



Using the Science of Happiness at Work™

Happiness at work is associated with a host of benefits that positively affect individuals, teams and their organizations. iOpener's robust research shows that the happier you are at work, the more you get done, the more confident you are, the faster you're promoted, the healthier you are and the more energized you feel. Your challenge is to harness the Science to be your best, deliver your best and pass this on.

Attend this workshop to get personal insights, to have meaningful conversations with your peers and to develop personal understanding of your performance, productivity and potential.

How do I know I should attend this workshop?

1. Are you under a consistent pressure?
2. Do you feel that your energy and resilience are not always optimal?
3. Do you sometimes think 'I would really like to feel more motivated'?
4. Are you concerned about any negativity you might be projecting to others?
5. Would you just like to feel happier and more productive at work?

If you answer yes to most of these five questions then this workshop is for you.

What will I do?

You will work on:

- Analyzing your own personal happiness at work report
- Understanding perceptions of control in your current context
- Reviewing your motivation and what adds to or subtracts from it
- Generating greater commitment and engagement through project and people analysis
- Planning your next steps through peer coaching

What are the outcomes?

By the end of this workshop you will be able to:

- Apply the Science of Happiness at Work™ in your personal context
- Recognize where and how to focus your efforts
- Use your personal resources more sustainably and optimally
- Optimize your motivators
- Feel renewed commitment and long-term engagement to your career

How do I prepare?

Complete the iOpener People and Performance Questionnaire by clicking through on the link you are sent. Please do this 48 hours before the workshop so that your report can be printed out and returned to



you. This is an entirely confidential process, you can use a personal email address and only your facilitator will see the results. It forms the basis of the workshop and will give you many insights and pointers to work on.

Who is iOpener?

We develop people and organizational performance through the power of happiness at work.