

Happiness at Work - Luxury or business?

Jon Kjær Nielsen

 jon.dk

Plan & take action

- Decide on 1 to 3 things you will do to create happiness at work
- Small steps



The Good Life

Happy at work

“Arbejdsglæde”

Jon Kjær Nielsen - Speaker & Author

M.Sc. in engineering, 2002. Former HR Specialist.

Independent consultant since 2006.

Biker, snowboarder, chef.









The Happy Dozen

12 Ways to be Happy at Work
by Jon K. Nielsen



jon.dk

Det Glade Dusin

12 tips til mere arbejdsglæde
af Jon Kjær Nielsen



jon.dk

Morten



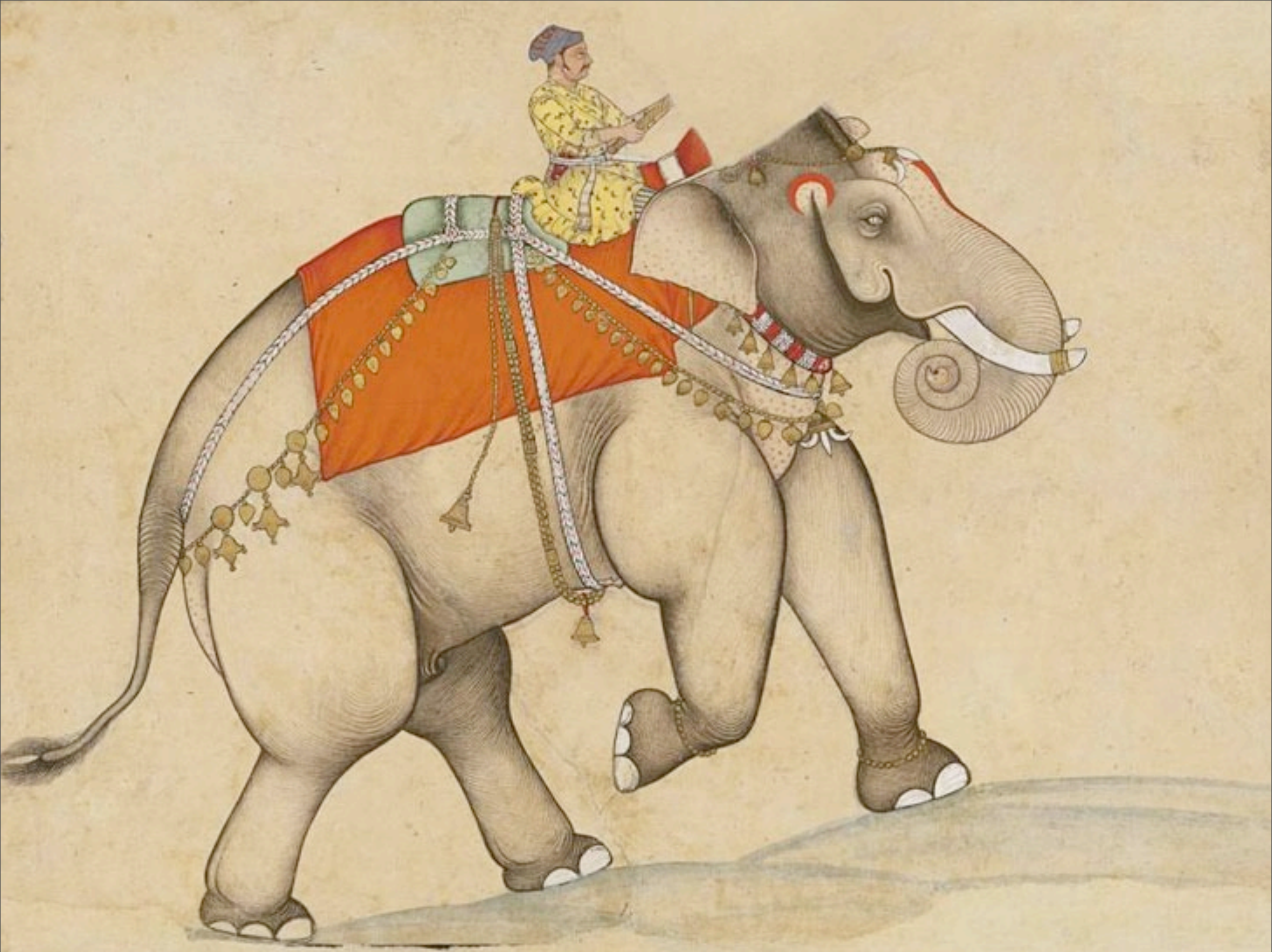
How much....?

3-to-1

What makes YOU
happy at work?

