

Happy Office

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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



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Morten

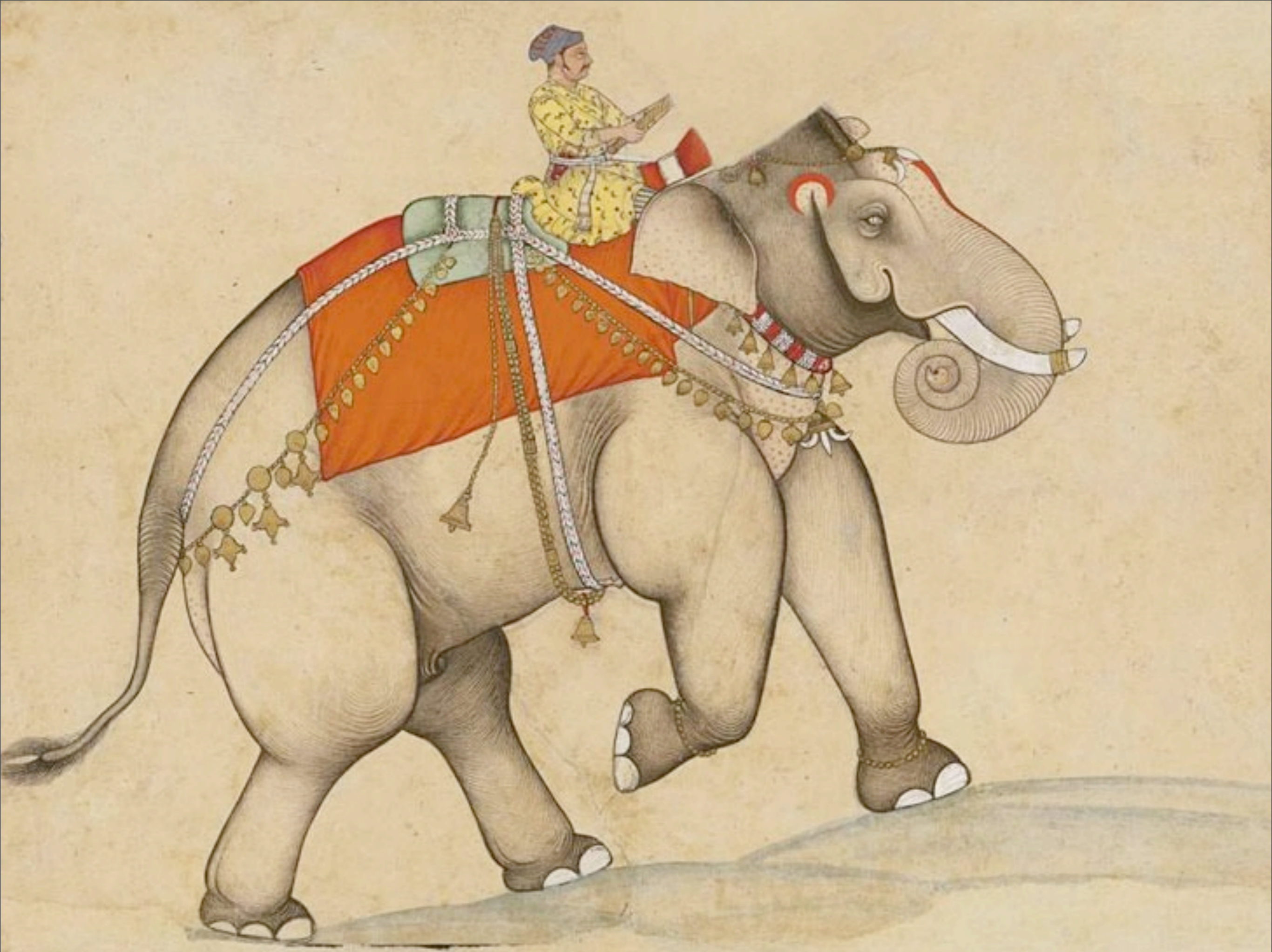


How much...?

