

# Happiness at work Quite simply!

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...?

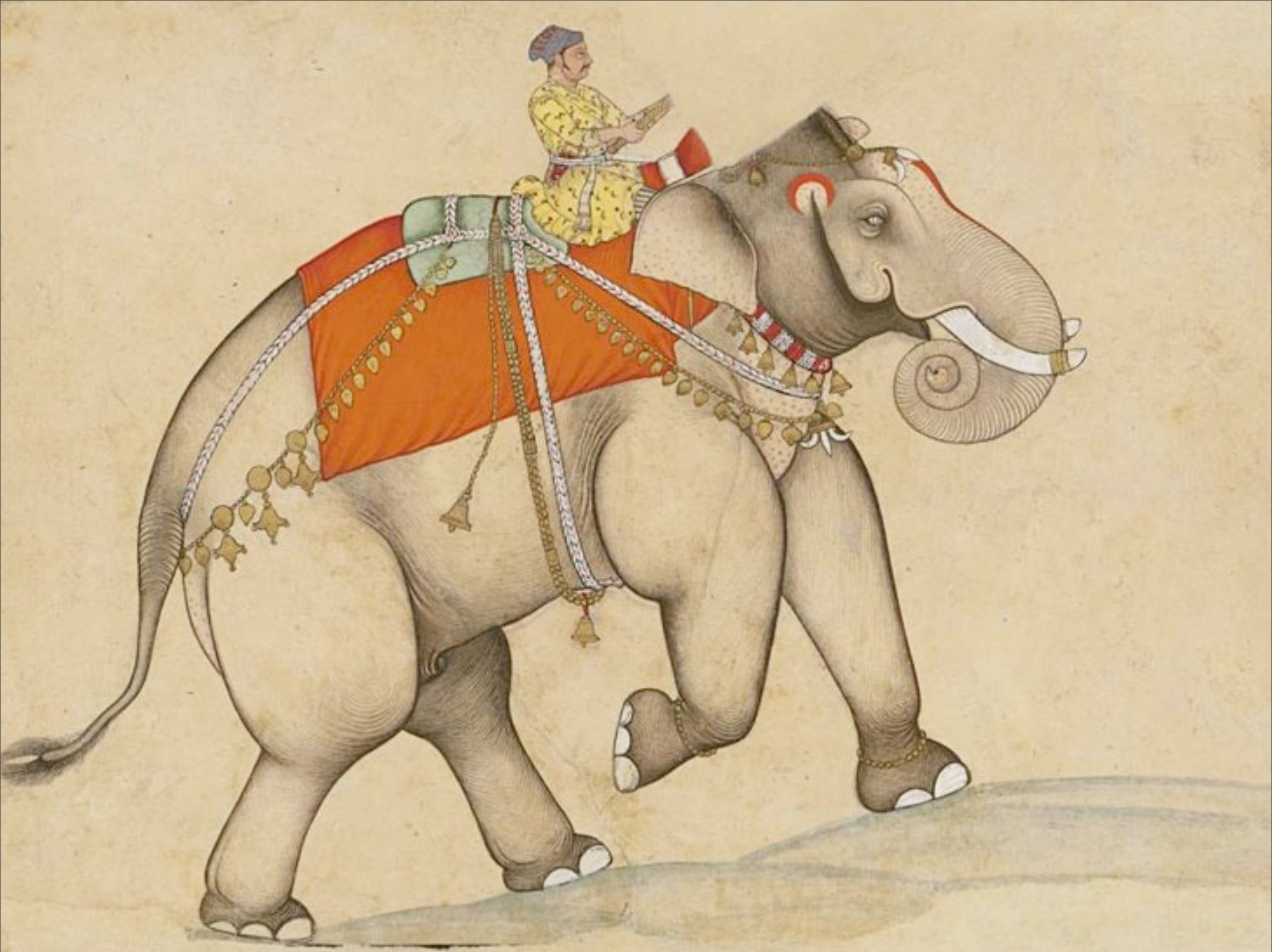
3-to-1



# The Victim T-shirt







What makes YOU  
happy at work?

