

The Science of Happiness

The Science of Happiness is a dynamic program that takes happiness very seriously! This workshop educates and empowers your team members to find the good within the bad or the opportunity within the problem, so they can strive for and achieve maximum results, both in their personal and professional lives.

THE STRUGGLE IS REAL

It's hard to be happy in such a seemingly negative time. With that said, it's especially hard to be happy at work. Perhaps it's no wonder that Gallup research shows only 13% of employees around the world are actively engaged at work, and more than twice that number are so disengaged they are likely to spread negativity to others.

MONEY MATTERS

In the age of social media, disengaged employees can be particularly damaging to a company's brand in terms of attracting and maintaining customers and star employees. Disengaged employees are estimated to cost organizations between \$450 billion to \$550 billion, according to a Gallup Research poll.

AN EQUAL AND OPPOSITE REACTION

Negativity doesn't just affect us at work. It's been proven that negative emotion can cause illness. Stress can completely break the body down and do incredible damage. It's also a proven fact that every action has an equal and opposite reaction. So, if we believe that negative emotion can make us sick, then the equal and opposite reaction is that positive emotion can make us healthy.

THE OPPORTUNITY WITHIN THE PROBLEM

Let's say you had the ability to wave a magic wand and make the company you work for perfect. Would that make you happy? It most certainly would not. Here's the problem with perfection when it comes to places of

employment: In a perfect company, there's no reason to change anything and, therefore, no room for opportunity or growth. If a perfect company was to exist, and you happened to work there, then you better be happy with the job you have and the money you make because you will never get promoted. Why would anyone need to promote someone if everything is perfect?

AN AWESOME OUTCOME

Your employees will learn why they should love working at a company that's not perfect, and why a great work attitude will contribute to a greater attitude at home. In addition to providing career advice, this session also touches on many other topics that will be popular with your workforce, such as weight management, money management and relationship advice.

AN AWESOME EXPERIENCE

Your employees will appreciate this session because not only does it provide useful tips and advice, but it's presented in an engaging manner through light-hearted, humorous stories. You, in turn, will appreciate how this session will positively impact your team's behaviour and morale.

WHO SHOULD ATTEND

This team-building experience is for employees of all levels, regardless of whether or not they are in a leadership role.

1. THE ABC'S OF AWESOME

- ✓ What is the right **Attitude** for work and home?
- ✓ What are the **Basics** I am missing?
- ✓ How can I improve my relationships by improving my **Communication** skills?
- ✓ What are the opportunities in my life that may look like problems?

PLAYTIME: Attendants will list and discuss the opportunities in their life that may look like problems and then create a plan on how to apply the ABC's of Awesome to those opportunities.

2. AWESOMENESS THROUGH THE POWER OF INFLUENCE

- ✓ Who are the people in your life you would like to influence?
- ✓ What are the mechanics of influence and how can you apply them to those people?
- ✓ What would you like to influence in yourself? (eg. weight, finances, stress management)
- ✓ How can you apply the mechanics of influence to better yourself?

PLAYTIME: Attendants will discuss who they would like to influence and why, as well as what they want out of their life and career and why and how that ties into the opportunities discussed in Part 1.

3. INFLUENCE OTHERS, INFLUENCE YOURSELF

- ✓ Master the influence tactics discussed in Part 2.

PLAYTIME: Attendants will roleplay the influence techniques they learned in Part 2.

4. BALANCE YOUR MIND, BODY AND SOUL – CUT OUT EVERYTHING ELSE

- ✓ Is your mind, body and soul in balance?
- ✓ What are your mind, body and soul goals?
- ✓ What is the 80/20 principal and how can we use it to spend more time on what actually brings us success, health and happiness?

PLAYTIME: Attendants will list and discuss all of their mind, body and soul goals and then, using the 80/20 principle, they'll discuss how they can better use their time to accomplish what they want.

5. DO WHAT NIKE SAYS

- ✓ Just Do It! After all the planning is done, do what Nike says.
- ✓ How to stay motivated and on track.

PLAYTIME: Attendants will assemble and discuss a plan to overcome potential obstacles to the goals determined in Part 4, so they can "Just Do It" and keep doing it!