3-to-1

The Victim T-shirt







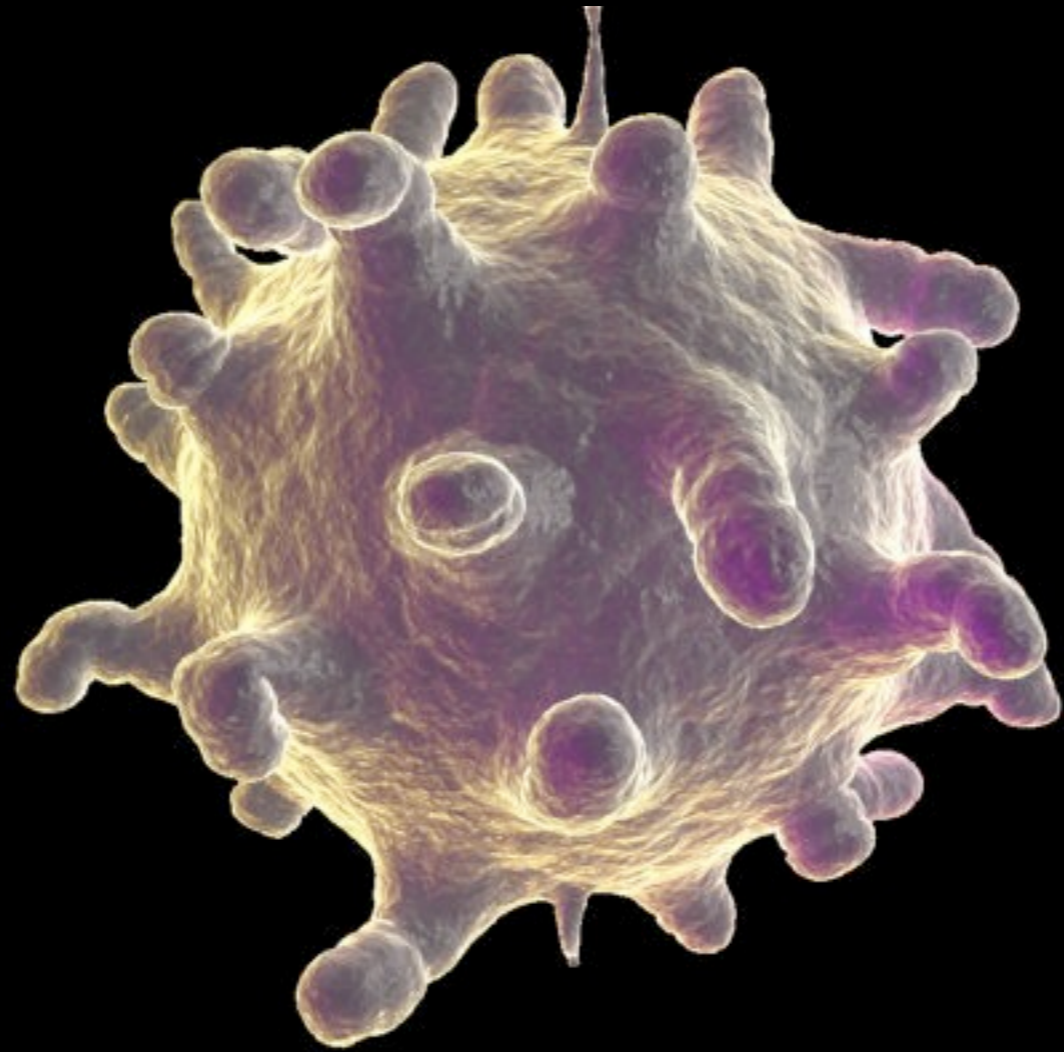
What makes YOU
happy at work?



