

UNDERSTANDING HAPPINESS

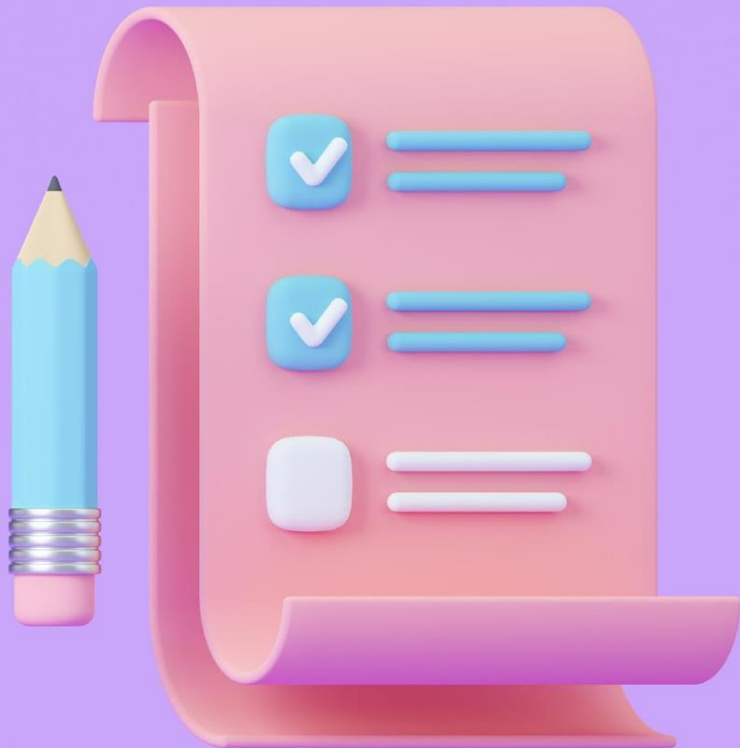
MODULE M5

What is happiness?

Finding joy at work

Happiness and change

AGENDA



01

**Welcome and Introduction
(ice breaker)**

10min

02

Move to Breakout Rooms

5min

03

Breakout Group Activity

50min

04

Presentation, Discussion

20min

05

Aha! Moments - Learnings

15min

06

Reflection, Feedback, Close

10min

AHA! MOMENTS + LEARNINGS

WHAT IS HAPPINESS?

Defining happiness:

- Positive feeling
- Achievement, making a difference, lasting legacy
- Basic needs, connection, avoiding comparison, and finding meaning in life
- You can influence it

FINDING JOY AT WORK

Creating balance:

- Can benefit your work life and teamwork
- Result of hard work; can hinder focus and problem solving
- 'Play' contributes to a good work-life balance

HAPPINESS AND CHANGE

Can co-exist:

- Understanding emotion is key
- 'Arousal' influences emotional reactions to events
- Having social and personal support contributes to growth and happiness