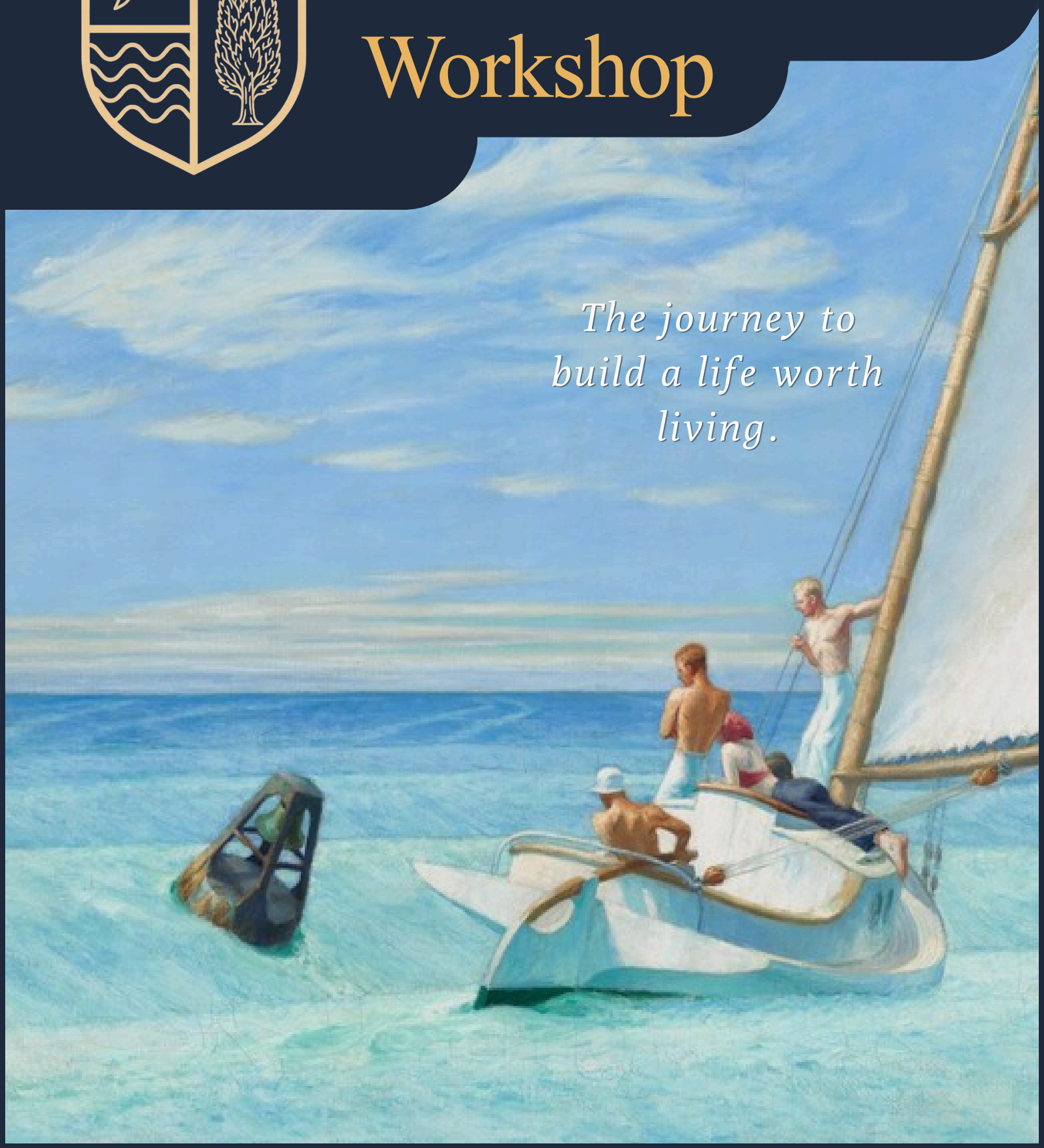
Happiness Workshop

The journey to build a life worth living.



www.iterca.com

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A Message from the ITER Team

¿What if happiness were not a distant goal, but a fuller way of inhabiting life?...

The Happiness Workshop is an invitation to return to yourself. To pause, feel, think, and look with new eyes at who you are, what you have lived, and what you can still choose. Over eight weeks, you will walk a path that combines the best of positive psychology, existential philosophy, ancient wisdom, and contemporary practices of introspection to help you reconnect with what is essential: your body, your emotions, your connections, your calling, and your sense of purpose.

