

Happiness at work - Better teams!

Jon Kjær Nielsen

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The Good Life

Happiness at work

“Arbejdsglæde”

Jon Kjær Nielsen - Speaker & Author

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

Independent consultant since 2006.

Biker, snowboarder, chef.



accenture



BILKA



BESTSELLER®

Danske Bank

Deloitte.



HMN GASSALG



KMD

KPMG

krak



københavns E

KØBENHAVNS KOMMUNE



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MODERNISERINGSSTYRELSEN

movia

novozymes® Rethink Tomorrow

POST

NIRXAS

Nordea novo nordisk®

RAMBOLL

RISØ

ROSKILDE KOMMUNE

SKAT

spar Nord

TDC

Silkeborg Kommune

TERMA®

Tryg

vejle KOMMUNE

youSee® mere ud af skærmen

telenor

TEKNOLOGISK INSTITUT



Det Glade Dusin

12 tips til mere arbejdsglæde

af Jon Kjær Nielsen



jon.dk

Morten



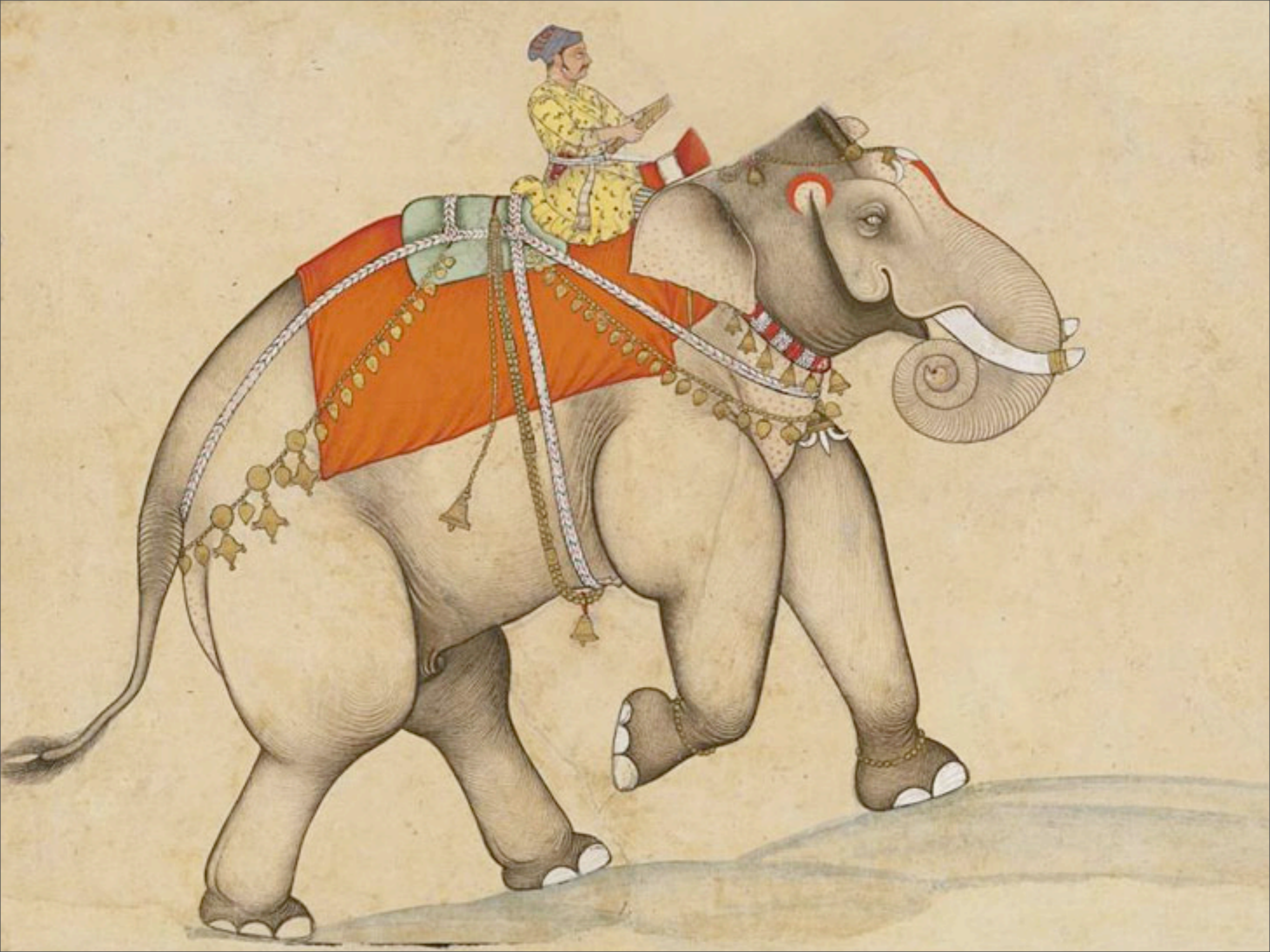
- Det skal være sjovt at gå på arbejde
- Succes skal komme gennem medarbejdere

How much...?

