



HAPPINESS IN THE WORKPLACE

WORKSHOP SERIES

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WORKSHOP OVERVIEW

There is a growing amount of research that validates that 'happiness' is essential in achieving individual and workplace success. When people are happy at work, they experience greater satisfaction, increased productivity, step into positions of leadership and celebrate improved health. Happier people are more likely to tap into their creative side, resulting in more expansive thinking, improved relationships and increased innovation.



In this Happiness workshop series, you will learn the many benefits of a happy workplace. You will be taught science-based strategies you can use individually or with your teams to cultivate greater connection and elevate happiness.

The workshops address a wide range of topics such as stress resilience, creating synergistic relationships, the use of mindfulness, gratitude and kindness to increase collaboration and productivity. Each workshop provides tips and suggestions to help develop a positive culture through engaged leadership.

Upon completion, you will gain valuable insight on how to gauge the level of happiness within your organization. Articles and case studies are provided to help enroll your colleagues in seeing happiness as a desirable and achievable outcome. This enables a clear understanding how to navigate organizational goals that supports a positive work environment.

The workshops will be facilitated by Certified Life and Happiness Coach, Lisa Lopez. Lisa has received extensive training on the topic of happiness through Yale's Science of Wellness program, UC Berkeley's Happiness in the Workplace program, and as a coach facilitator at the World Happiness Summit.

She is certified through the International Coach Federation as an Associate Certified Coach and is an Assistant Coach trainer at International Professional Excellence in Coaching.



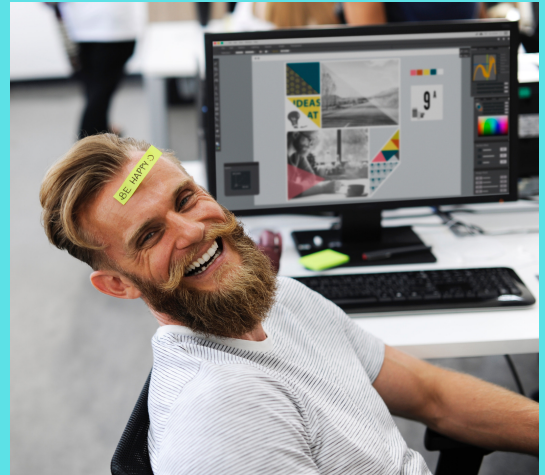
WORKSHOP DESCRIPTION

Offered individual or workshop series.

Happiness at Work 101

Covers the foundation of happiness. What happiness is, why it is important, how to gain more of it and how to handle barriers to it. This is a deep dive into all the benefits that result from cultivating a culture of happiness in the workplace. In addition, it explores practical ways to assess happiness and strategies for implementation into the workplace.

Length: 2 hr



Stress Resilience at Work

Addresses the problem of stress in the workplace. We examine the harmful effects of stress as an individual and as an organization. Learn about the practice of mindfulness and the benefits of implementing a mindfulness program at work. We will discuss science-based strategies for building resilience to stress and maintaining our well-being during stressful times.

Length: 2 hr

Workplace Empathy

Delve into the social and emotional skills that sustain positive relationships at work. The foundation and related skills of empathy and “emotional intelligence,” also known as EQ, are highlighted. EQ refers to the skills of identifying and regulating our own feelings, tuning into the feelings of others and understanding their perspectives, and using this knowledge to guide us toward constructive social interactions.

Length: 2 hr



PRICING

Customized In-Person Workshops For Employees & Teams

100% **evidence**-based workshops are both practical and inspirational. Understanding the science of happiness will help your team maximize productivity and connection in the workplace --starting today.

Although each workshop was designed to stand alone, the greatest value comes with the purchase of additional workshops.

Contact Us and discuss your organizations specific needs and budget.

1:1 Personalized Happiness Coaching

For individuals that seek greater growth and happiness both personally and professionally.

Contact Us to discuss your specific needs.

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