

Happy at work

- Change, culture og other fun stuff

Dansac & Hollister, February 2022
with Jon Kjær Nielsen #jondk



Interaction !

Go to menti.com and enter code:

2172 2268





**Welcome to the world's
happiest nation***

That calls for a **Carlsberg**

KIT



Arbejdsglæde

[arh-beids-gleh-de]

= Work Happiness

Go to menti.com



Please enter the code

1234 5678

Submit

Enter code: 2172 2268







Jon Kjær Nielsen
Speaker & Author

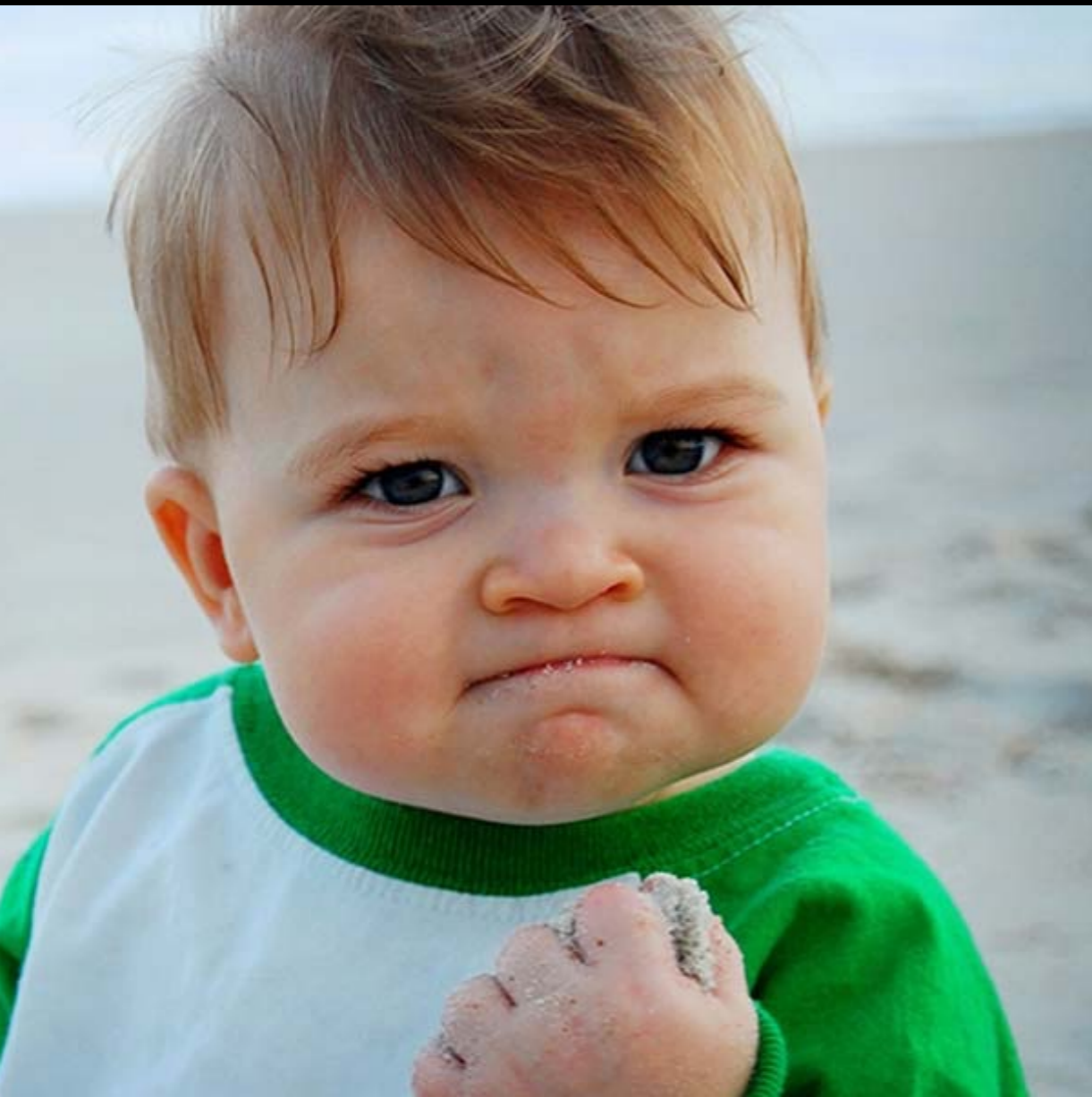
M.Sc. in engineering, 2002.
Former HR Specialist.