3-to-1

The Victim T-shirt



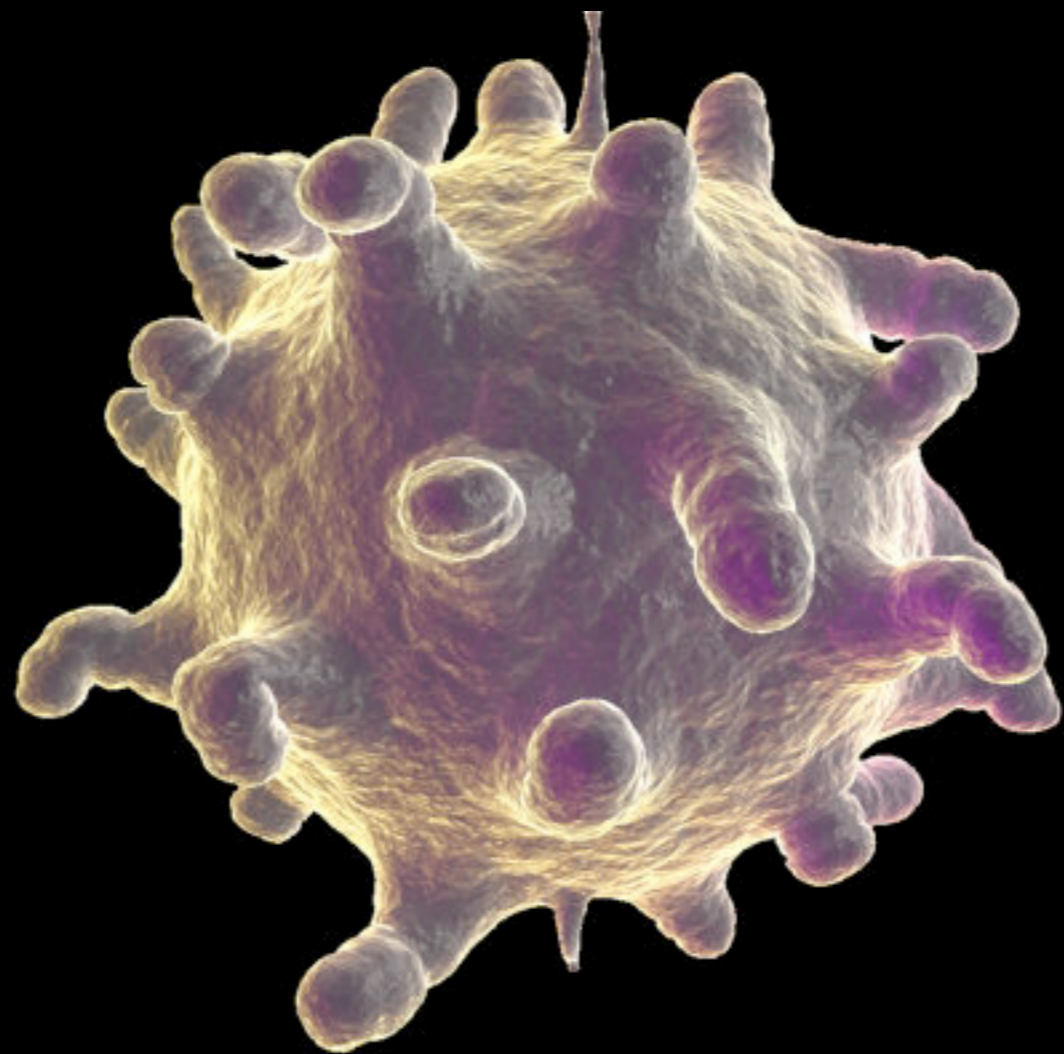


What makes YOU
happy at work?

