

Happy
at Work
- Quite simply!

Jon Kjær Nielsen

jon.dk

Take action

- Decide on 1 to 3 things you will do after today
- Small steps!



Jon Kjær Nielsen - Speaker & Author

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

Independent consultant since 2006.

Biker, book-worm, chef, nomad





accenture



BILKA



BESTSELLER*

Danske Bank

Deloitte.



HMN
GASSALG



krak



københavns E



KØBENHAVNS KOMMUNE

midt
regionmidtjylland

microsolutions

» movia

NIRÅS

Nordea



novo nordisk®



ROSKILDE
KOMMUNE



Silkeborg
Kommune



telenor



TEKNOLOGISK
INSTITUT

TERMA®

SKAT



RAMBOLL

novozymes®

Rethink Tomorrow



RISØ



youSee®
mere ud af skærmen





Materials after today:

HappyWays.com/F4E

- My presentation
- Articles
- Meetup on Facebook

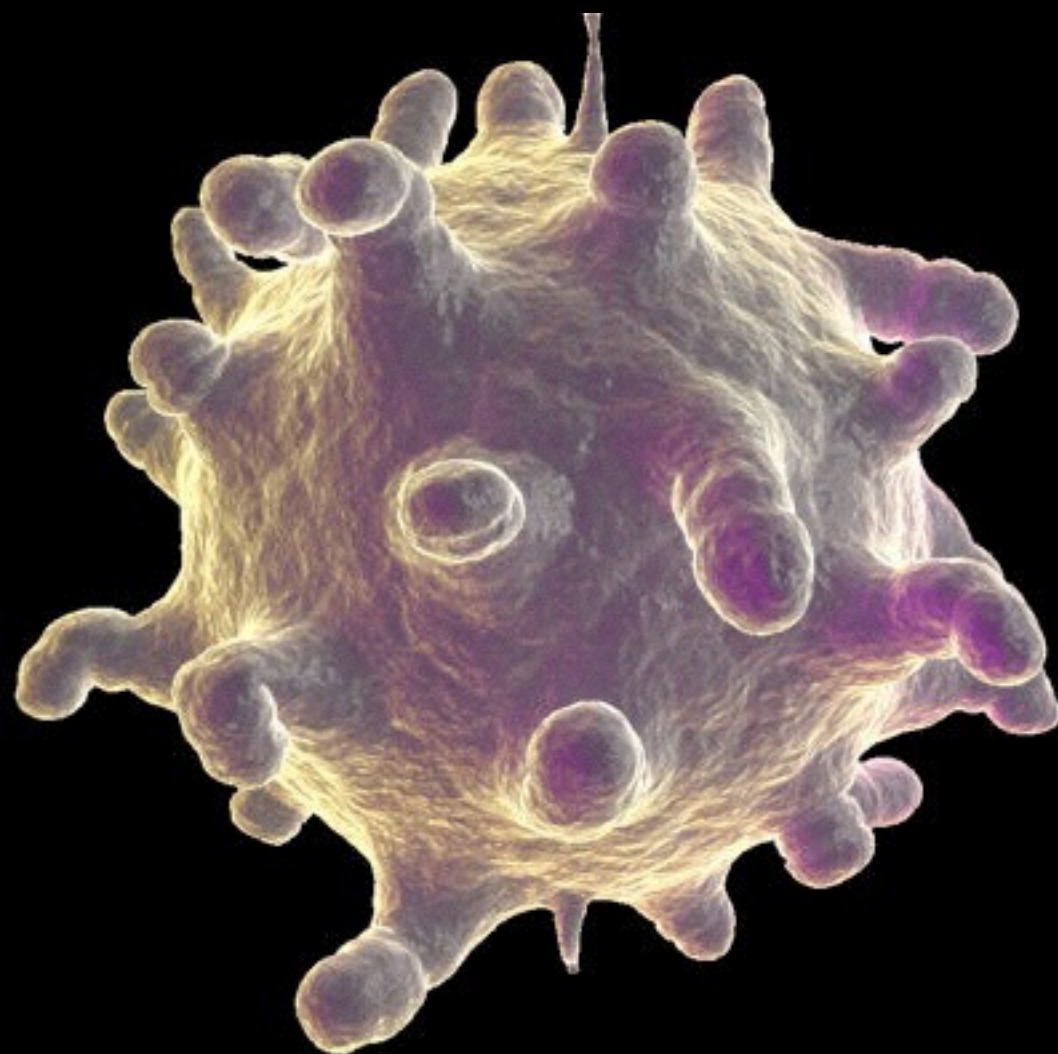




Serious Consequences

- Your happiness overall
- Your succes
- Your health





Sources of happiness

Task:

Think about a really
good day





Negative impact

- Disturbances in the Hygiene Factors

The Victim T-shirt



Negative impact

- Disturbances in the Hygiene Factors
- Whining and complaining
- Lack of recognition
- Percieved injustice
- Bad relationship with your boss

“We’ll have
to wait and
see...”



