

The Race of Life: Balancing Ambition and Wellbeing

We live in a culture that celebrates hustle and equates relentless achievement with worth. But what happens when the race never ends — and the finish line keeps moving?

This session explores the psychology behind ambition and the hidden toll of never feeling "enough." Drawing on positive psychology and neuroscience, participants will uncover why the traditional "work hard → achieve → be happy" formula often backfires, and walk away with practical strategies to build success that actually sustains them.

Learning Objectives

- Understand the psychological impact of the "work hard" mindset and why it can quietly work against us
- Explore why happiness fuels performance, not the other way around
- Learn and apply practical strategies to stay ambitious without sacrificing mental health and wellbeing

Content Outline

The Race We're All Running

- The "work hard" mindset: Where it comes from and why it dominates modern culture
- Introducing the Hedonic Treadmill: Why achieving more doesn't mean feeling more fulfilled, and why we quickly return to our happiness baseline no matter how much we accomplish
- The Achievement Trap: the cycle of chasing the next milestone

When the Treadmill Runs You

- The cost of always chasing "more"
- How comparison culture keeps us feeling perpetually behind
- The danger of never feeling "enough"

How to Step Off the Treadmill

- Flipping the formula of working hard and happiness
 - Define "Enough" for Yourself
 - Gratitude Training & Savoring Wins
 - Mindfulness & Presence