



HIGHLIGHTING THE GOOD OF THE WORLD

- BY LUIS GALLARDO

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By

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The World Happiness Awards

As humanity pushes forward and continues to make great strides in numerous fields like technology, medicine, science, and industry, one would expect the levels of happiness and well-being in societies to go up as well. However, it seems that progress and innovation are not enough for sustained happiness. We seem to be continuously plagued by inequality, mental and physical health problems, unhappiness, and even violence on a global level. It appears that the world at large is in great need of justice, happiness, and overall health. In order to tip the scales towards the positive, we want to highlight some of the good of the world. The [World Happiness Awards](#) program is designed to do just that by putting positive things at the forefront.

What Are the World Happiness Awards?

The World Happiness Awards program is one of the eight foundational pillars of the [World Happiness Foundation](#). This particular program aims to focus on the good parts of humanity by celebrating and elevating the individuals and communities that are brave and conscious enough to make the planet a happier place for everyone. In order to generate more momentum and reach more people, the World Happiness Awards program has collaborated with the United Nations University for Peace, along with over 300 international thought leaders and government, corporate, research, and educational institutions. Working together, we can use these awards to showcase happiness and well-being as not only beneficial but crucial aspects of a sustainable future.

The World Happiness Awards are divided into 12 main categories that celebrate human flourishing. It is important to note that we also recognize individuals, institutions, and movements that fall into more than one category. The main categories are:

- Health Education
- Social
- Impact
- Work
- Technology
- Policymaking
- Arts
- Research
- Cities
- Communications.
- Catalysts
- Community
- COVID-19 and other additional categories.

The World Happiness Awards - A Detailed Look

1. Health

Many of us have heard clichés about the connection between health and happiness. Sayings such as “laughter is the best medicine” or “a healthy mind exists in a healthy body” show us that people have linked health and happiness for centuries. While our ancestors only had anecdotal evidence to confirm this, the modern world can collect data that backs it up. Research looking at health and happiness shows that the two go hand in hand. The World Happiness Health Award aims to recognize the people and institutions that have dedicated themselves to helping people feel better. Their incredible work has helped numerous individuals find the light in otherwise bleak situations. Let’s take a look at two nominees from this category.

- **Pilar Sordo** - Our first health nominee is an individual from Santiago, the capital of Chile. She is an outstanding professional that has dedicated her life to improving people’s viewpoints on health. Her name is Pilar Sordo, and she is a psychologist, writer, and public speaker. She is also the director of [La Fundación CáncerVida](#), a foundation for lung and pancreatic cancer patients. She focuses on typical behaviors in various Latin American countries.

Her area of focus includes interpersonal relationships, family, and sex. She provides her public with a simplified explanation of work she thoroughly researches, analyses, and structures. She has a number of written works that have attracted awards and honors.

Her self-help style of writing and presenting has brought her numerous fans and accolades. In fact, she frequently sells out talks, seminars, and courses. She has recently attended a Mandela convention, in which she discussed human rights and freedom. Pilar is one of the most influential advocates of healthy living, personal development, and resilience in the Spanish speaking world.

- **The Art of Living Foundation** - [*The Art of Living Foundation*](#) is a community that was founded in Bangalore, India. Today, it is one of the largest volunteer-based organizations in the world, with locations in over 145 countries. The foundation aims to share its wisdom in regards to health and happiness to individuals, communities, and governments. Many see it as more of a movement for peace and unity than an organization.

2. Education

We want to look at how education can bring about happiness to individuals and societies. Education is one of the most important investments we can make in our lives. It has the power to change the world. The World Happiness Education Award looks to bring recognition to everything from creating new programs that aim to spread positive education to the design and implementation of socio-emotional curriculums that can make a difference. These are some of the people that are making a difference and spreading happiness when it comes to education.

Lea Waters - Based on her scientific studies published in peer-reviewed psychology journals, Lea Waters developed the Visible Wellbeing program. This program has the aim of empowering children and teenagers to raise their state of consciousness and develop empathy, self-awareness, and kindness.

Visible Wellbeing emphasizes happiness of an individual but also the community as a whole. At this point in time, the program has over 62,000 students across 5 countries. Evaluation results in 2020 showed that Visible Wellbeing greatly improved the emotional intelligence, wellbeing literacy, and pro-social skills of their students. Aside from the program, Lea's research is widely used by psychologists around the world in school strategic planning and teaching.

