



SPREADING HAPPINESS AT WORK

Building Morale For Yourself And Your Team

Most people don't see a clear connection between happiness and success at work, but research shows that being happier has a huge impact not only on your health and personal life, but also on work performance for you and your organization as a whole. *Spreading Happiness at Work* explores the importance of positivity in the workplace. Participants will implement collective happiness strategies, discuss current scientific research, and create a more positive work culture.

In this Learning Sprint, you will:

- Learn how to connect more effectively with others
- Leverage your improved optimism for higher work performance.
- Explore ways positivity can help you spread your happiness.
- Enhance your work environment with researched positivity strategies.
- Consider and collaborate on how to bring sustained happiness to your workplace.

You will have a chance to immediately apply the material and reflect daily on what you learn through experiments and group discussions.

Developed in partnership with:



OUTCOMES

- Spread positivity by bringing individual practices of happiness into the workplace
- Create a sustainable cultural change by spreading the happiness advantage to others in the workplace
- Increased productivity and workplace happiness resulting from suggested behavioral changes and experiments

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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

DAY 1	CONNECTING WITH OTHERS TO STRENGTHEN OURSELVES	DAY 2	IMPROVING HAPPINESS AND SUCCESS AT WORK	DAY 3	SPREADING HAPPINESS TO OTHERS: RECOGNIZING THE POSITIVE	DAY 4	BUILDING A POSITIVE WORK CULTURE	DAY 5	INTERACTIVE CAPSTONE
<ul style="list-style-type: none"> • Mirror Neurons: We Are Hard-Wired to Connect • The Impact of Mirror Neurons in Your Workplace • Conscious Acts of Kindness • EXPERIMENT #1: Sending a Positive Email 	<ul style="list-style-type: none"> • Predicting Your Success at Work • Performing at Our Positive Potential • Dealing With Toxic Employees • EXPERIMENT #2: Fighting the Negative • Positive Ways to Combat Workplace Negativity 	<ul style="list-style-type: none"> • Praise & Recognition • Investing in a High Performance Environment • Identifying Events Worthy of Praise • EXPERIMENT #3: Delivering Praise 	<ul style="list-style-type: none"> • Spreading the Happiness Advantage • Changing the Social Script to Change Culture • EXPERIMENT #4: The Power Lead & Flexing Your Smile • What Giving Gets You At the Office 	<ul style="list-style-type: none"> • Options include Video Response, Online Discussion, or Live Event • Cohort members and expert(s) exchange ideas about content significance, application, and follow through 					