

## Promoting the Happiness Advantage in Your Office

Dori M. Carlson, OD, MAL, FAAO

Email: [dori.carlson@gmail.com](mailto:dori.carlson@gmail.com)

### 1 Hour

#### Description:

This course is based on the bestselling book, "The Happiness Advantage". Research shows happy employees are more productive, more creative and better problem solvers than their unhappy peers. Happiness doesn't start with success, however. Happiness fuels success. This course will explore the concepts to creating a happier workplace.

#### Objectives:

- Discuss the concept of happiness and why it matters to help with burnout, staff turnover, increase in sales, and even personal relationships.
- Explore neuroscience and the seven principles the book explores and how to apply them to our workplace
- Discuss tangible ways to train your brain to become more positive – and the power of positivity in the workplace.

#### Outline:

##### ➤ Overview (5 min)

- What is happiness?
- Shawn Achor and his book "The Happiness Advantage"
- Importance of happiness
  - personal success
  - professional success

##### ➤ The Happiness Advantage: Key Concepts (5 min)

- Definition of the Happiness Advantage
- Overview of
  - positive psychology
  - impact on performance
- The relationship between happiness and success

- **Seven Principles of the Happiness Advantage (20 min)**
  - Overview of each principle with stories attached to each principle
    1. **The Happiness Advantage**
      - Why happiness gives us a competitive edge
    2. **The Fulcrum and the Lever**
      - Changing your mindset
      - Create positive change
    3. **The Tetris Effect**
      - Training your brain
      - Focus on positives
    4. **Falling Up**
      - How to find opportunities in setbacks
    5. **The Zorro Circle**
      - Regaining control
      - Challenging situations
    6. **The 20-Second Rule**
      - Removing barriers
      - Positive habits
    7. **Social Investment**
      - Building strong relationships for success
- **Applying the Principles in Real Life (5 min)**
  - Practical examples of how individuals and organizations can apply these principles
  - Case studies of companies or individuals who have successfully implemented these principles
- **Benefits of Applying the Happiness Advantage (5 min)**
  - Improved productivity
  - Improved performance
  - Better decision-making abilities
  - Enhanced resilience
  - Enhanced creativity
- **Strategies for Cultivating Happiness (5 min)**
  - Practical tips for cultivating a positive mindset

- Daily habits that promote happiness and well-being
- The Ripple Effect
  
- **Conclusion (5 min)**
  - Summary of key points
  - Call to action: Encouragement to apply these principles in everyday life
- **Closing Remarks & Questions (5 min)**
  - Final thoughts on the importance of happiness in achieving success