Elisa Gonzalez - Dr. Elisa Gonzalez is an international speaker and professional public, business, and institutional consultant. She is an ambassador that holds the arts in high

regard. Elisa aims to share Mexico's rich history through art and culture. Her work earned her the national award for professional excellence. Despite her national fame, she still makes guided tours and visits to archaeological and artistic sites in Mexico City, as well as the magical towns and cities in other parts of the country. These tours and visits do not only help people learn, but they also provide income for the local businesses that rely on tourism.

Irene Greaves - Irena Greaves is the founder and director of [Lovescaping](#). This program is designed to bring out positive attitudes and energy through mindful love-based educational awareness. Its goal is to teach people the skills required to practice love and to establish a foundation for accepting love in society. Lovescaping aims to address:

- The needs for connection and love in the world
- The need for healthy relationships
- The need for healing
- The need to face all types of violence and oppression to raise more conscious and self-aware people.

She sees schools as places where we can cultivate love, and she has even designed her own curriculum that can help people practice the main fundamentals required for love. She has dedicated her life and career to serving and teaching others the pillars of the program.

3. Social Impact

The world is constantly changing, but things do not always move in the right direction. Creating a movement and enticing change is never easy. Many people who have attempted to make a difference in their societies have not been too successful. Affecting an entire society is hard work and requires more than implementing the right rules. It requires making societies healthier, happier, and more sustainable. The World Happiness Social Impact award aims to celebrate entrepreneurs and institutions that know what it takes to bring kindness, compassion, hope, and abundance to societies worldwide.

Omar Assou - [Omar and his team](#) are looking to create a robust network of entrepreneurs in Morocco. They are doing this by engaging various communities and by providing entrepreneurial training to high school and college students. The team is looking to engage

everyone in the community and try to make sure that at least 50% of participants are female. In addition to his active approach to reaching the community, they have also made a co-working space that students can attend at all hours. Their goal is to uplift people with education and a great presence.

Daniel Cerezo - Daniel is a social psychologist, lecturer, writer, and musician. His mission is to create new opportunities and connections between institutions, communities, and people of various origins. His philosophy is based on the concept that we all have the capacity to become leaders of our own movements and projects. He developed a lot of his skills in his early years as a student, teacher, and speaker in [“Crear vale” foundation](#), where he coordinated music, art, and social organization workshops. Over the years, he joined various clubs and acted as a human resource advisor for numerous companies. He created many programs and is even developing his own project called [Creer Hacer \(Believe Doing.\)](#) Despite his numerous movements and programs, he is most famous for his extremely popular TEDx talk, [“What is Poverty.”](#) It is the most viewed Spanish language Ted video, but it also has captions for English speakers.

4. Work

It is estimated that a third of our lives are spent working. These are countless hours of focus, dedication, and effort. The only way to excel and find meaning in a job is if it makes you happy. This is why the focus on workplace happiness is a worthy cause that will help employees and the businesses themselves. The World Happiness Work Award wants to recognize and celebrate leaders within institutions and organizations that are creating positive work environments.

Happiness Productivity (LIVE 13.5°) - Happiness productivity, or as it is officially called [LIVE 13.5° Expertos en Felicidad Organizacional](#), is the first Happiness consultancy in Mexico. Their goal is to help businesses and organizations build more positive, productive, and happy work environments. Their methodology aims to develop physical, emotional, mental, spiritual, and financial balance in people. They believe that the workplace needs to be a place we can:

- **Learn** - We need to sharpen our skills and learn to be better.
- **Inspire** - Inspire ourselves and others to reach our full potential.
- **Provide Value** - Offer value to others.

- **Enjoy Ourselves** - Have fun and enjoy the experience you are taking part in.

They have a number of programs and certificates that businesses can take part in. Their great energy and professional approach is the perfect thing to inspire businesses to put happiness at the forefront of the work environment.

Baby-Friendly Companies - [Baby-friendly companies](#) is a Spanish community that aims to help employees with kids feel happier. They understand family values and look to help parents integrate their work life with their family life.

5. Technology

Technology can be a double-edged sword. Excessive use and dependency can bring about several negative effects, especially in younger generations that do not have the discipline to control the way they use it. We need to approach technology carefully and only use it to move forward. A proper and systematic approach to the use of technology can ensure that we use it to enhance our lives, better understand the human condition, and promote happiness. The World Happiness Technology Awards want to recognize the people and institutions that have successfully utilized technology for the people's greater good.