Serious Consequences

- Your happiness overall
- Your succes
- Your health





Positive psychology



Positive psychology



Positive psychology



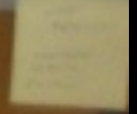
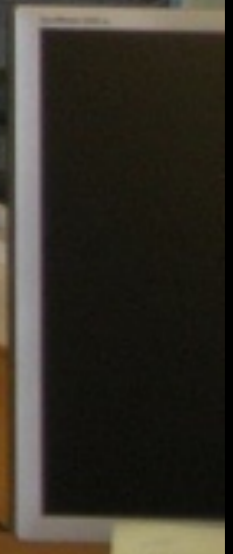
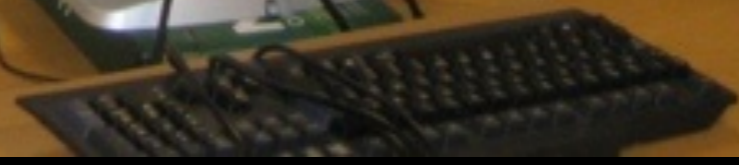
Remember three
good experiences



REJ2

How things change
and evolve

1/15
How things change
and evolve



Take someone on a DATE



Brain Research



An Experiment

An Experiment

- Get up
- Pair up

Instructions for No. 2:



Instructions for No. 2:

Look the other in the
eyes, and put on a

BIG SMILE



MicroLEDs

MicroLEDs



Random acts
of kindness

Happiness - the bottom line

Productivity Service
Teamwork Sick leave
Sales Employee turnover
Creativity Learning
Leadership



Total Return (equally weighted portfolios)

Happiness - the bottom line

Productivity Service
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Zappos
•com







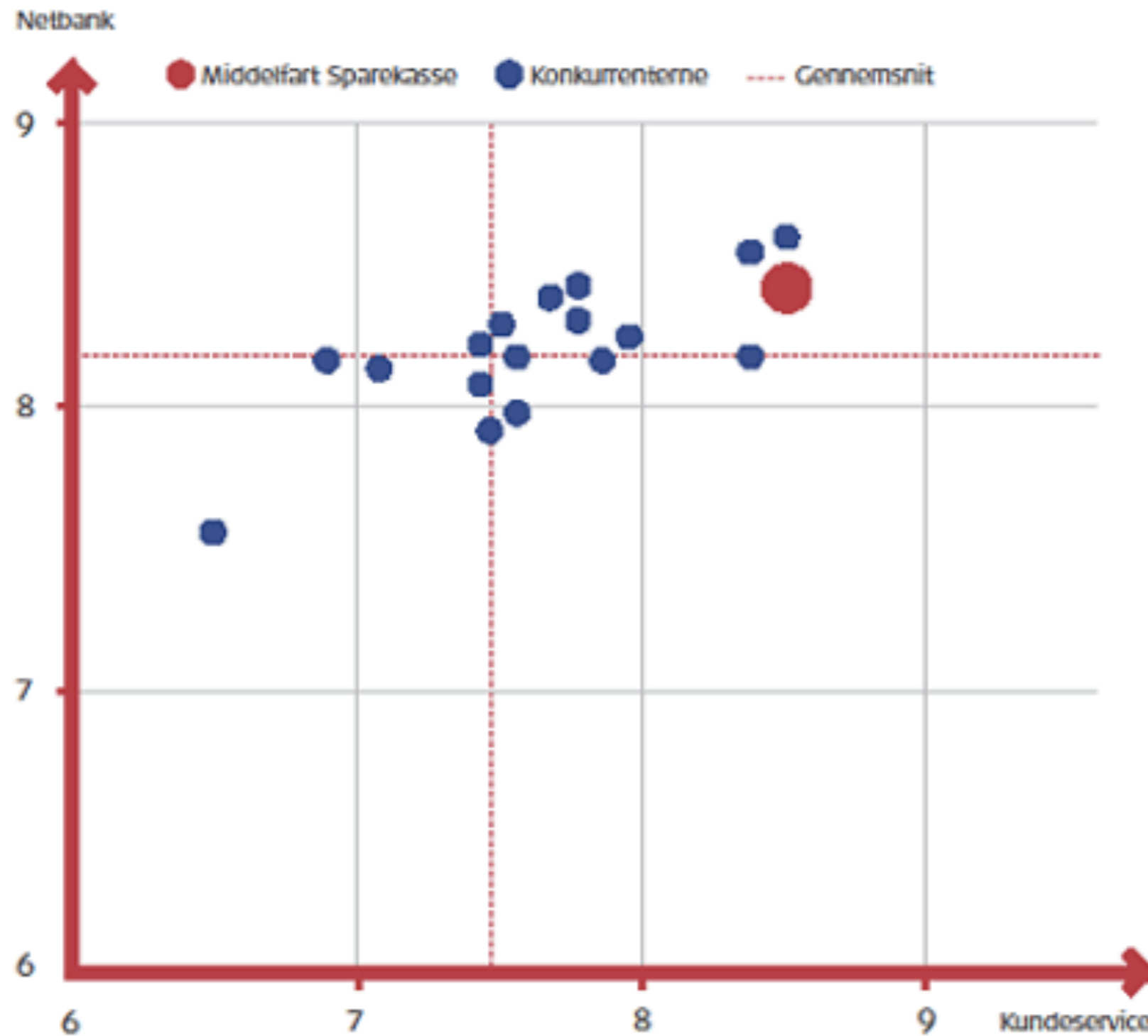
Happiness - the bottom line

Productivity Service
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SoftScan