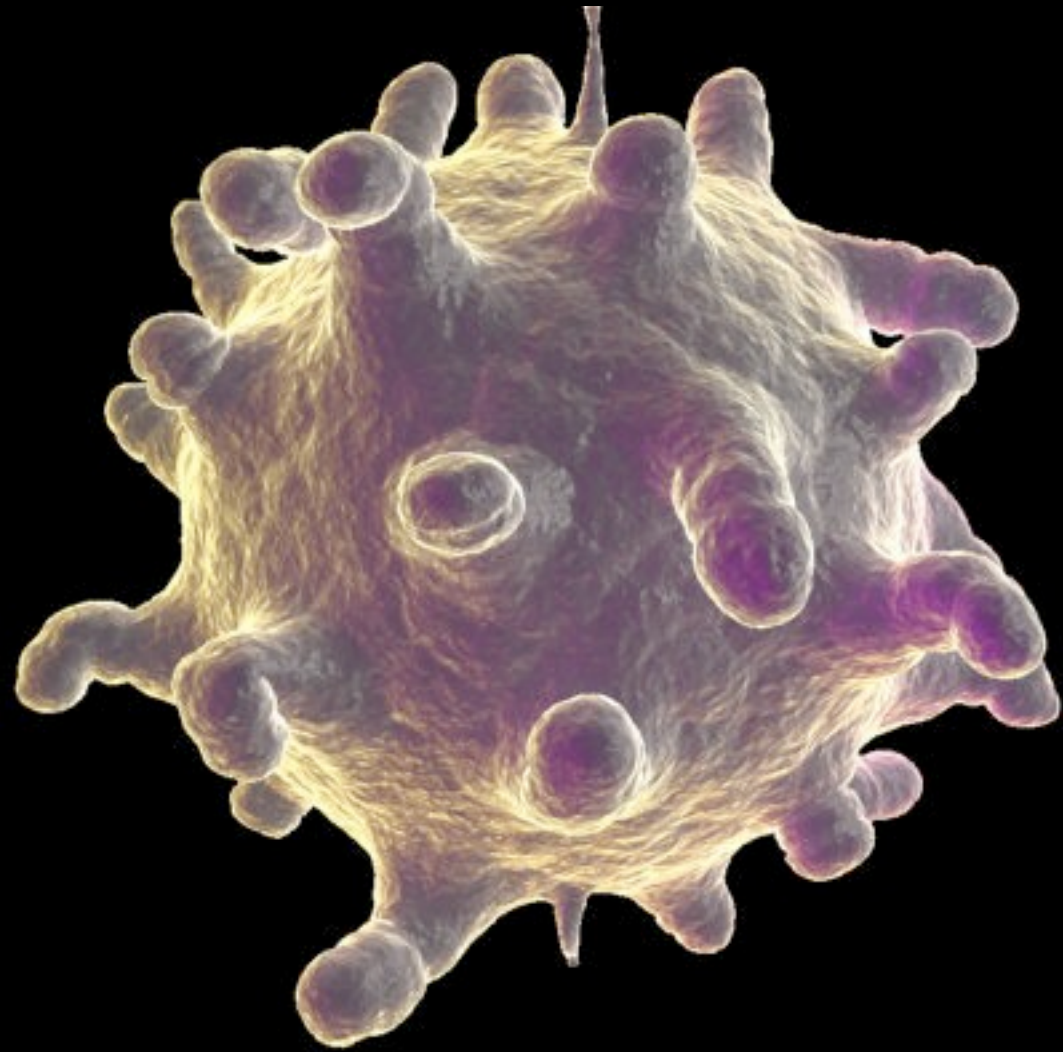


# Serious Consequences

- Your happiness overall
- Your succes
- Your health







# Positive psychology



# Positive psychology





# Positive psychology





Remember three  
good experiences

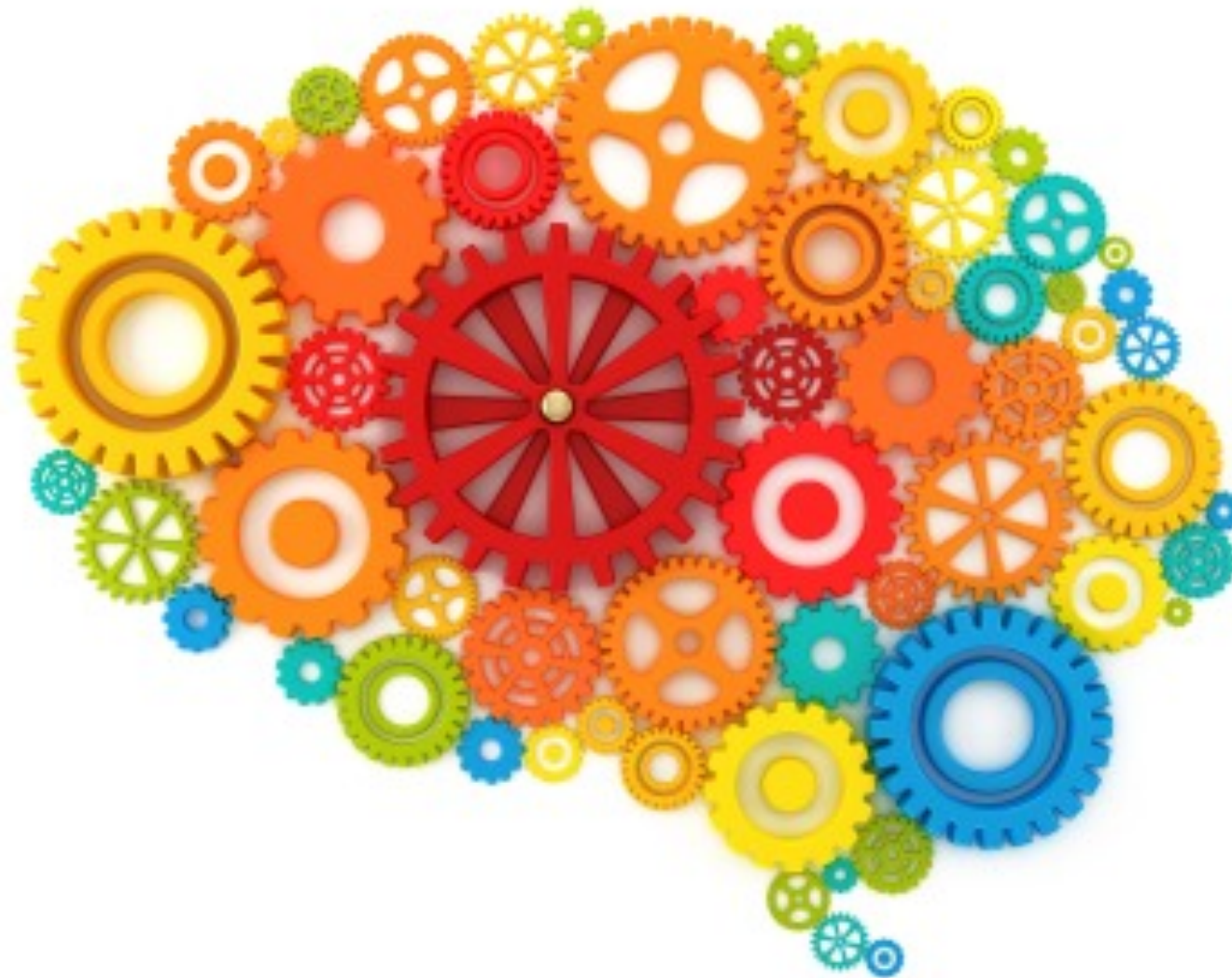




# Take someone on a DATE



# 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





# 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  
Teamwork                      Sick leave  
Sales                      Employee turnover  
Creativity                      Learning  
Leadership









torsdag den 22. november 12







# SoftScan





Are you  
getting it?!

Now, to take  
more action...!

Starting meetings  
in a happy way









# Rasmus



# Helping others



Help me!!

5 minutes  
without a plan

# Break bread







# 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  
HappyWays.com



# THANKS !

Today's materials:  
[jon.dk/maerskoil](http://jon.dk/maerskoil)

Tips and discussions:  
[Jon.dk](https://www.facebook.com/jon.dk) on Facebook