Pedro Amador - [Pedro](#) is a multifaceted individual. He is an author, public speaker, innovator, and founder of Happy Play (an auto coaching technology for happiness.) Many consider him a pioneer in personal and professional growth, thanks to his technology-driven approach to spreading happiness. Happiness-Play, the first technology he developed, allows users to work on their happiness from the comfort of their home on their own time. He has a number of best-selling books and popular articles. He has shown us how technology can be used positively to spread a message or idea.

Marissa Edwards - [Marissa](#) is a truly inspirational example of how technology can make the world a better place. She grew up in Trinidad and Tobago, where she saw the numerous challenges that the islands face, especially with their limitation to traditional farming methods. Marissa's natural inclination towards technology inspired her to create safe and efficient technology that would simplify farming. She proposed using mobile technology and the IoT to gather data and yield that will be fed in the process to revolutionize the agriculture sector with a focus on food security and make the industry more innovative and efficient.

6. Policymaking

Introducing significant and lasting change requires a coordinated effort that is supported by public policy. The only way to introduce happiness as a goal throughout societies is to create Public Policy that can determine social happiness and well-being for long periods of time. There are a number of fantastic public policy developments happening in numerous levels of governance, and we cannot wait to see how they positively affect society.

Dexter Smartt - Dexter is a law student that is waiting for his admission to the Bar as an attorney-at-law in Guyana and other Caribbean territories. He was able to identify certain issues that indigenous people of the country faced when it came to the Justice System. This came about when he had the opportunity to visit and interview prisoners in Guyana's various prisons.

During his interviews with prisoners, he had the opportunity to interact with numerous ethnic groups. What caught his attention is the fact that the majority of indigenous people were illiterate and did not have a good understanding of the English language. This inspired him to facilitate better access to justice for indigenous people in Guyana and around the world. He intends to partner with government organizations to connect these remote areas to the internet with the use of tablets and solar charges. Additionally, he wants to make sure they understand what is going on during cases by ensuring all evidence and proceedings in such cases are properly interpreted to those involved.

Maite Sarrió Catalá - Maite is a prestigious professional with a lot of experience. She has a doctorate in psychology, a master's in gender mainstreaming and couple's therapy, and has been a researcher at the University of Valencia for over 15 years. Her goal is to help people by creating an empowered, balanced, and sustainable society. Maite sees herself as a happiness scientist who supports individuals and organizations to make a positive change. She is a huge promoter of personal and social change from a holistic biopsychosocial-spiritual approach. She combines modern and novel techniques with her experienced and educated viewpoints on love and unity. She takes all of her methodology and ideas to various public administrations so that they can reach all citizens. [Maite](#) was nominated for her contribution in creating and executing happiness policy plans in public administrations.

7. Arts

Art is a powerful medium that has the potential to evoke a spectrum of good emotions like happiness, joy, and energy to communities and societies. The world of art is vast, and we consider various forms of artistic expression, like architecture, dance, music, theater, painting, photography, drawing, sculpture, and many others. We believe that the message behind the art is key and thus embrace any creation that inspires dreams, imagination, and community building.

Pato Gil Villalobos - Our first Art nominee has been chosen for her creativity and happy countenance. [Pato Gil Villalobos](#) is an artist, entrepreneur, author, and leader of a unique and unmistakable form of art - Happy Art. Her work is centered around sharing motivational and joyful messages through colorful images and positive messages. She believes that art inspires us to live creatively and happily. She shares her message and outlook through online classes and lectures.

Uma Menon - Our second art entry is a seventeen-year-old student from the United States. [Uma](#) uses her poems and creative writing skills to address and promote human rights and social justice. Her work focuses on the uniqueness and importance of culture and the power of diversity. Her works have gained national interest, as she wins prizes and is featured in dozens of publications, such as the Huffington Post, The Rumpus, and more.

8. Research

The focus of happiness research is to breakdown and analyze what makes us happy. We want to inform decision-makers of the causes and effects of happiness and improve the overall quality of life for people worldwide. While happiness was usually judged intuitively, it quickly became a science. Modern science enabled us to introduce a wide range of tools, techniques, and resources to help people thrive in the current landscape. A lot of effort is put into happiness research, and we want to give recognition to the researchers dedicating their lives to improving our emotional and spiritual well-being.