Middelfart Savings&Loan

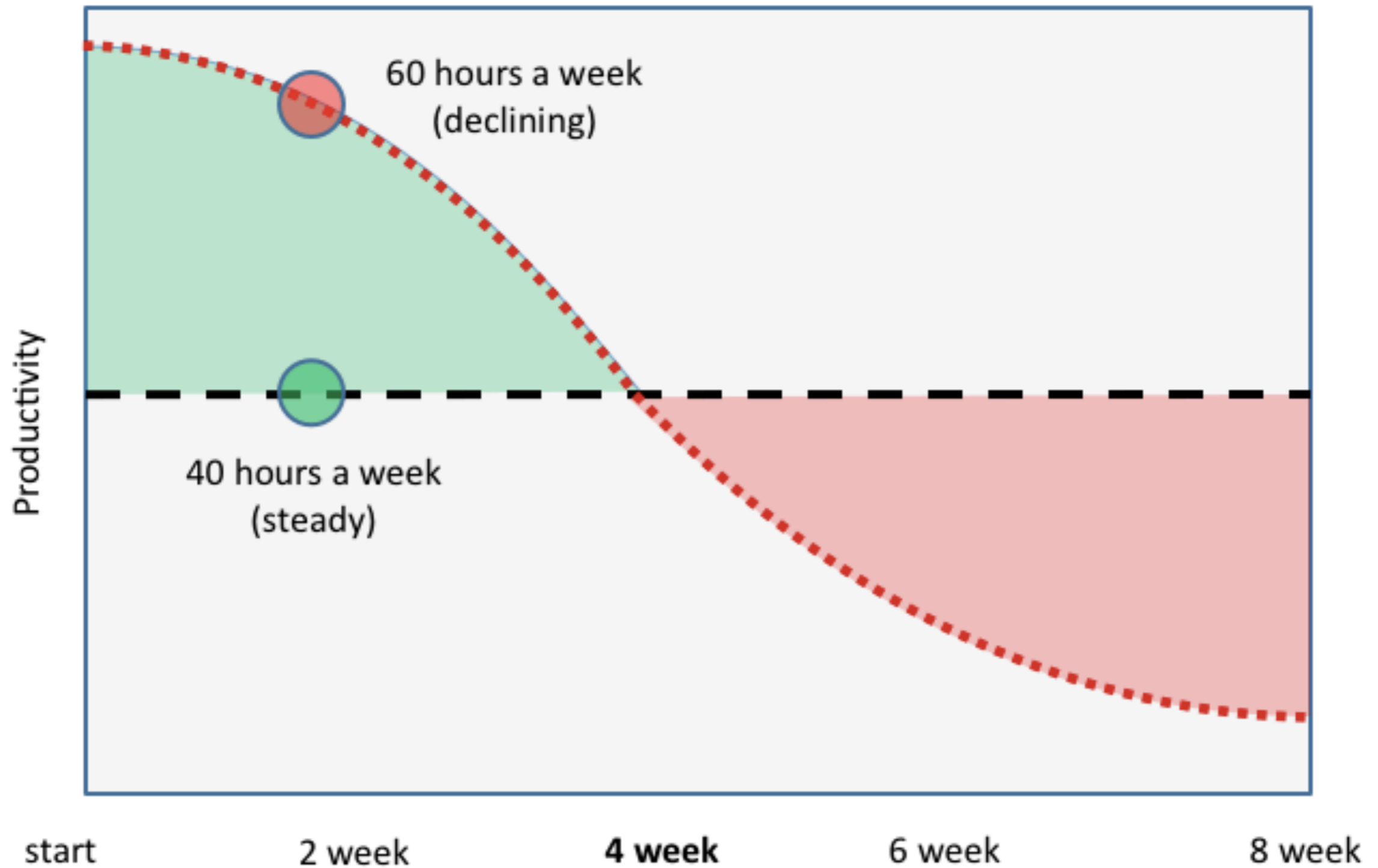


Kilde: Analyse Danmark, november 2011



We built the company that
we'd want to do business with.
We hope you do too.