— Daniel Contreras —

This workshop does not aim to give you quick formulas or pre-packaged solutions, but to open genuine questions and accompany you in the art of answering them from your deepest truth. Because we believe that happiness is not a brilliant moment, but a complete way of living with coherence, beauty, and depth. Welcome: what you discover on this journey can only be achieved by someone like you.

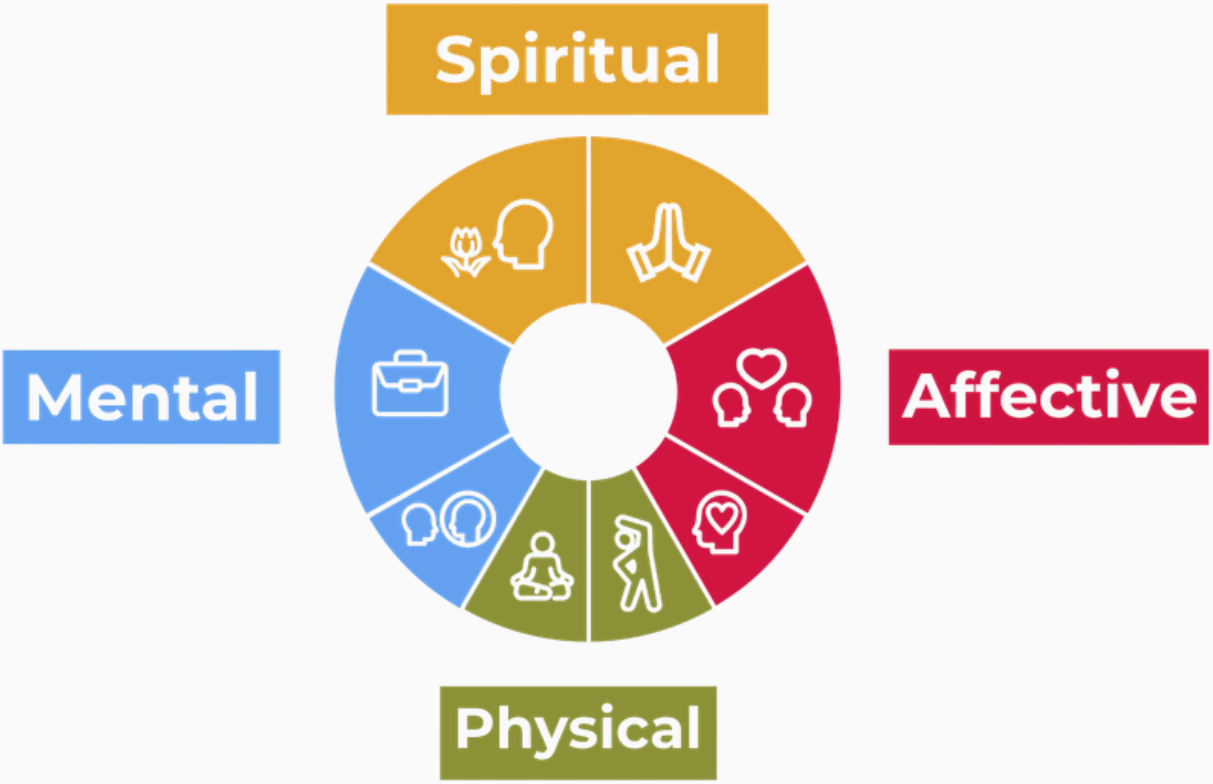
Happiness is not the goal, but the journey

— Manuel Llaca —

When we think about happiness, we often confuse it with a final destination or something we will only achieve after making more money or completing a master's degree. However, Kant defined it as "the awareness of a good life." In other words, we can be happy right now—or even realize that we already are; we simply need to pause and notice it.

The Happiness Workshop is designed as a space to reconnect with yourself. Over eight weeks, we will explore happiness from every angle, providing you with the space to reflect on your life and take firm steps toward a life worth living.

Our Hapinnes Model



Dimensión Humana	Ejes Temáticos incorporados	Foco de la exploración en sesión
Spiritual	• Existential aesthetics • Faith and life philosophy	Review of ethical frameworks of transcendence, connection with beauty, and ultimate purpose.
Mental	• Work with purpose • Self-knowledge	Analysis of thought structures, career alignment, and self-awareness.
Physical	• Physical wellbeing • Conscious presence	Assessment of vitality, holistic health, daily habits, and bodily grounding in the here and now.
Afective	• Vital bonds • Emotional wellbeing	Exploration of relational quality, management of internal and external bonds, and emotional health.

ITER

Self-Knowledge & Change

What is it?

