

Finding your

Joy-Spot



The *Heart & Science* of happiness at work

WHAT MAKES THE HUMAN HEART SING?

- **What if**... your work culture is so awesome that your workmates can't wait to get to work?
- **What if**... being happy comes first, and engagement and productivity come second?

LEARN how to reap the benefits of a more **positive mind-set** to achieve the extraordinary at work & in life.

EXPERIENCE the power of creating a work **culture** where people feel engaged, motivated and caring.

FIND OUT

- How to measure your happiness.
- What the top 10% of **happy people** have in common.
- 5 habits that will dramatically **increase happiness**.
- The "Power of Wow!".
- How to buffer depression.
- About emotional, moral & judgemental happiness.

DID YOU KNOW...

- 90% of your long-term **happiness** has nothing to do with your external world.
- 80% of people work in jobs they don't enjoy.
- Happy employees are 31% more **productive**, sell 37% more, are 3 times more **creative** than their peers.



BASED ON CUTTING EDGE RESEARCH FROM THE WORLD OF POSITIVE PSYCHOLOGY