The Greater Good Science Center - [The Greater Good Science Center](#) is based in one of the leading institutions of higher education and research - [the University of California, Berkeley](#). The center studies the psychology, sociology, and neuroscience of happiness and well being. The GGSC is focused on the science of a meaningful life, and it does this by examining things like happiness and compassion, social bonds, and altruistic behavior.

They put a specific emphasis on cutting-edge research and programs that look into the practical resources and conditions of a fulfilled life. The programs are unique because they rely on both science and practice. Not only do they sponsor and conduct scientific research into emotional and social well-being, but they also help people apply the research to their personal and professional life.

Dr. Gillian Mandich - [Dr. Gillian](#) has dedicated her life to happiness research. Her goal is to help people set up and live a happy life. Her work is a mixture of the latest research and practical wisdom, combined with an engaging and easy to follow style that helps people achieve happiness and health. She has broken down the science of happiness and does her best to share her findings with people that can benefit. If you want to get more familiar with her work, you can check out her two TEDx talks: ["The Surprising Truth About Happiness"](#) and ["The Two Things You Need To Know To Be Happier Today."](#)

9. Cities

The World Happiness City Awards look to highlight the cities, environments, and locations that have committed to becoming more human-centric. The goal is to find the places that have taken the additional steps to stand out from the norm and place human needs above typical conventions. Criteria include integrating nature, sustainability, a sense of community, and healthy economies that focus on well-being above all else.

Concello da Coruña - [Coruña](#) is a city and municipality in Galicia, Spain. The city has captured the hearts of many for its rich history, natural environment, great quality of life, friendly community, and world-renowned entrepreneurs. In other words, the city is full of life. Despite the city's rich and long history, it is now a modern, creative, innovative, and sustainable city with many cultures, employment opportunities, and leisure activities. When you combine this with the fantastic views and cool ocean breezes, you get one of the most beautiful and happiest places in the world.

Ivanna Lajara - [Ivanna](#) is dedicated to studying and putting into practice the science of happiness. During the Covid crisis, she embarked on a 100-day journey to the happiest places in the world in an attempt to discover what Latin Americans can learn from them. Ivanna is also a young entrepreneur that founded an educational and talent management firm, the Meraki Institute for Job Happiness. The institute has worked with over 80 organizations and more than 10,000 people. It has had great success in building an environment that spreads and advocates the focus on happiness in the workplace.

10. Communications

Communication and news are a necessity for sharing information and spreading positivity. However, it seems that news outlets and social media are often oversaturated with negativity. The World Happiness Communication award is here to shine a spotlight on the constant good that is happening around us. We want to award the people and institutions that are able to spread information without inciting fear and anger.

The Good News Network - A perfect example of an organization looking to spread positivity in a sea of negative stories is the [Good News Network](#). It was first formed in 1997 and has had millions of people turn to it for a daily dose of positivity. Due to its long history and credibility, the Good News Network is one of the most popular good news sources on the internet. The site has over 21,000 positive stories, which goes to show us that there is no shortage of good in the world.

Maranto Producciones - The second example of positive communication comes from our list of nominees. [Maranto Producciones](#) was chosen for its amazing podcast "Buenas Noticias, Buenas Practicas" (Good News, Good Practices.) The podcast is produced by social activists who want to inspire others to become more altruistic and caring to the community. In their shows, they like to represent extraordinary individuals who have dedicated part of their lives to support social causes and make the world a better place.

11. Catalyst

The World Happiness Catalyst Award is for individuals that go above and beyond to bring freedom, consciousness, and happiness to the world. These people have dedicated their lives to spreading truth, inspiration, and passion to their fellow people. Thanks to these game-changers, we are made aware of the endless opportunities and possibilities that life has to offer. They are usually guided by the values of discovery, connection, gratitude, and compassion.

Sadhguru - Sadhguru Jaggi Vasudev, the founder of [the Isha Foundation](#), is a yogi, mystic, philanthropist, and guru. He was recently named one of India's 50 most influential people. Sadhguru has dedicated his life to improving the mental, physical, and spiritual well-being of humanity. He has the unique ability to communicate and bring relevance to ancient yogi teachings to the modern world. Many agree that his perception and understanding of

ancient teachings offers people a unique, intriguing, and challenging perspective on the problems and experiences they face. His approach does not focus on a specific belief system but offers methods and knowledge designed to help people transform.