Productivity and overtime



Are you
getting it?!

What would it mean...

- Imagine, that in one years time, we are a lot more happy at work. What would that give us?
- How would it effect our results?
- How would it effect our relationships?
- What would it mean to me?

Now, to take
more action...!

Starting meetings
in a happy way





Rasmus



Helping others

Help me!!



A Leaders Job

- Be happy at work!
- Lead the way
- Know thy people
- Have time

5 minutes
without a plan

Hard Talk

How happy are
they anyway?

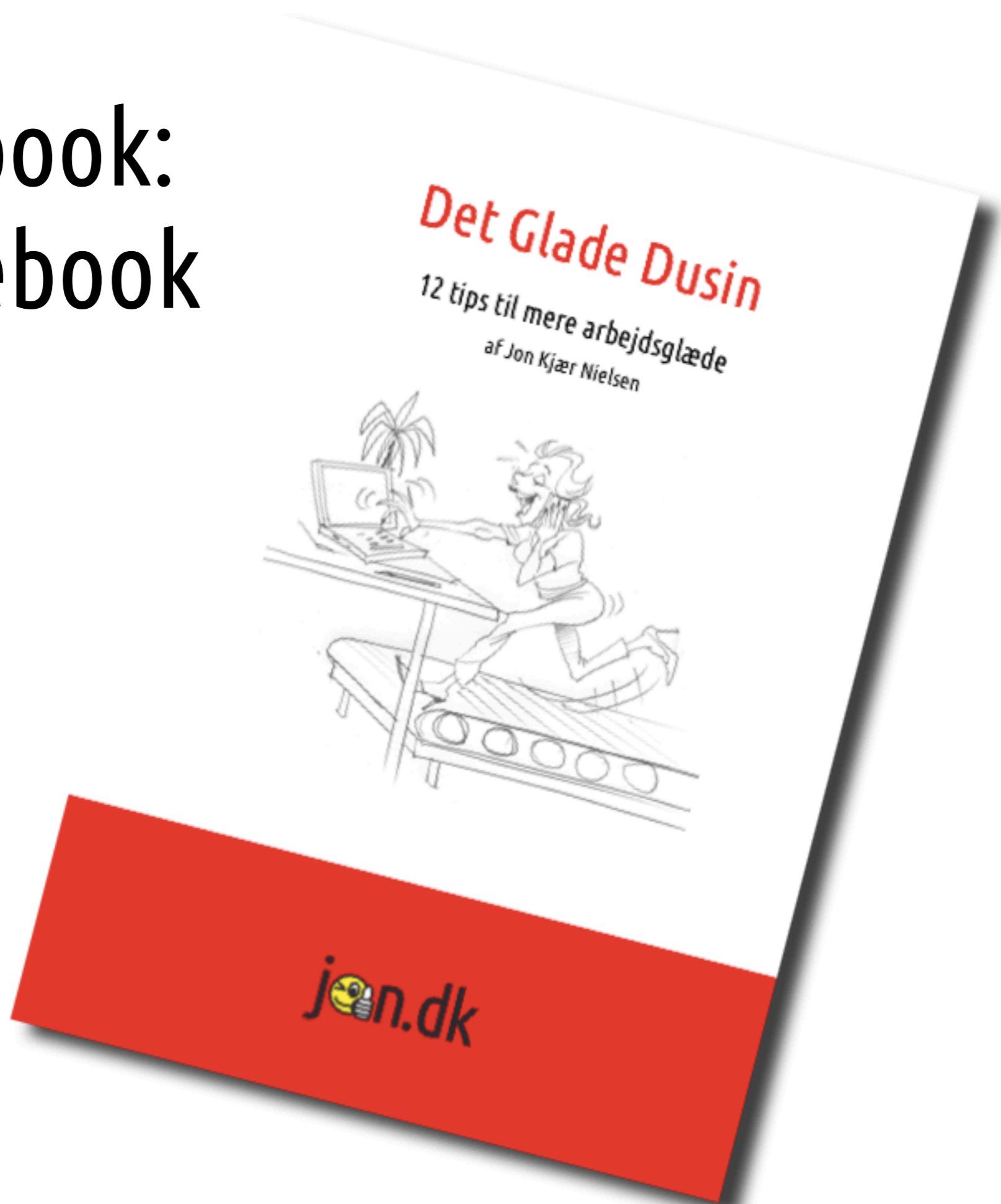


Plan & take action

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

Celebrate success

Free e-book:
Jon.dk/ebook



THANKS !

Today's materials:
jon.dk/ispe

Tips and discussions:
[Jon.dk](#) on Facebook

