



HOW TO BE HAPPY

Dr Raj Persaud, Consultant Psychiatrist and Fellow, Royal College of Psychiatrists

Webinar

Friday, 5 March 2021, 11:00 GMT

A Word From Today's Chairman



Professor Michael Mainelli

Executive Chairman

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Today's Agenda



- 11:00 – 11:05 Chairman's Introduction
- 11:05 – 11:25 Keynote Address
- 11:25 – 11:45 Questions & Answers

Today's Speakers



Dr Raj Persaud

Consultant Psychiatrist and Fellow
Royal College of Psychiatrists

How To Be Happy

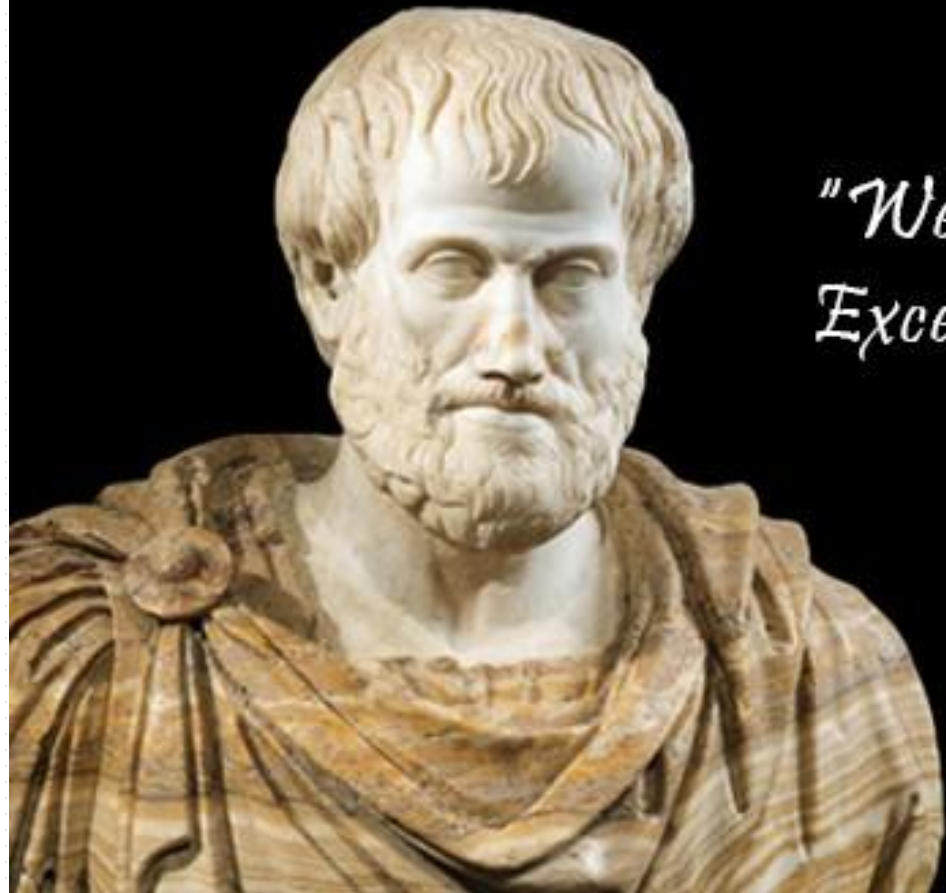
Dr Raj Persaud

In a higher IQ country - on average are people happier or sadder? In other words, is there a correlation or association between IQ and happiness across countries?

