

POSITIVE PSYCHOLOGY & UPPINESS GAME

Up your game at work and lift others as you rise !

About Uppiness Game

World-famous Dr. Tal Ben-Shahar and Organizational psychologists Dalia Feldheim and Oren Appel – have developed an exciting game for organizations.

It is an interactive and fun online game that boosts happiness at work by enabling participants to learn tools and solutions from the sciences of happiness at work and positive psychology.



LEARNING OBJECTIVE

- Improve your team members' ability to solve actual workplace challenges
- Encourage a positive organizational culture
- Improve team communication
- Boost employee engagement



DURATION

A game can last 60 to 90 minutes depending on the number of rounds and participants. At the end of the game, there is a debrief session to discuss learning, solutions proposed, and commitment to actions.

FORMAT

Up to 4 hours: usually virtual via Zoom because during the session participants also connect via a web-based game table hosted on Uppiness. In-person hybrid versions can be arranged.

FACILITATOR

HandsOn coaching is a certified Uppiness Trainer with access to the game software. For each group of six participants, there is an additional facilitator.

This Happiness Booster session is beneficial for all employees. In this interactive session, participants will:

- **Learn Positive Psychology**

Learn Tal Ben-Shahar's SPIRE framework (Spiritual, Physical, Intellectual, Relational, and Emotional Well-being) and evaluate your current status.

- **Play the Uppiness Game**

Interactive and fun online game to maximize learning to enhance your and others' happiness.

- **Reflect**

Debrief the game experience and statistics, recap of the tools learned and when to use them. Q&A.

- **Commit**

Lasting change requires action distilled into rituals. The final step is to identify our commitments and determine how to incorporate them into your daily routine.



The game reflects on how everyone's strengths can be brought forward after considering the solutions offered by the team dynamics, to solve real work dilemmas and challenges.

The focal point being the effectiveness of combining forces to achieve something positive, as a team, rather than looking at each individual part that forms it.

The game is played at virtual tables with 6 participants. You have both individual and collective goals. The personal objective is to collect as many Upper tokens as you can to win. The group objective is to solve as many game challenges as possible.

The game starts with players selecting their individual strengths (the game supports both VIA Strengths and Clifton Strengths classification) and get assigned four random cards, representing the solutions they can propose in 4 positive psychology areas:

- Physical
- Intellectual / Mental
- Relational / Social
- Emotional

Strengths and solutions are then used to address two types of challenges:

- **Questions:** work-related dilemmas that need to be solved
- **Actions:** energy-increasing tasks that need to be done



Check

<https://youtu.be/DhpNkxCSMzg>