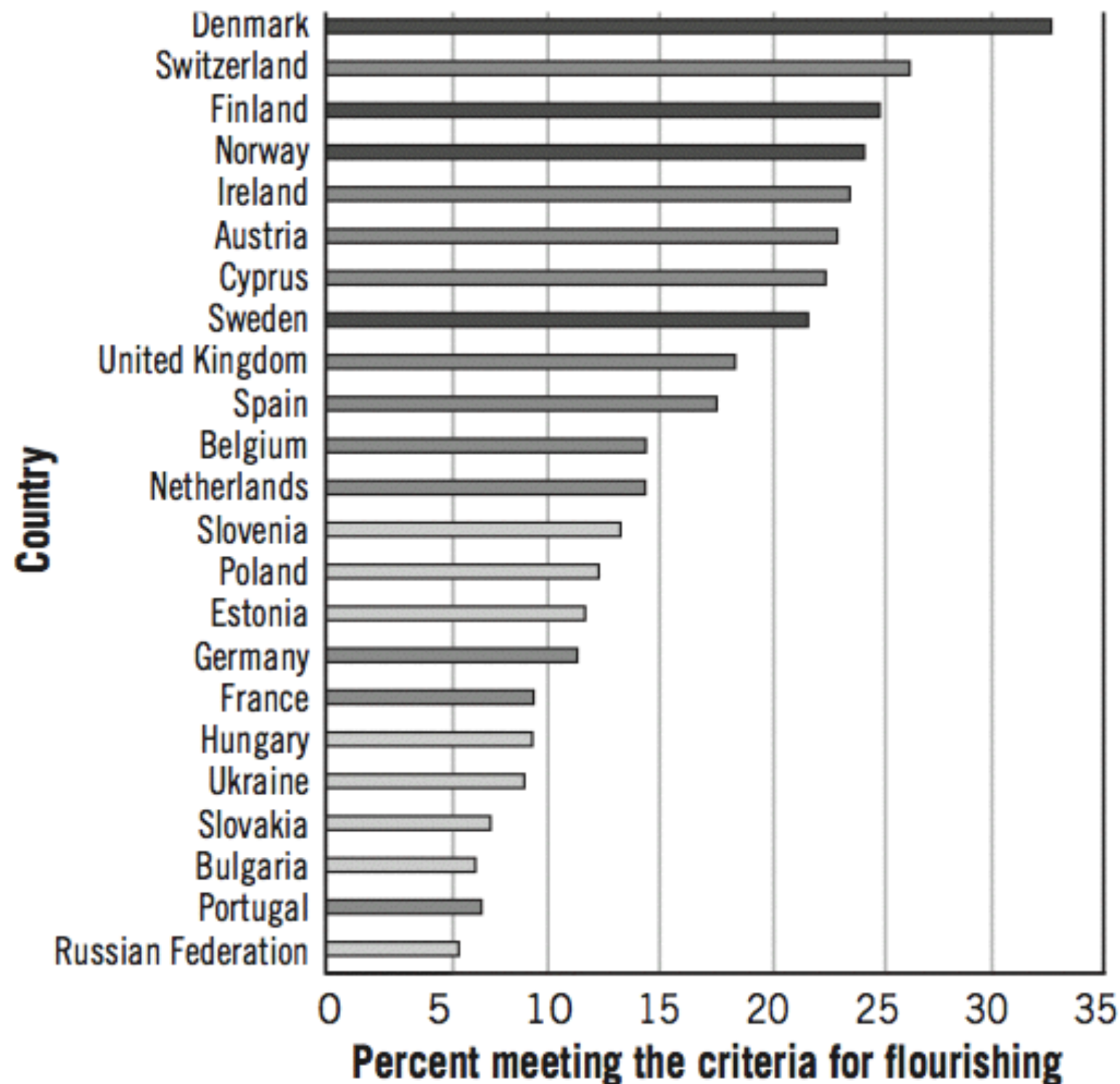
Positive psychology



Human flourishing



GDP is not factor



Positive psychology

“One of the most significant findings in psychology in the last twenty years is that individuals can choose the way they think.”

