

# LEARNING MODULES

## PARTICIPANT BENEFITS



We can include your specific topics in any module, depending on the group's needs and interests. The modules give participants everything they need to start creating a happier and more productive workplace, including:

- Rich knowledge about happiness at work, based on latest research
  - Awareness that happiness at work is something you can cultivate, and shape
    - Learn the science theory and tools you can start using right away
    - Gain new ideas about how to optimise your own happiness at work
    - The energy and will to actually make a change

GROUP SIZE: No upper limit  
DURATION: 1-2 hours

## THE CONTENT

The exact content depends on your group's needs and interests. We will go through the most important points about happiness at work and give participants a solid grounding on the topic.



It includes:

- What is happiness at work
- Why is happiness at work so important for each of us
- Why happy companies make more money
- What makes us happy at work - and no, it's not about economic rewards
- The most pernicious myths about happiness at work
- What makes us unhappy at work and how to avoid it
- My happiness at work is my responsibility. I cannot just sit around and wait for my boss or my coworkers to make me happy
- Simple tools that anyone can use to become happier at work

**Happiness at work is good for everyone - the employee, the team, the customer, and the company**

## THE BOOKING PROCESS

### BEFORE THE



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1

Following up on your booking, we send you a confirmation with all practical details and cost.

2

Then, we connect by phone to learn more about the audience, current workplace situation and what they should ideally take away.

3

What's more, we can also measure happiness@work through an online survey, that takes only two minutes and is 100% anonymous. The survey gives us insight into the group's strengths and challenges. In essence, helping us to tailor our content.

The survey results are shown as part of the keynote.

### AFTER THE

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1

The day after the module, you will receive all relevant material (slides, video, articles) to be shared with participants, as soon as possible.

2

Following up on the event, we connect by phone after a week, to give you suggestions about how your workplace can act.

3

Using the same survey, we can measure participants' happiness@work again within 2-3 months after the event, to assess how much it has gone up.

