

WORKSHOPS

Participant Benefits



The workshop gives participants everything they need to start creating a happier and more productive workplace, including:

- Knowledge about happiness at work, based on latest research
- Specific tools to be used right away, with hands-on experience during the workshop
- The energy and will to actually make a change. **GROUP SIZE: Up to 50**
- A great, positive experience **DURATION: Half day ~4p hours Full day ~8 hours**

WORKSHOP AGENDA

We plan the agenda together, reflecting on the group's specific needs and interests.

Introduction to happiness@work

basic concepts for the group to get familiar with.

Core Values Exercise

helping teams to define their values and purpose at work.

Problem Matrix

discuss, prioritise, and address, team problems via the lens of a constructive process.

Vision for Happiness

helping teams craft their vision for creating happiness@work.

Poncho

an excellent exercise in praise and recognition.

Busyness

how to stay happy when there is too much work.

Changes

how to stay happy@work when the company is facing big scale changes.

Plan for Happiness

group-driven specific actions to create happiness@work.



THE BOOKING PROCESS

BEFORE THE WORKSHOPS



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 WORKSHOPS

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.