A 9-session workshop where you are your own subject of study. Over nine weeks, you combine theory, analysis, exercises, and guided reflection to understand what it really means to live well — not through generic formulas, but through a model of happiness built on philosophy, psychology, sociology, and art.





This workshop is for you if:

- You feel like you're on autopilot and want to stop and look inward
- You're looking for something deeper than "feeling fine"; you want to understand what a truly fulfilling life looks like
- You're drawn to guided, structured self-knowledge work — not just free-form introspection
- You want to work on your wellbeing holistically: body, emotions, relationships, purpose, and meaning — not just one isolated area

Our Methodology



At the Happiness Workshop, we focus on creating a complete transformative experience, rather than just delivering concepts:

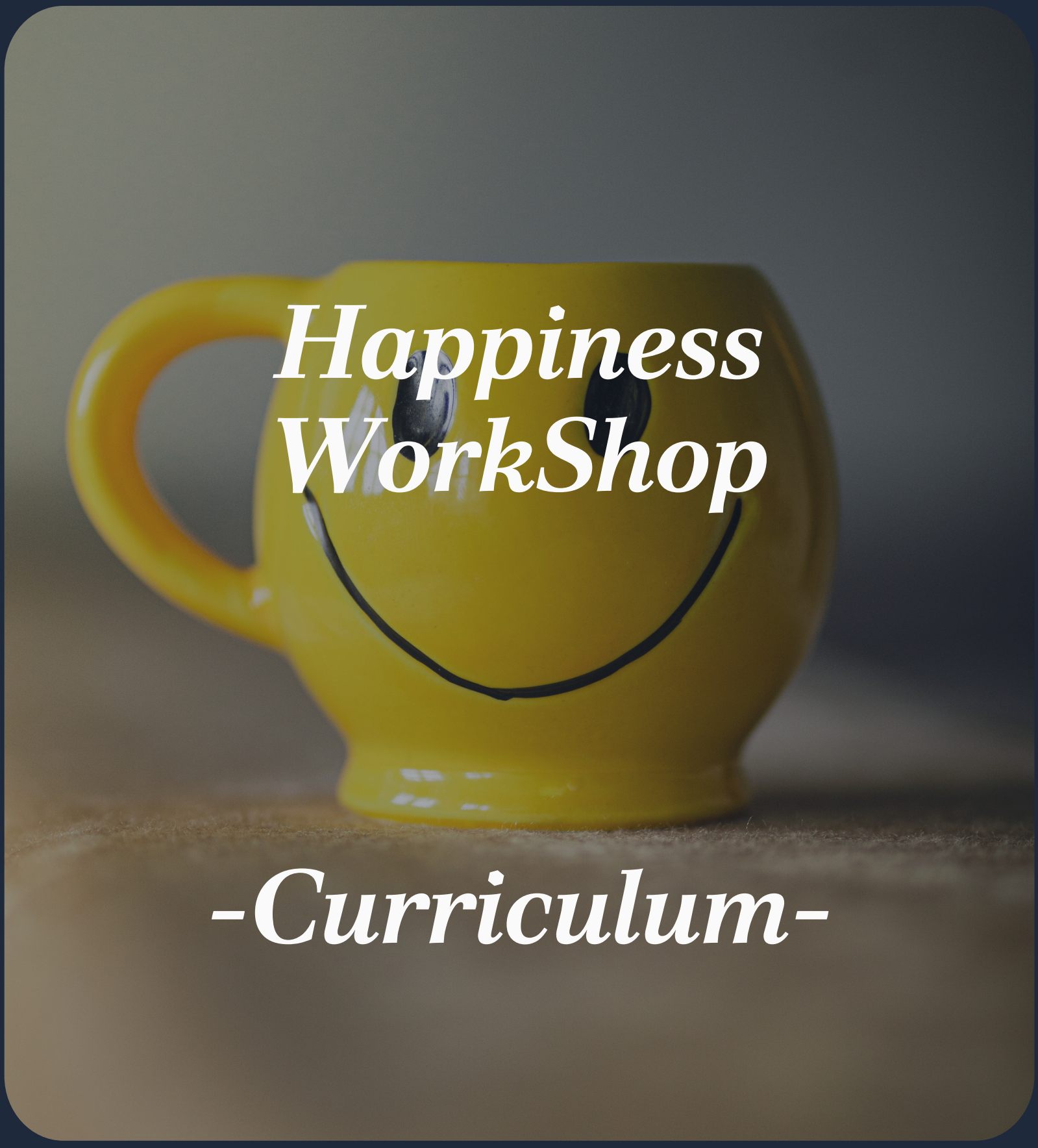
Individual Preparation

- Case Analysis: Read the story or case study designed for the session. Reflect on the questions posed, as we will apply the tools learned to these real-world dilemmas during class.
- Technical Note Reading (Optional): Review the theoretical and bibliographic framework that goes deeper into the session's key concept.
- Self-Assessment Activities: Complete the diagnostic tests (such as the Happiness Test or the VIA Strengths Survey) and the indicated journaling exercises.