Higher IQ countries are:

- 1) Happier
- 2) Sadder

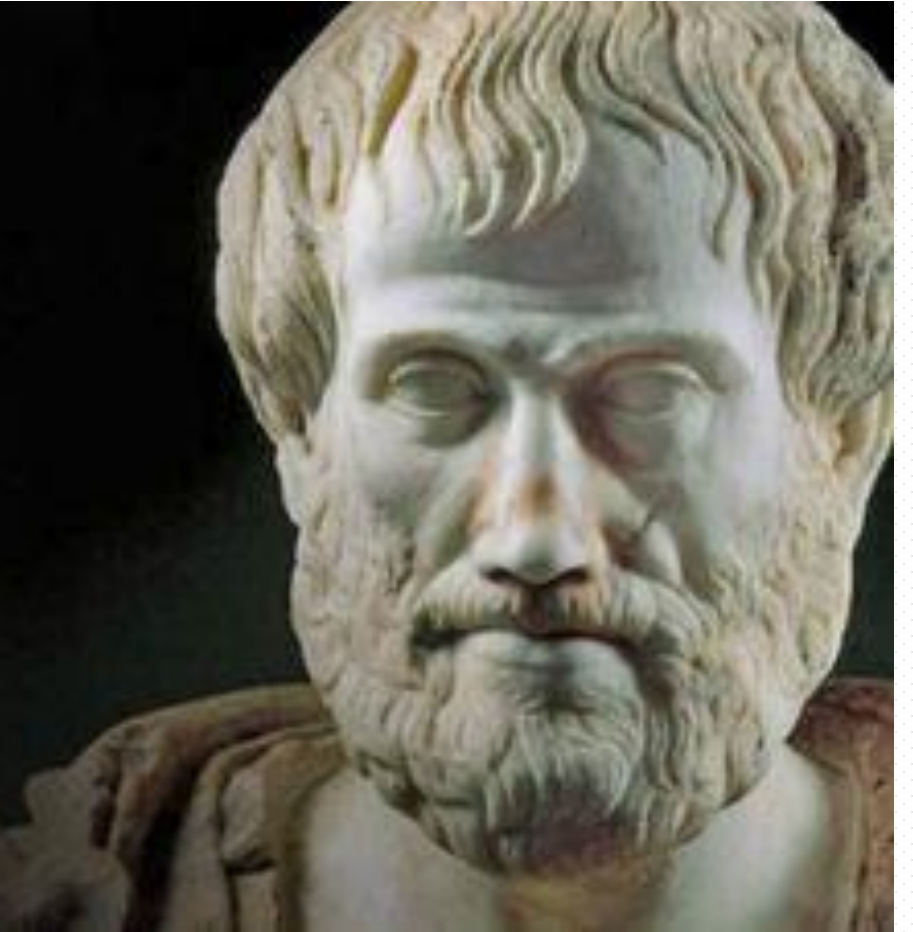




*"We are what we repeatedly do.
Excellence then, is not an act, but a habit."
- Aristotle*

For the things we have to learn
before we can do them, we learn by
doing them.

- Aristotle, long time ago



In a more individualistic country are people happier or sadder? In other words, is there a correlation or association between individualism/collectivism and happiness?

More individualistic countries are:

- 1) Happier
- 2) Sadder



When you measure average happiness levels across time in various countries - which country got happier between the 1970's and the early 2000's?

- 1) France
- 2) Germany





And Now For A Quick Video



Questions And Answers

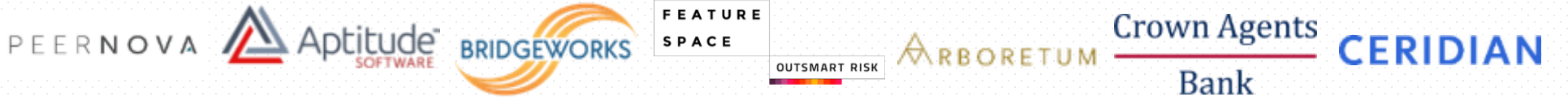


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Thank You For Listening



Forthcoming Events

- Tue, 9 Mar (09:00-09:45) Achieving Sustainability In Developing Markets: A Case Study With Serious Shea & Cleo Organics
- Wed, 10 Mar (12:00-12:45) Positive Income, Positive Purpose - Listed Fixed Income Opportunities With Positive Social Impact
- Wed, 17 Mar (08:00-09:15) Launch Of Global Financial Centres Index 29, Hong Kong
- Wed, 17 Mar (15:00-15:45) Making A Modern Central Bank

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