- Martin Seligman





Positive emotions

Optimism



Benefits

Problem solving

A more healthy life

A longer life

Greater innovation

What Went Well?





Positive beginnings



Mirror neurons





Engagement

Flow

#3

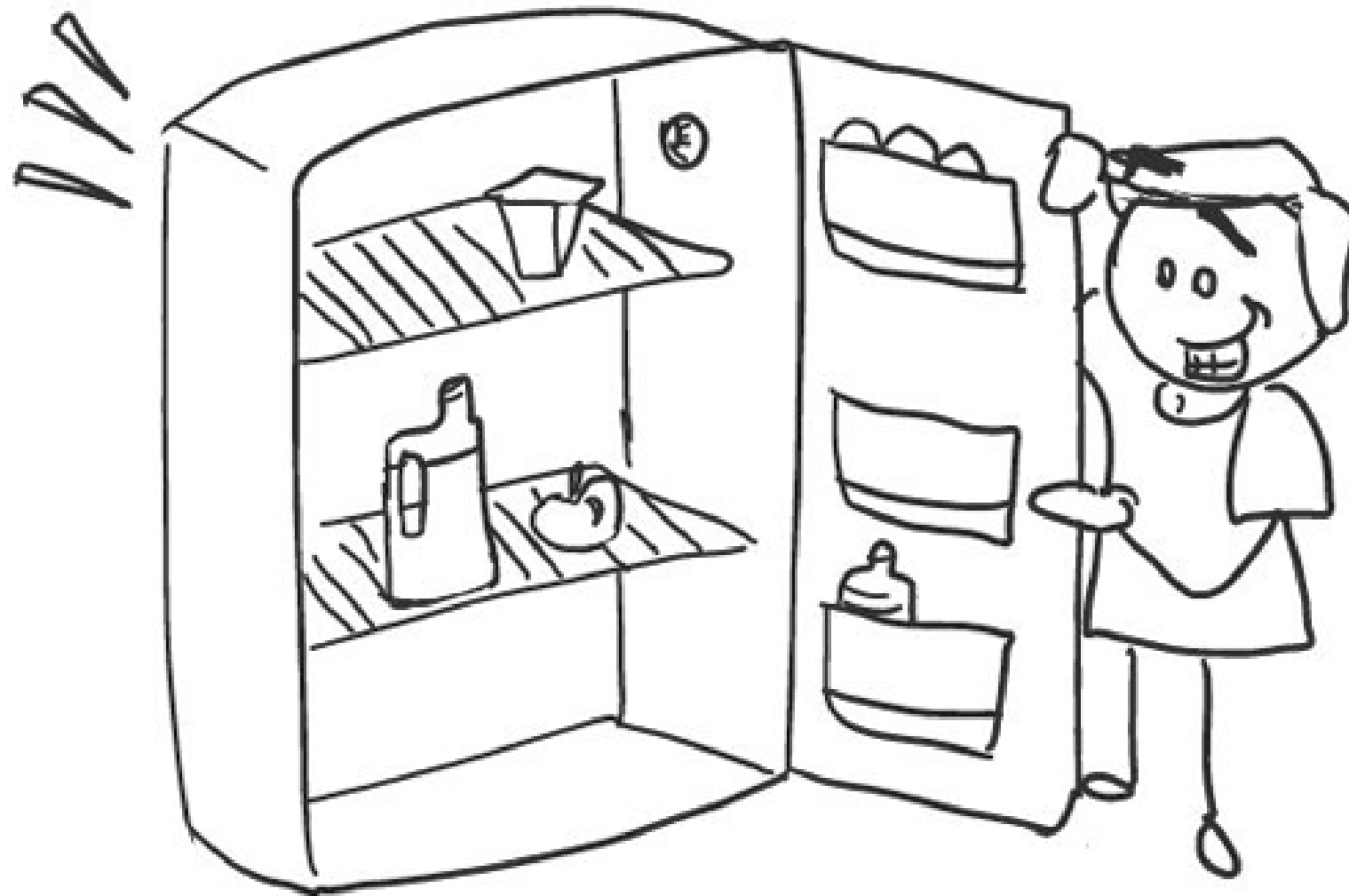
Relationships



Ask someone on a DATE



Show your fridge



The Rose Day





#4

Meaning



What am I proud of...