The In-Person Session

- Theoretical Reinforcement: We will review a key concept and its brief rationale, focusing on its practical application to the "how-tos."
- Case Discussion: Together, we will analyze the previously read story to apply humanistic concepts.
- Group Dynamics: You will participate in small groups where everyone will have a few minutes to share their experience with honesty and active listening.
- Wrap-Up & Reflection: We will share collective takeaways and address common obstacles to integrating each element into daily life.

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Happiness WorkShop

-Curriculum-

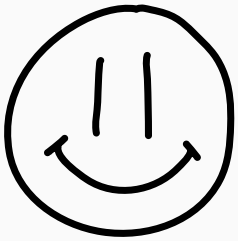
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Happiness Workshop



Session 1: Let's Talk About Happiness

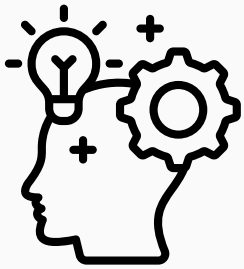
Session 2: Self-knowledge





Session 3: Physical wellbeing

Session 4: Conscious presence

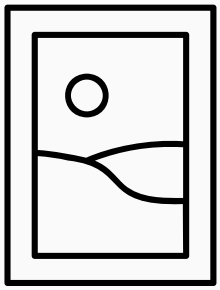




Session 5: Emotional wellbeing

Session 6: Work with purpose

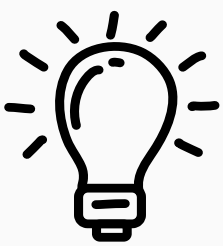




Session 7: Existential aesthetics

Session 8: Vital bonds





Session 9: Faith and life philosophy

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Self-Knowledge & Change

Investment ITER

Happiness Workshop

What is it? A workshop designed to study and reflect on the concept of happiness and, specifically, what it means to live a happy life.

Investment:
In-Person: $9,500 MXN
Online: $5,500 MXN
Includes:

- Complimentary coaching session
- Certificate of completion

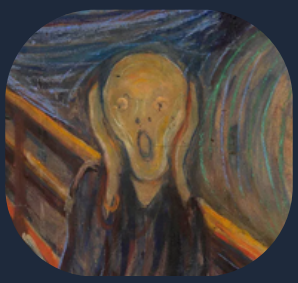


Anxiety Workshop

What is it? This program does not aim to eliminate anxiety, but to help you understand, regulate, and relate to it in a more flexible way—recognizing its function and learning to take action even when it is present.

Investment:
In-Person: $9,500 MXN
Online: $5,500 MXN
Includes:

- Complimentary coaching session
- Certificate of completion



Coaching ITER

What is it? A personalized, one-on-one space that fosters self-awareness so you can become who you want to be, guiding you through the process of creating a life worth living.

Investment:

- Life Coaching
- Executive Coaching
- Productivity Coaching

Session Rate: 50 min / $1,300 MXN



ITER

Self-Knowledge & Change

Why we exist?

"ITER was born as a response to G.K. Chesterton's famous reflection: What is wrong with the world is that we don't ask what is right."
Our fundamental goal is to help people build a life worth living. To achieve this, we integrate psychology, philosophy, and coaching under a single horizon, allowing us to address the full totality of the human experience. We firmly believe the humanities aren't meant to take care of themselves, but to take care of every human being. In a historical moment marked by instability and constant change, ITER was born to be a beacon of self-knowledge and transformation, offering tools from philosophy and psychology to turn everyday complexity into a path of growth, clarity, and deep personal fulfillment.

Our mission

Our mission is to accompany people in building a life worth living, through courses and coaching processes under our P.E.D.T. methodology (Phenomenological, Existential, Dialectical, and Transformational). We differentiate ourselves by integrating philosophy and psychology to deeply address the timeless challenges of being human, such as anxiety, happiness, self-knowledge, and change

Why ITER?

In Latin, Iter means "path", "journey", or "route". For us, life is not a static destination to reach, but a conscious journey built step by step

ITER
Self-Knowledge
& Change



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