

Welcome to your

Freshman Year

Growing global happiness



www.buhappinesscollege.com

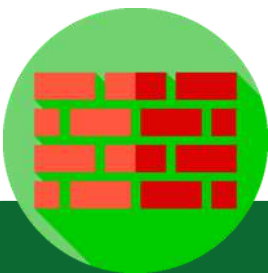


The Purpose of Freshman Year

Choosing to focus on your well-being, personal growth, and happiness is a big step. **But you've already made the leap.** Your journey to thrive has begun.

It won't always be a breeze - if it were, everyone would be thriving. But this journey will test your resolve and push you to be *the best you can be*.

You're on the right track, and we're here to guide and support you every step of the way. In your Freshman year we'll help you to:



Lay Your Foundations

We'll work on overcoming current challenges to create a strong foundation.



Learn the Tools

You'll gain essential tools for your happiness toolkit.



Build Your Team

Develop robust connections with your coach and BU members for accelerated growth.

Setting Up For Success in Freshman Year



Let's *set the stage* as you begin your journey.

Remember, we are guides, not magicians. We'll provide ample opportunities for **growth, learning, and development** throughout your Freshman Year. However, your engagement and effort will determine the outcomes.

To maximize your success, we recommend taking these steps as soon as possible.



Complete Your Intro & Onboarding Course

This course is key to optimizing your BU experience. It guides you around the campus, helps clarify your goals, and ensures you utilize all BU resources effectively.

For the best start, complete your intro & onboarding within your first two weeks of enrollment.



Be Open, Honest & Vulnerable

BU is a space where you can put down the mask and be honest with yourself.

If you're on a pathway that gives you access to a 1 on 1 Coach you can also be open with them.

Practising self-honesty helps you move out of your own way and get into the meaningful work.



The BU Agreements

Joining BU means embracing our core values, and ensuring a productive and nurturing community. By becoming part of BU it is important that you acknowledge, understand and embrace the following 5 agreements

1. Show Up

Value your self-development time like an essential appointment. Be punctual and consistent with the time you set to work on your happiness. If you have access to 1-on-1 sessions, let your Coach know ASAP if you must reschedule.

2. Do the Work

Growth happens when you apply what you learn. The workshops, the coaching sessions, and resources in The Happiness Blueprint all provide opportunities for growth - it's up to you to maximise this opportunity.

3. Be a Part of the Team

The BU team is filled with incredible, driven, and like-minded people. Tap into that network, get to know other members, build your connections. It will benefit your growth and the entire team's growth.

4. Stay on Top of Your Enrolment Fees


We aim for transparency and hassle-free payments with no hidden charges, we never want money to stop you from developing your happiness. All we ask in return is that you stay on top of your enrolment fees.

5. When Life Throws a Curveball, Double Down

Life has its ups and downs. During difficult times, rely on the BU tools and team more than ever. Don't let life's curveballs make you neglect your happiness. Our resources and coaches are here to help you navigate tough situations.



Access to Happiness Coaches



At BU, we know **happiness isn't one-size-fits-all**. That's why you have access to diverse Coaches who bring unique expertise to your journey.

We highly encourage you to lean into the opportunity to learn from all of our Coaches by completing a variety of workshops and masterclasses.

If you've enrolled into a pathway that gives you access to your own Coach we also encourage you to lean on them as much as you need.

If not, and you wish for more direct coaching, you can get priority access to a Coach and bypass waitlists. This gives you tailored guidance and boosts accountability.

If you would like to discuss upgrading your enrolment to gain access to a 1 on 1 Happiness Coach please email grow@buhappinesscollege.com



The value of Coach Swaps

Our Coaches, while equipped with foundational personal growth and happiness skills, also have their unique specialties and coaching styles.

That's why we encourage exposure to different modules and coaches.

There may also come a time in your journey when a Coach Swap would be the best option for your growth and development.

This unique opportunity gives you the chance to work 1 on 1 with a different coach to add their skillsets to your toolkit.

We understand that changing Coaches can be a bit of a daunting concept and something that pushes your comfort zone. This is why **we only recommend Coach Swaps when we are confident it is in your best interest** as a member of BU.

If this arises your Coach will consult with you about their recommendations and why they feel another Coach would be a better fit for that particular chapter of your journey.

You're also welcome to swap to another Coach for a term and then change back to your original Coach.



