

## **MARIA FABRICHEVA. SUBJECT: PHILOSOPHY OF PERSONAL HAPPINESS.**

“God gave us our memory, so that we would always have roses in December”- This quote by James Mathew Berry is very close to me, it resembles the metaphor for happiness.

A rose- is a beautiful, contented flower, as different as a personal happiness of each individual.

For some it's a delicate button, for someone else- it's a huge bouquet of massive red flowers, somebody would add something creative that changed a hue of the rose into something unreal.

A rose is a symbol of love and passion, gentleness and inspiration, romance and confessions.

Although do we keep memories of the buttons in our mind or do we prefer to remember the thorn of the rose?

Actually, as it often happens, instead of collection positive warm memories, we prefer to collect something sharp and spiky, to grow our armor, simultaneously blocking any access to our happiness.

Sometimes it seems that inner thorns will be a better defense from mistakes, pain, and will help to resolve any difficult situations, will defend us and protect us from dreadful situations in future.

Unfortunately, this plays a cruel joke on us. And when we face yet another thorn in life, we are cut not only by the world outside but also on the inside. It's as if a thick thorny fence blocks rays of happiness from entering, proving to us that there is no more happiness left.

It is hard to weight, measure and to calculate happiness. A feeling of happiness can be acute and calm. It can be inner understanding and knowledge- “the world is amazing, I know it, and I can see that”: happiness in action carries readiness to achieve and to acquire something desired, and enjoyment of success when obtained.

Of course, life doesn't consist by 100% of luck and success, and happiness- isn't always an adrenaline rush and applauses all around you. But actually, you can teach yourself how to support yourself and how not to forget that you are a happy person.

**Hereby I invite you to discover Your Philosophy of Happiness.**

During my speech:

1. I will share my personal happiness story, and I will teach you how to see points of your happiness in your cognitive map of Life.
2. I will show you the basis of the choice that person makes: to be happy or to be unhappy (biological, psychological and cultural basis of happiness).
3. I will provide a resourceful technique so each and everyone of you would be able to (if desired) form their personal formula of Happiness.

I believe that after our meeting you will be convinced that a phrase “we are all born to win” isn't only an online motivation quote, but actual style of life.

See you soon in Abu-Dhabi at Happy Woman Forum.

## **About speaker.**

Maria Fabricheva- psychologist, Transactional Analysis psychotherapist, counselor- mediator.

- Actual member and official teacher-trainer Interregional level in Professional Psychotherapy league.
- Member of Ukrainian and European association of Transactional analysis- UATA/EATA.

Trainer, creator and leader of developmental, diagnostic and therapy programs and modules.

Initiator of a study on specifics manifestations in cultural script in Ukraine.

Published author of more then 50 publications in mass media.

Regular expert-psychologist in projects on Ukrainian channels.

### **Creator and organizer of themed events:**

- Author and organizer of a project “Favorite Rake philosophy”
- Co-organizer of Theater festival and psychological improvisations “Momentum”.

Psychotherapy and psychological mediation practice (resolving of outer and inner conflicts) for more then 7 years.

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