Sinikiwe Kademaunga - Sinikiwe is an award-winning confidence coach and [blogger](#). Her story is quite moving and inspirational. She was born with no arms or legs in Zimbabwe. People with disabilities are too often criticized and forced into hiding in her country. Instead of pulling away and allowing her disability to control her life, she decided to become a trailblazer and carve her way to a good life. She is a true example of how we have the potential to shine in the darkness if we decide to live courageously. Many consider her a beacon and incarnation of inspiration, hope, and courage. Sinikiwe is a true inspiration because she shows us that living life to the fullest is a choice that we have to make.

12. Community

Empowering and inspiring a community to strive for a better life is a worthwhile cause. Developing a strong community empowers every member by offering support, influence, reinforcement, connection, and passion. The World Happiness Community Award is here to show the institutions, organizations, and/or groups that have decided to make a profoundly positive impact in their community.

Movimiento Felices - The [Movimiento Felices organization](#) has been nominated for its dedication and contribution to spreading happiness to individuals, families, and communities. It started five years ago as a citizen movement that was focused on bringing well-being and connection to people. It based a lot of its activities and actions on the principles of positive psychology and the idea that "happiness is a fundamental human right." The organization organizes festivities, meetings, conversations, school talks on positive occasions (happiness day, mental health day, etc.)

Action for Happiness - Members of the Action for Happiness movement have only one goal: to create more happiness around them. This movement is committed to building caring, empathetic societies that look out for their members. Action for Happiness is an endless source of ideas and resources that infuse happiness into people's homes, workplaces, and wider. Some of their members also form local groups to take joint action.

13. COVID-19

The COVID-19 pandemic is unlike anything we have experienced before. People all over the world were forced into quarantine as panic and worry spread throughout the world. Many of us pulled away from people to protect ourselves and others. The additional COVID-19 Happiness Award wants to look at the people that have stood up to make a difference during this worldwide pandemic.

Gonzalo Moratorio - Gonzales Moratorio is a virologist at the University of the Republic and the Pasteur Institute in Montevideo, Uruguay. Together with his colleagues, he developed a test for the novel coronavirus, as well as a national program for implementing it. Thanks to their hard work, Uruguay had a rapid response to the COVID-19 pandemic with around half of their tests produced domestically. Its citizens are now largely back to normal life after schools and restaurants have reopened.

Jacinta Arden - New Zealand's unstoppable Prime Minister, Jacinta Arden, has managed to do what only a handful of other countries have achieved since the start of the pandemic - completely purge the novel coronavirus from New Zealand's territory. Arden has heeded the advice of scientific experts and crafted transparent statements to her people steeped in empathy and honesty - something many other leaders failed to accomplish. Thanks to Arden's swift and decisive action and strict regulations, New Zealand has twice stomped community outbreaks of COVID-19 on their island, and is now back to how life used to be before the pandemic.

Christina Williams - Christina is a sexual and reproductive health rights advocate. When the pandemic struck, she took the initiative and founded different programs to assist students and schools that lacked financial stability. The two programs are CONNECTED and A.H.E.A.D.

The CONNECTED program goal is to ensure that all students have the right guidance and framework to successfully follow online classes. UNDP Multi-Country Office, headquartered in Jamaica, and tenets of the model have been included in the top five main universities within Jamaica with a preliminary nod of acceptance from the Ministry of Education.

The A.H.E.A.D (Active, Health, Education, Awareness, Development) program aims to support underfunded and remote schools with nutritional aid, building solutions, and meaningful curriculums to improve the students' educational experience and opportunities.

The goal of these awards is to show people that there is no shortage of altruistic people and good news in the world. The 12 categories are designed to show the diversity of positivity. You have the power to make your voice heard and reward individuals and institutions with worldwide recognition. Anyone from anywhere in the world can nominate a person or community they find inspirational and worthwhile. Once a person is nominated, they will collect votes from people that visit the site. The World Happiness Fest will grant people that stand tall for their good deeds a Scholarship for all learning fees, to attend ALL events LIVE and ONLINE organized around the world for a 12 months period, including the program organized at the United Nations University for Peace on Gross Global Happiness, they will be granted with a Special Recognition badge and certificate.

<https://www.worldhappiness.foundation/awards/>