Serious Consequences

- Your happiness overall
- Your succes
- Your health





Positive psychology



Positive psychology



Positive psychology



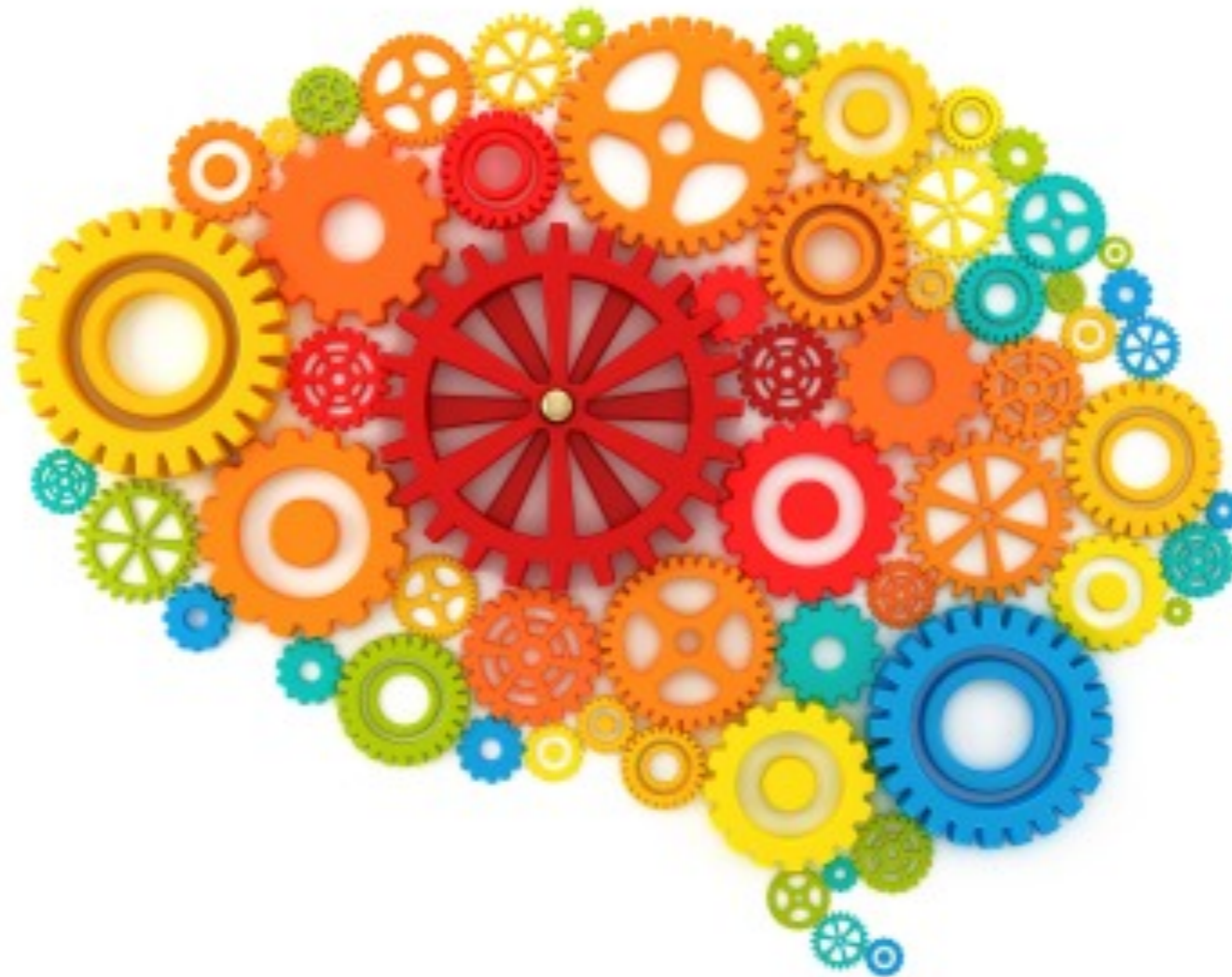
Remember three
good experiences



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)

