

# ACTION FOR HAPPINESS

**We're working for a happier world. Join us and be part of something amazing**



**Action for Happiness**

Board Member Candidate  
Pack 2021/2022

# ACTION FOR HAPPINESS

Opportunity to join our Board of Trustees

## Welcome from the Chair

Welcome! I'm delighted that you're considering joining us at Action for Happiness and supporting our important work. Our mission is to promote a happier world, by creating a culture that prioritises wellbeing and kindness. We do this by helping people get together regularly to learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, both for themselves and others.

As a Trustee, your role will be to work with our Board to set the strategic direction for our work and oversee the effective running of the organisation. You will focus on the key issues, opportunities and risks facing the charity and provide guidance on strategic direction to our Director and team. You will also be an ambassador with key external audiences, help us build relationships with potential funders, and demonstrate leadership on our commitment to diversity and inclusion.

We have made encouraging strides in our first decade, building an online following of over 1 million people, a core movement of 275,000 signed up members and an incredible network of passionate volunteers running life-changing courses and groups in their local communities. Our work has also been evaluated in an independent peer-reviewed Randomised Controlled Trial, showing that it brings significant benefits in terms of enhancing wellbeing, reducing mental health issues and encouraging pro-social behaviour. We now have ambitious plans for the coming years and hope to significantly scale-up our reach and impact.

In the words of our Patron, the Dalai Lama: *"Happiness is not something ready-made; it comes from your own actions"*. We believe in empowering people to prioritise wellbeing and contribute to a happier and kinder world. And by joining as Trustee you have a chance to make a really meaningful difference to this vital mission. We very much look forward to your application.

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### Lord Richard Layard, Chair of Trustees

Professor of Economics at London School of Economics (LSE); founder of Centre for Economic Performance and Head of Well-Being program. Author of bestselling books *'Happiness: Lessons from a New Science'*, *'Thrive: The Power of Psychological Therapy'* and *'Can We Be Happier?: Evidence and Ethics'*.

# We're working for a happier, kinder world. Will you join us?

We are seeking new members for our Board of Trustees. This is an exciting opportunity for someone who shares our vision for a better world and can bring additional strengths and experience to help us deliver an even bigger social impact over the coming years.



**Action for Happiness helps people take action to improve wellbeing,** for themselves and others. Our vision is a happier and kinder society, with fewer people suffering (e.g. due to mental ill health or social isolation) and more people feeling good, functioning well and helping each other. We deliver our mission in a variety of ways:

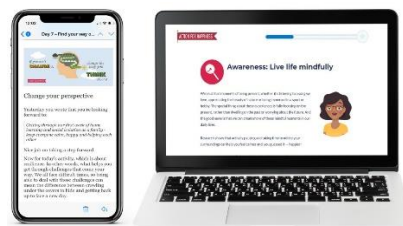
## 1) We bring the science of wellbeing to life

via our *Ten Keys to Happier Living* resources, introductory program and public events:

**GREAT DREAM**  
Ten keys to happier living

- GIVING** Do things for others
- RELATING** Connect with people
- EXERCISING** Take care of your body
- AWARENESS** Live life mindfully
- TRYING OUT** Keep learning new things
- DIRECTION** Have goals to look forward to
- RESILIENCE** Find ways to bounce back
- EMOTIONS** Look for what's good
- ACCEPTANCE** Be comfortable with who you are
- MEANING** Be part of something bigger

[www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)



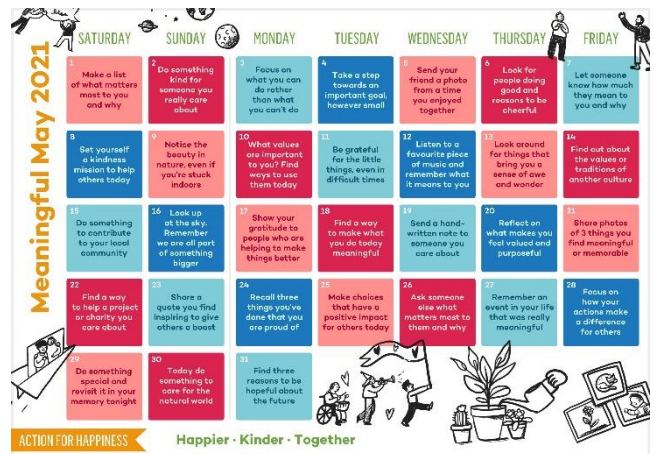
[www.10daysofhappiness.org](http://www.10daysofhappiness.org)



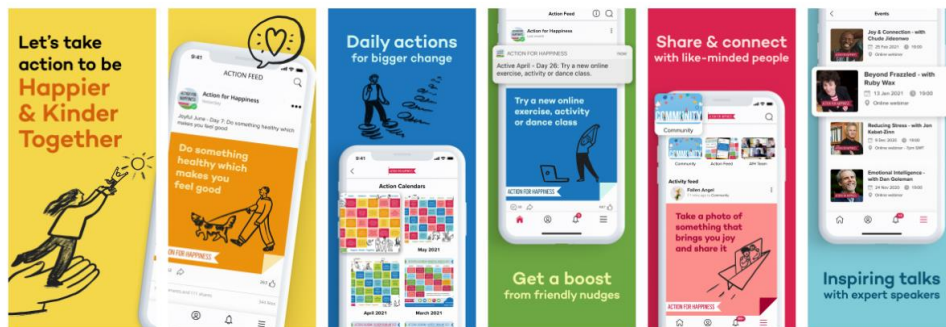
[www.actionforhappiness.org/events](http://www.actionforhappiness.org/events)

