

Happiness at Work



UNIVERSITY SYSTEM OF GEORGIA

What do you think?



2

Objectives

- Explore beliefs about happiness
- Learn how positivity impacts success
- Understand the impact of attitude & perception
- Understand how to increase happiness
- Overcome challenges & difficulties
- Understand the impact of happiness

What do we think about happiness?

- Success is not the key to happiness. Happiness is the key to success.
- The secret to happiness is to do what you like. The secret to success is to like what you do.
 - Happiness is a journey...not a destination
- Success is getting what you want; happiness is wanting what you get

Success and Happiness

"I will be happy when....."



Positivity and Success

Over 200 studies on 275,000 people worldwide show:

- Higher levels of productivity
- Success in every domain: marriage, health, friendship, community involvement, creativity, jobs, businesses and careers
- Higher Sales
- Better Performance in Leadership positions
- Higher performance ratings
- Higher pay
- More job security
- Less sick days
- Less likely to quit
- Less burnout

Attitude & Perception

Accentuate the positive, eliminate the negative...



Attitude & Perception

As you think, so shall you be...

Beliefs Dictate Actions	
Gratitude	Hope
Optimism	Resilience



Attitude & Perception

The sheer POWER of expectation...



Attitude & Perception



Find meaning in your work &
connect to the larger picture.

Attitude & Perception

“Fake it ‘til you make it”



11

Perspective

What you focus on becomes your reality.



Growth From Challenges & Difficulties

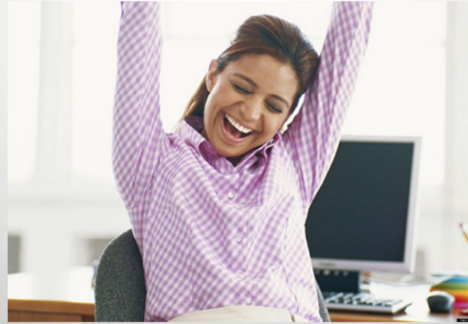
Taking a difficult situation & creating good from it:

- What can be learned from the experience?
- How can I use this new knowledge to my benefit?



Manageable Goals

- Break your project/assignment into smaller goals
- Believe your control lies inside vs. outside yourself



14

Social Interaction

- Eye contact
- Sharing good times
- Feeling cared about
 - Let others know what you need



How to increase feelings of happiness

- Meditate
- Find something to look forward to
- Commit conscious acts of kindness



How to increase feelings of happiness

- Lace positivity into your environment
- Exercise
- Spend money on others or experiences
- Make use of your unique skills/talents/character strengths



Now back to the bank...



The Importance of positive reinforcement

- Affirmations at work
- Recognitions



Impact at Work

- See more opportunities, be more creative
- Primed to see positives
- Regain control over self
- Reaching personal goals
- Social support



Summary

- As you think, so shall you be...
- Your attitude dictates your reality
- Organize your work & manage it rather than the other way around
- We can grow from difficulties we experience
- Social experiences are of the utmost importance
- There is a ripple effect to your actions.

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