



Little Moments of Happiness

Workshop led by artist Zeev Engelmayer & Yifat Yaari, Maytiv Center — Reichman University

An experiential workshop about the small things that sustain us. In the workshop, we will focus on the small, everyday things that shape meaning and identity — even in challenging times.

Drawing from the perspective of positive psychology, we will explore different components of mental identity, and examine how little moments of happiness, connection, and joy can become anchors for personal and collective resilience.

In the experiential part of the workshop, participants will engage in a guided creation process, inspired by Zeev Engelmayer's artistic style, which invites each participant to notice what brings him or her happiness on a daily basis.

Zeev Engelmayer will weave in stories and insights from his artistic and personal work, demonstrating how focusing on little moments — joy, pleasure, connection, and wonder — can help preserve a sense of humanity and hope, even in complex circumstances.

Zeev Engelmayer is the creator of the Daily Postcards project, focused on optimism and hope.

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