

FREE Live Webinar

12:30 UK | 22nd January, 2026 | London

Together, we will build a better future



Join me, Nadim Saad, and my brilliant guests Dr. Mark Williamson, Dr. Radha Modgil and Adrian Bethune, to explore how to raise happy humans, through simple shifts that change everything. An empowering webinar with happiness experts, designed for parents, caregivers & educators who want practical strategies, up-to-date science and real-world support.

RAISING HAPPY HUMANS

- ✓ How to apply the science of happiness at home
- ✓ Practical ways to grow happiness in your child
- ✓ How to use happiness to increase connection within your family
- ✓ Practical ways for your family to feel better and find meaning



Dr. Mark Williamson - CEO of Action for Happiness

Dr. Mark Williamson is founder & director of Action for Happiness and has taken it from a concept on paper to a mass participation movement with hundreds of thousands of members and a wide range of activities. Mark has a long-standing interest in happiness & well-being and is passionate about creating a more balanced, collaborative society that focuses less on consumption and material wealth and more on helping people and communities thrive.



Dr. Radha Modgil - Broadcaster, Author & Well-being Expert

Dr Radha Modgil is an award-winning medical doctor and general practitioner with over 20 years of clinical experience in hospital and neighbourhood medicine. She has been an energetic, trusted and creative voice for health and wellbeing since 2008 and is on a mission to bring about positive change in the world. Radha believes we all have the power to change the story and ultimately improve our health and wellbeing. Through her extensive work on television and radio, her writing, and clinical work, she supports people to take more control through practical tips and science backed advice.



Adrian Bethune - Founder of Teachappy

Adrian Bethune is a part-time teacher in a primary school in the UK, Associate lecturer at Oxford Brookes University, Deputy Chair of the Well Schools strategic board and the founder of Teachappy. In 2012, he was awarded a 'Happy Hero' medal by Lord Richard Layard at the House of Lords for his work on developing wellbeing in schools. Adrian is author of the award-winning Wellbeing In The Primary Classroom – A Practical Guide To Teaching Happiness.

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