- What am I particularly proud of about my workplace?
- Where do I see myself making a difference?

#5

Achievement



Positive emotions

Engagement

Relationships

Meaning

Achievement

SoftScan



SoftScan





Myth

Resistance to change
is a bad thing

Resistance

Fear and insecurity



Rasmus



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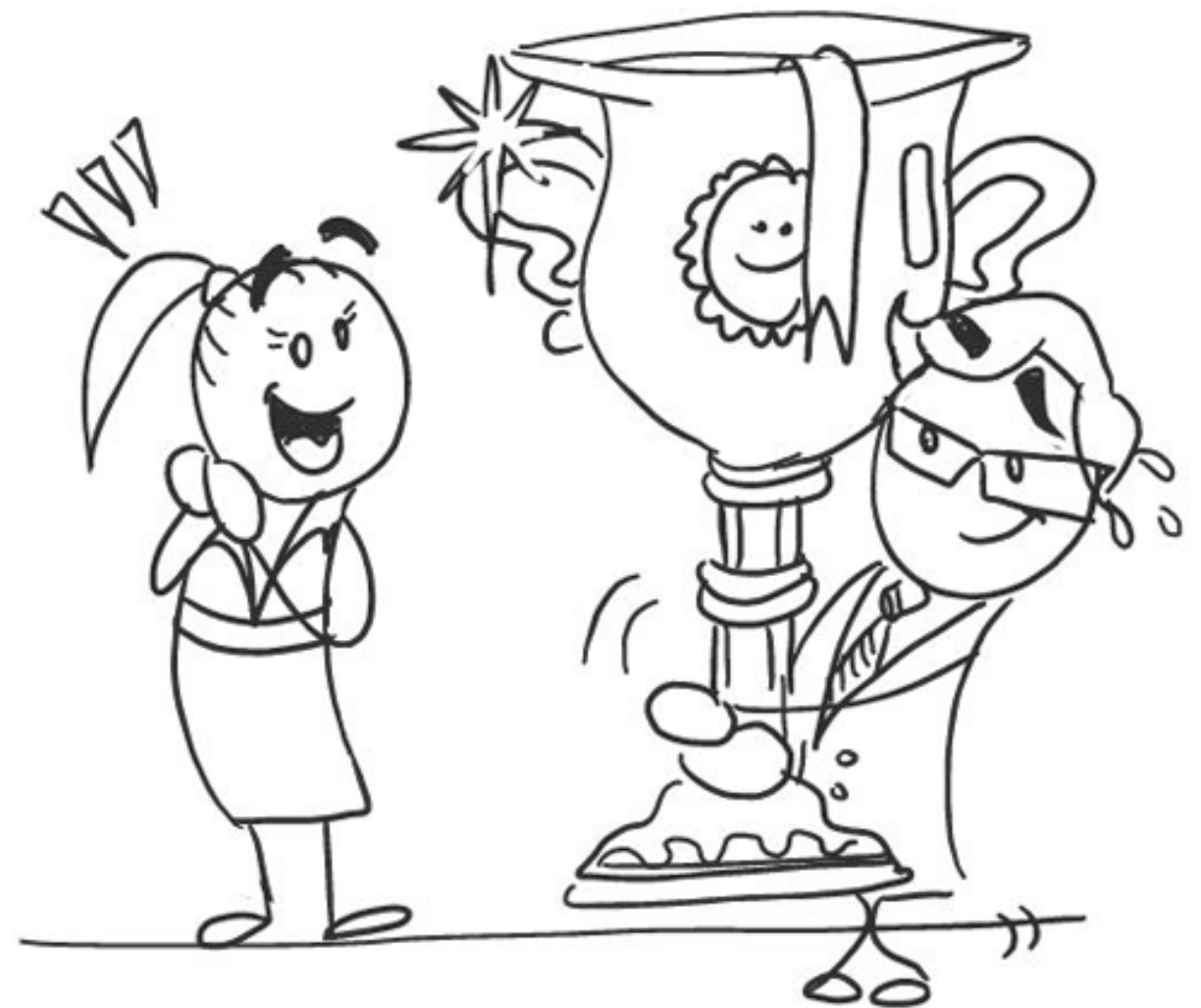
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Celebrate success





THANKS !

