



# INSPIRING PERFORMANCE THROUGH POSITIVE ACTION

## *The Happiness Advantage*

In 225 studies on positivity, researchers found that happy employees have on average: 31% higher productivity; 37% higher sales; and 3 times greater creativity. The numbers clearly tell us that happiness fuels success.

This Learning Sprint explains why this is true and how you can use positivity to inspire great performance. Activities present the “Happiness Advantage” and the science behind it. You’ll explore your current happiness level and how you can make improvements to better manage your health and stress. Then, you’ll begin to apply happiness principles in your workplace to make you and those around you more effective, productive and successful.

**The key ideas you will apply include:**

- Understanding the benefits of The Happiness Advantage.
- Raising your level of self-awareness and regaining control of your own happiness to achieve a more positive mindset.
- Evaluating your current habits and developing new ones that will improve your energy, emotional and physical health, job performance and optimism levels.
- Identifying behavioral patterns and negative stressors that need attention so that you can rewrite your social script to improve your happiness, both personally and professionally.

Developed in partnership with:



### OUTCOMES

- Demonstrate the Seven Happiness Advantage Principles
- Achieve a more positive culture
- Develop an empowered and inspired team
- Develop a framework for building new habits to improve energy, emotional and physical health, job performance, and optimism levels across the organization

### YOU WILL

- Learn the scientific benefits of The Happiness Advantage
- Discover your current happiness level and learn how to improve it
- Develop habits to improve your energy, health, and performance
- Understand the impact of happiness principles in the workplace

### ABOUT THE EXPERT



**SHAWN ACHOR**

- *International bestselling author of The Happiness Advantage*
- *Featured in Harvard Business Review, The New York Times, Boston Globe, Forbes, CNN, FOX News and NPR*
- *Founder of Good Think, Inc.*

## SPRINT OUTLINE

WEEK 1 <b>THE HAPPINESS ADVANTAGE</b>	WEEK 2 <b>KNOW YOUR-SELF: THE PATHWAYS TO HAPPINESS</b>	WEEK 3 <b>MANAGING YOUR ENERGY &amp; STRESS</b>	WEEK 4 <b>HAPPINESS AT WORK</b>	WEEK 5 <b>HAPPINESS FOR LIFE</b>
<ul style="list-style-type: none"> <li>• Exploring The Happiness Advantage</li> <li>• Examining the Science of Happiness</li> <li>• Discovering the Greatest Predictor of Happiness</li> </ul>	<ul style="list-style-type: none"> <li>• Raising Your Happiness Levels</li> <li>• Getting Your Brain to Make Better Decisions</li> <li>• Becoming More Resilient by Regaining Control</li> </ul>	<ul style="list-style-type: none"> <li>• Happiness &amp; Your Health</li> <li>• Making Stress Work for You</li> <li>• Supercharging Your Brain</li> </ul>	<ul style="list-style-type: none"> <li>• Connecting With Others to Strengthen Ourselves</li> <li>• Improving Happiness &amp; Success at Work</li> </ul>	<ul style="list-style-type: none"> <li>• The Ripple Effect Spreading Happiness</li> <li>• Synthesizing Your Learning</li> <li>• Action Planning</li> </ul>