Get to Know the BU Coaches



Declan Edwards

Began Coaching: 2016

Areas of Expertise:

- The Science of Happiness
- Emotional Intelligence
- Meaning & Purpose Cultivation
- Leadership
- Peak Performance & Behaviour Change

Fields of Study:

- Positive Psychology
- Mindfulness Based Stress Reduction
- NeuroLinguistic Programming
- Acceptance & Commitment Therapy



Ami Rankin

Began Coaching: 2018

Areas of Expertise:

- The Science of Happiness
- Emotional Intelligence
- Self Care
- Cultivating Healthy Relationships
- Changing Your Mindset

Fields of Study:

- NeuroLinguistic Programming
- Acceptance & Commitment Therapy
- Cognitive Behavioural Therapy

Get to Know the BU Coaches



Jess Buser

Began Coaching: 2019

Areas of Expertise:

- The Science of Happiness
- Emotional Intelligence
- Mindfulness
- Self Compassion
- Self Care

Fields of Study:

- Mindfulness Based Stress Reduction
- NeuroLinguistic Programming
- Acceptance & Commitment Therapy



Nick White

Began Coaching: 2021

Areas of Expertise:

- The Science of Happiness
- Emotional Intelligence
- Habit Building and Behaviour Change
- Grit and Resilience
- Goal Setting and Peak Performance

Fields of Study:

- Results Oriented Coaching
- Acceptance & Commitment Therapy
- Resilience Coaching



A note on your Growth Points

At BU, we value members who are committed to their growth and help foster a thriving community.

We dedicate time and resources to our members and expect reciprocal engagement. This way, each Freshman Year spot is used effectively.

We assess your active involvement monthly through growth points. You can accrue your growth points in the following ways:



Completing Online Modules

5 points per checkpoint reached in The Happiness Blueprint



Completing 'Off Syllabus' Learning

0.5 points per lesson completed off syllabus



1 on 1 Sessions

1 point per accountability call,
2 points per mastery session



Implementing What You learn

0.5 points per intentional action step implemented

Monthly Growth Point Scores

<3 points

If you score <3 points in a month it means you're not using the program for its worth. If this happens **3 months in a row** you may be **asked to leave the program**.

4-6 points

At 4-6 points/month you're **getting your value** out of the program. There's room for improvement but you're meeting the minimum expectation to ensure you grow throughout Freshman Year

>7 points

At >7 points/month you've shown that you're **committed** to your growth and to your wellbeing. You'll be recognised on the **BU leaderboard** and more importantly you'll be **maximising the value** that you take from Freshman Year.



Program Levels

At BU, we offer five adaptable programs that you can move between to match your changing life situations, goals, and coach recommendations.

If you would like to change which program you are enrolled in you may do so at the start or end of any term.

Simply email grow@buhappinesscollege.com or talk directly with your Coach about which program you'd like to change to and we will get it organised.

The Following Pathways Are Self Guided and Don't Include Access to a Coach

Happiness Essentials

The basis of all our programs, it's designed for self-starters and who want the room and space to take their happiness journey at their own pace. It offers access to the comprehensive Happiness Blueprint curriculum, packed with workshops, resources, podcasts, and activities to bolster your personal development. and help you live a happier life.

Happiness Enhanced

Tailored for those who want to take their personal growth and happiness into their own hands. You get access to The Happiness Blueprint core curriculum and the freedom to explore modules based on your needs. Plus, you can attend live group workshops for interactive learning, where you can interact live with our Coaches and with other BU members.



Program Levels

The Following Pathways Include Access to 1 on 1 Sessions with a Personal Happiness Coach

Happiness Accelerator

Perfect for those eager to fast-track their happiness journey. It provides full online campus access and two monthly accountability check-ins.

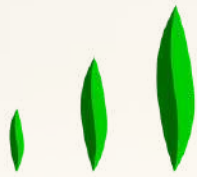
Happiness Mastery

Designed for those seeking a tailored, efficient route to thriving. It allows immediate technique development with your Coach instead of waiting for suitable workshops. You'll get complete online campus access, a monthly mastery coaching session, and an accountability check-in. Only Advanced Happiness Coaches run this program.

Happy Leaders Academy

Our premium program, tailored for leaders aiming to boost their happiness and also guide others. Ideal for business owners and team leaders, this program offers personal and professional development. It grants full online campus access, one monthly mastery coaching session, and an accountability check-in. Only our Founder facilitates this program.

You're ready to go.
It's time to progress on your journey at



BU Happiness College