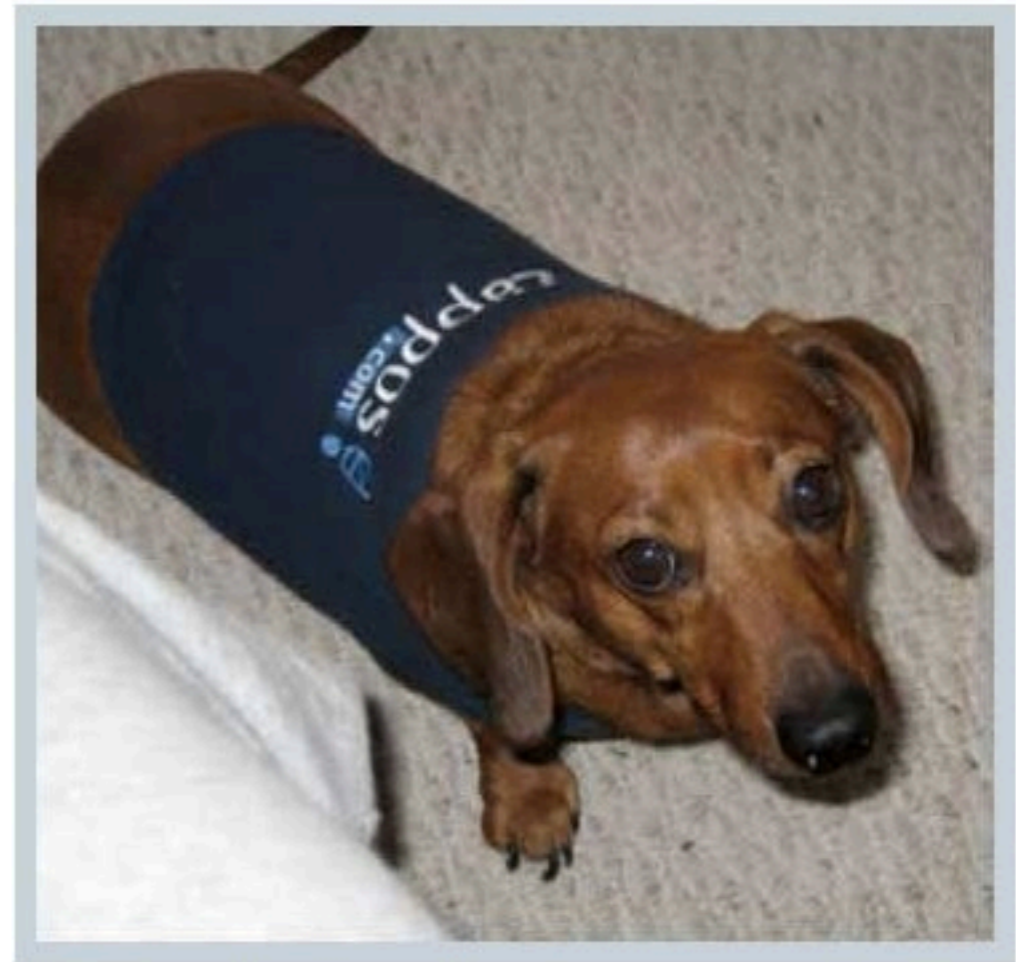
Happiness - the bottom line

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mandag den 22. oktober 12





SoftScan



Open Space



Problem: Noise



Quick to fix

- Shut out: Earphones
- Shut up: Meeting rooms
- Get out: Lounge areas
- Materials & layout
- Be respectful + act natural!



Problem: Interruptions



Problem: Interruptions



Quick to fix

- Keep hidden: No human traps
- Keep out: Post signs
- Keep focused... for 20 minutes
- Be respectful + act natural!

**Restricted Area
Keep Out**

CAUTION
NON-PERMIT
CONFINED SPACE
KEEP OUT UNLESS
AUTHORIZED

RADIATION

**HIGH RADIATION
AREA**
PERSONNEL MONITORING
REQUIRED

STOP

**PRIVATE
KEEP OUT**



DANGER
**CONSTRUCTION
AREA
KEEP OUT**



Problem: Messy



Quick to fix

- Clear for the weekend
- Community day
- Ownership
- Be respectful + act natural !

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!!

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/ebook
Jon.dk/ebog



THANKS !

Today's materials:
jon.dk/sanofi

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