The Victim T-shirt

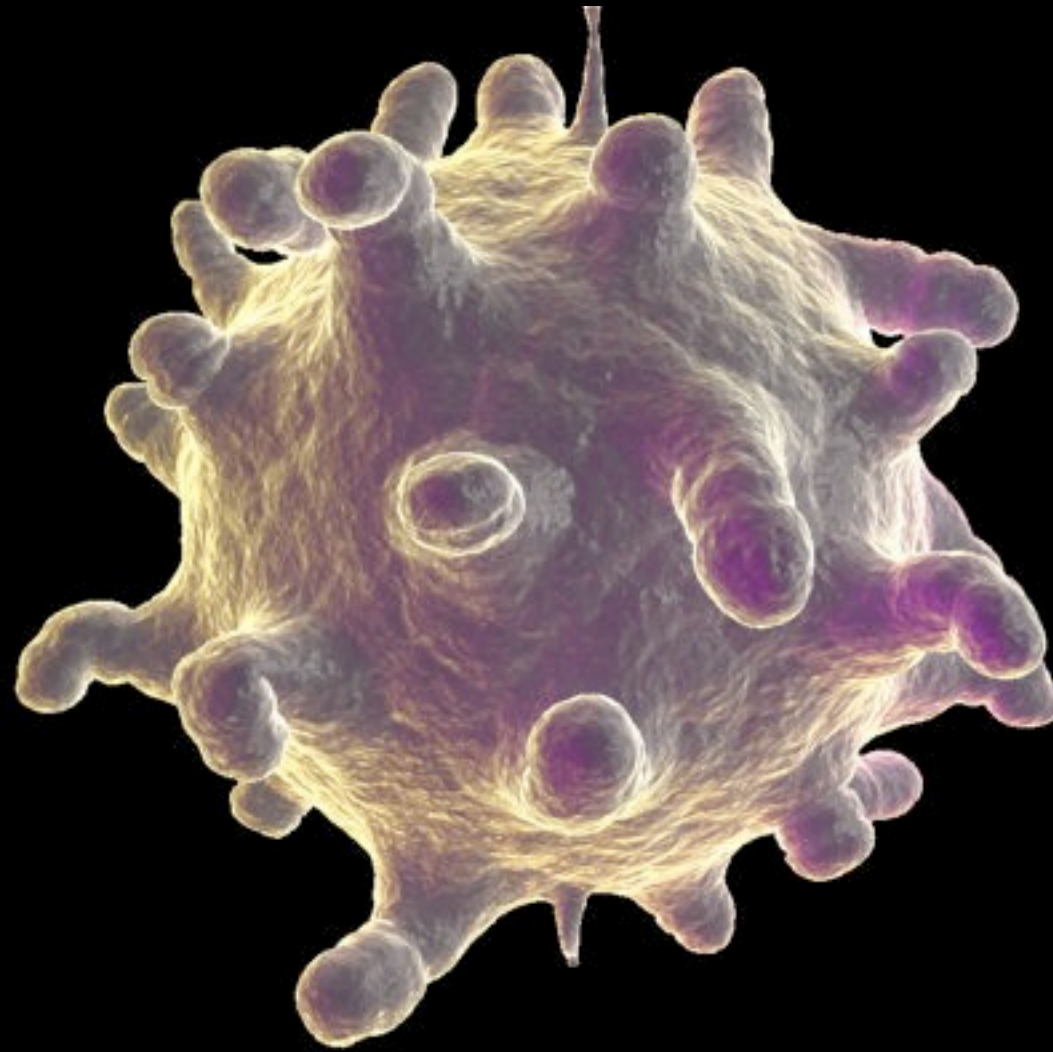




Serious Consequences

- Your happiness overall
- Your succes
- Your health





Positive psychology



Positive psychology



Positive psychology



Remember three
good experiences



Take someone on a DATE



Päuse



How do you see it?



How do you see it?



How do you see it?



Teamwork

How do you see it?



Agreeing

How do you see it?



Management

How do you see it?



Flexibility

Reflections

Reflections

PROBLEMS at a distance

60%

1: Communication



2: Trust



3: Team effort



4: Ineffective



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The SOLUTION



blitznet

How-To



Tips&tricks

- Learn the technology
- Helpers on site
- Meet often
- Check in daily - call!
- Talking Stick
- Ambassadors

Works for me!

Share experiences of making it work at a distance

Happiness

- the bottom line

Productivity Service
Teamwork Sick leave
Sales Employee turnover
Creativity Learning
Leadership



Happiness - the bottom line

Productivity Service
Teamwork Sick leave
Sales Employee turnover
Creativity Learning
Leadership







SoftScan



Are you
getting it?!

Rasmus



Helping others

Help me?

5 minutes
without a plan

Celebrate success

Plan & take action

- Decide on 1 to 3 things you will do to create happiness at work
- Small steps - train the elephant!

Happy Trek

Free e-book:
Jon.dk
HappyWays.com



THANKS !

Today's materials:

**happyways.com/
sanofi**

Tips and discussions:

Jon.dk and
HappyWays.com on
Facebook



Photo contest



onsdag den 24. april 13

Happy Hour



Happy Hour



Team Carrousselle



Team Carrousel



onsdag den 24. april 13

Blue Eyes Peas



Sparkling Roses



Sparkling Roses



Quickstep



Quickstep



Happy Rocking Crocodile



onsdag den 24. april 13

Happy Rocking Crocodile



onsdag den 24. april 13

Rock Stars



Rock Stars



Rock Stars



Happy2Gether



Happy2Gether



And the winner is.....



Happy Rocking Crocodile



Super Colleague



Super Colleague



Super Colleague