## 2) We help people take action to boost wellbeing

via our monthly themes and daily actions – as seen in our calendars and app:



[www.actionforhappiness.org/calendars](http://www.actionforhappiness.org/calendars)



[www.actionforhappiness.org/app](http://www.actionforhappiness.org/app)

## 3) We bring people together for deeper transformation

via our local groups and life-changing face-to-face courses:



[www.actionforhappiness.org/course](http://www.actionforhappiness.org/course)



[www.actionforhappiness.org/groups](http://www.actionforhappiness.org/groups)

## Our Current Trustee Board



### **Professor Lord Richard Layard**

*Chair of Trustees*

Professor of Economics at London School of Economics (LSE); founder of Centre for Economic Performance and Head of Well-Being program. Author of best-selling books *Happiness* and *Thrive*.

<https://cep.lse.ac.uk/layard>



### **Vanessa King**

Expert in Positive Psychology and experienced advisor on leadership and organisation development. Director at The Change Space. Author of *Ten Keys to Happier Living*, *50 Ways to Feel Happy* and co-author of *Creating the World We Want To Live In*.

[www.actionforhappiness.org/vanessa-king](http://www.actionforhappiness.org/vanessa-king)



### **Sir Geoff Mulgan**

Professor of Collective Intelligence, Public Policy and Social Innovation at University College London (UCL). Previously CEO of NESTA, CEO of Young Foundation, Policy Director at 10 Downing St, co-founder of Demos.

[https://en.wikipedia.org/wiki/Geoff\\_Mulgan](https://en.wikipedia.org/wiki/Geoff_Mulgan)



### **Sir Anthony Seldon**

One of Britain's leading contemporary historians, educationalists, commentators and political authors. Previously Vice-Chancellor of Buckingham University and Master of Wellington College. Author of over 40 books, including *Beyond Happiness*.

[www.anthonyseldon.co.uk](http://www.anthonyseldon.co.uk)

## Diversity, Equity, Inclusion & Belonging

Action for Happiness is committed to Diversity, Equity, Inclusion & Belonging. We want to expand the Board and team at Action for Happiness to better reflect the diversity across our society and we are actively trying to enhance and expand our activities and resources to increase their relevance to diverse communities and to reach under-represented groups. You can read our latest DEIB Policy here:

[www.actionforhappiness.org/diversity-equity-inclusion-belonging](http://www.actionforhappiness.org/diversity-equity-inclusion-belonging)

## Your Role

As a Trustee of Action for Happiness, your role is to work with our other Board members and Director to set the strategic direction for our work and oversee the effective running of the organisation.

You will focus on the key issues, opportunities and risks facing the charity, and provide guidance on strategic direction to our Director and team. You will ensure that we set goals, evaluate our performance and safeguard the reputation and values of the organisation.

You will also be expected to act as an ambassador for Action for Happiness with our key external audiences, help us build relationships with potential funders, and demonstrate leadership on our commitment to improve diversity and inclusion.

## Joining Our Trustee Board

To get the most out of being an Action for Happiness Trustee, you will need to have a passion for our vision and goals and ensure you can commit to the time and effort required. Our Trustees need strategic vision, independent judgement, and an ability to work effectively as part of a team.

As one of the charity's senior representatives, you will ideally have extensive networks in the business, policy or charity sectors or a related field. Leadership abilities, communication skills, experience of working in diverse contexts, an understanding of organisational change and personal credibility will be valuable.

You should be able to demonstrate a commitment to the principles of effective governance and financial management in charities, and to Action for Happiness' goal of improving equality, diversity & inclusion. We are especially keen to hear from people from communities who are currently under-represented on our Board, including people from ethnic minority backgrounds. We are looking for people with experience and networks from across the UK.

## What skills are we looking for?

We have more than one vacancy and are looking for people who can contribute one or more of the following skills and experiences:

- Strategic communications (including digital)
- Helping organisations to grow and scale-up operations
- Fundraising for non-profit organisations
- Working in or with community groups who reach under-served or disadvantaged audiences or working with diverse communities.

## How much time is involved?

This is a volunteer (pro bono) role so there is no salary. We pay reasonable out of pocket expenses (e.g. travel to meetings). The initial term is three years. Trustees are eligible for re-appointment at the expiry of that term.

There are four Trustee Board meetings per year, lasting 2 hours each. Trustees may also be asked to join occasional sub-Committees or meetings with the team. Each Board meeting has prior reading which probably takes around an hour. We can accommodate requests for reasonable adjustments such as dialling in remotely or joining online when needed.

You will be invited to one or more Action for Happiness stakeholder events per year though not expected to attend them all. You may need to be available for ad-hoc meetings or phone calls with key staff or other Board members, occasionally at short notice, though this is unlikely to happen often.

There are also optional opportunities to socialise with staff and Board members, attend related training and engage in discussions and events online.

## How To Apply

To put yourself forward for this role, please send a CV and a brief covering email outlining your suitability for the role to [mark.williamson@actionforhappiness.org](mailto:mark.williamson@actionforhappiness.org) by 5pm, Monday 31 January 2022.



**Action for Happiness is a Registered Charity (1175160) and Company Limited by Guarantee (10722435) in England and Wales. Its registered address is: WeWork, 3 Waterhouse Square, 138 Holborn. London EC1N 2SW. UK**