

## Join the Global Psychology Alliance in Recognizing the International Day of Happiness

Friday, March 20  
11:00AM-12:15PM EDT

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Join the Global Psychology Alliance for a special webinar commemorating the International Day of Happiness. This engaging event will explore the global importance of happiness and well-being through diverse expert perspectives.

**Ambassador T. Hamid Al-Bayati, Ph.D.**, Permanent Representative of Iraq to the United Nations Emeritus, will discuss the origins of the International Day of Happiness and the important connections between happiness and health.

**Lara Aknin, Ph.D.**, will present insights from the World Happiness Report, including global happiness rankings and the focus of the 2026 report.

**Nicole Pontelandolo** will lead a joyful 15-minute Laughter Yoga session designed to boost mood, reduce stress, and bring us together through playful movement, breathing, and intentional laughter.

**Tara Davis** will explore the role of employee happiness and well-being, with insights connected to the World Happiness Summit.

Together, these perspectives offer a global view of happiness, exploring its origins, research insights, and practices that support well-being.

We hope you will join us on **Friday, March 20th at 11am EDT.**

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