

Happy at Work

- Luxury or business?

Jon Kjær Nielsen

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Take action

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

Question:

When only I have

then I will be happy



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



KØBENHAVNS UNIVERSITET

microsolutions

midt regionmidtjylland



MODERNISERINGSSTYRELSEN

movia

novozymes Rethink Tomorrow



NIRXAS

Nordea novo nordisk

RAMBOLL



SKAT



RISØ



telenor

TEKNOLOGISK INSTITUT

TERMA



youSee mere ud af skærmen





**100 TIPS
TIL ARBEJDSGLÆDEN**

Jon Kjær Nielsen



jon.dk

100 TIPS

100 TIPS TIL ARBEJDS

100 TIPS

The Happy Dozen

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



jon.dk

DET GLADE DUSIN

12 TIPS TIL MERE ARBEJDSGLÆDE

Jon Kjær Nielsen



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Sources of happiness

Task:

Think about a really
good day





Negative impact

- Disturbances in the Hygiene Factors



Coca-Cola

Marque déposée

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

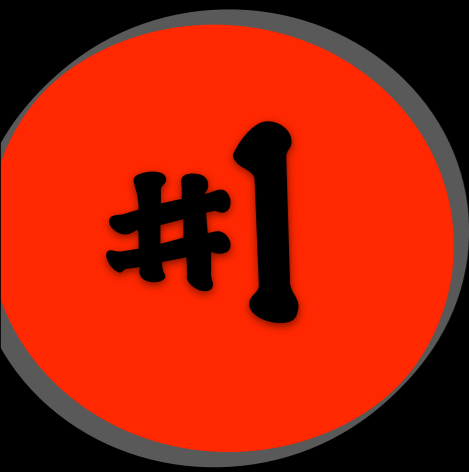


Positive psychology

“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

How much...?

The Losada ratio:

3-to-1

Positive beginnings



Optimism



What Went Well?





A red circle with a grey drop shadow, containing the text "#2" in a bold, black, sans-serif font.

#2

Engagement

Flow

#3

Relationships



Take someone on a DATE



RAWK -

Random acts of kindness

A red circle with a grey border containing the text "#4" in a bold, black, sans-serif font.

#4

Meaning

What am I proud of...

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

The Farewell Speech



#5

Achievement



Positive emotions

Engagement

Relationships

Meaning

Achievement

Question:

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SoftScan



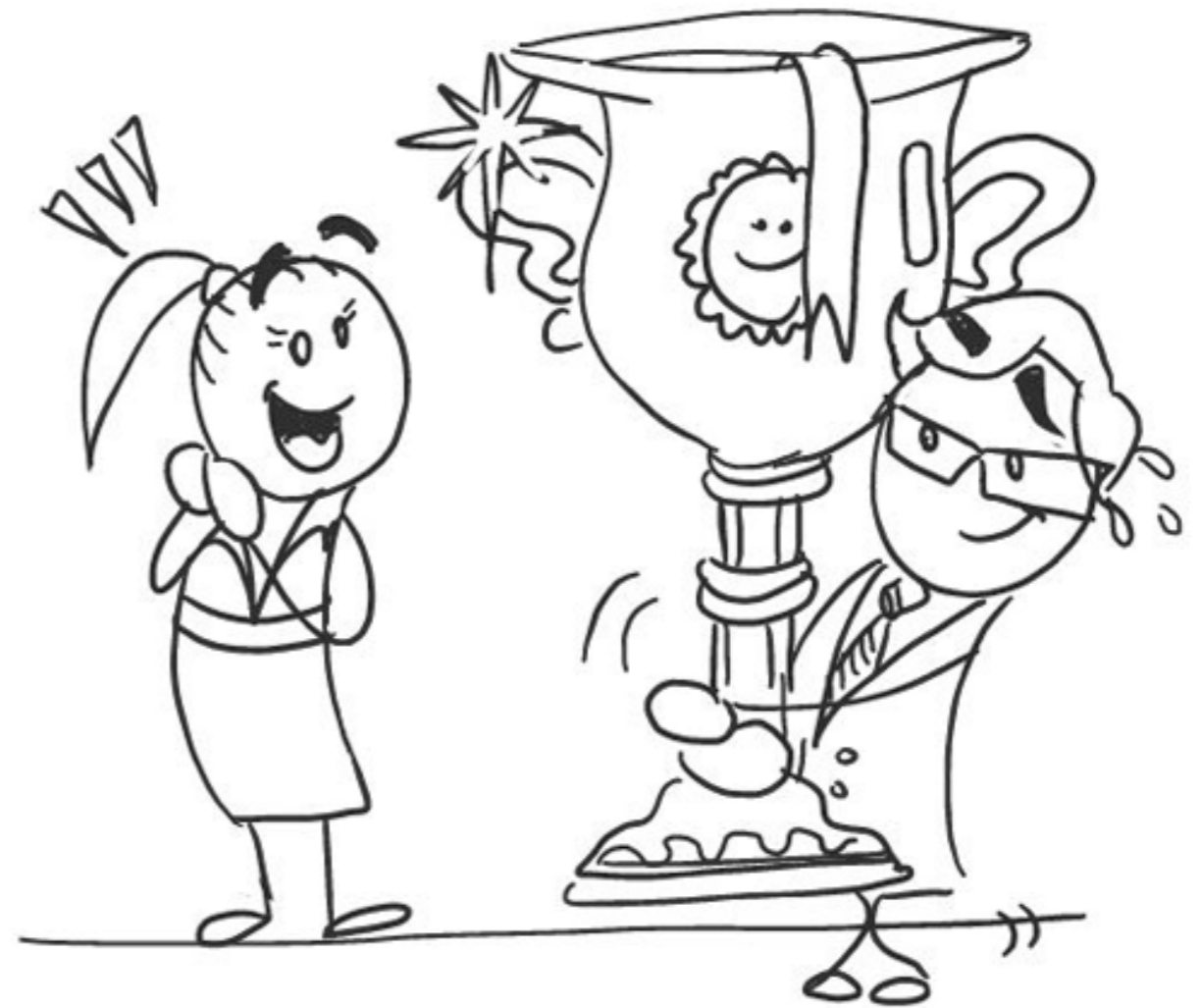
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Take action

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Celebrate success





THANKS !