Independent consultant
since 2006.

Biker, book-worm, chef,
podcast host



Take action for better days



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



Productivity:

...happy doctors are 19% faster at making an accurate diagnosis...

See: *The Happiness Advantage*, by Achor



Sales:

Optimistic salespeople
bring in 88% money

See: Learned Optimism, by Seligman



Arbejdsglæde

How much...?

Interaction!

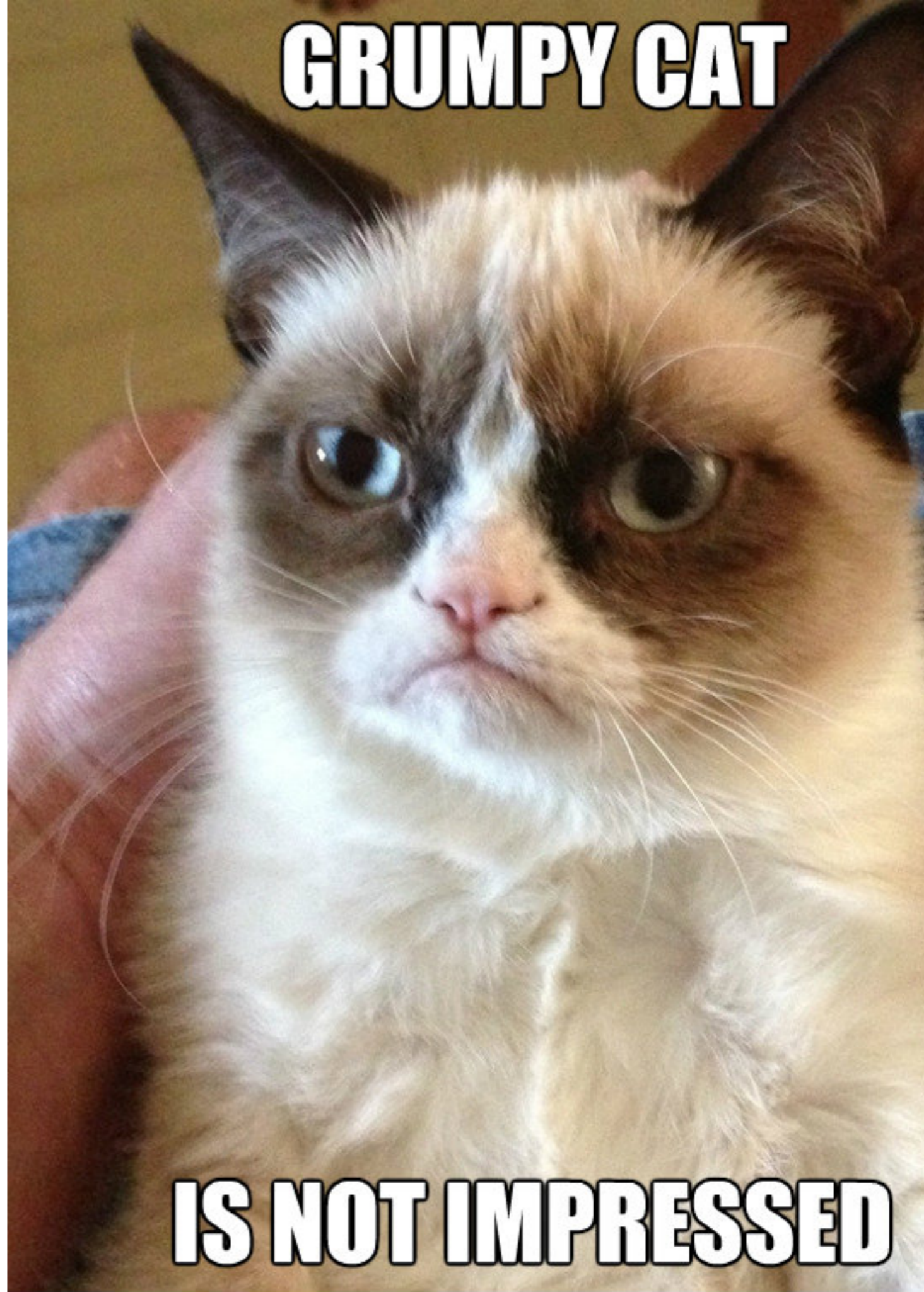
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Reflection:
Think about a really
good day at work

Playing The Victim



Relationships



#2 Ask someone on a DATE



Coffee on the phone

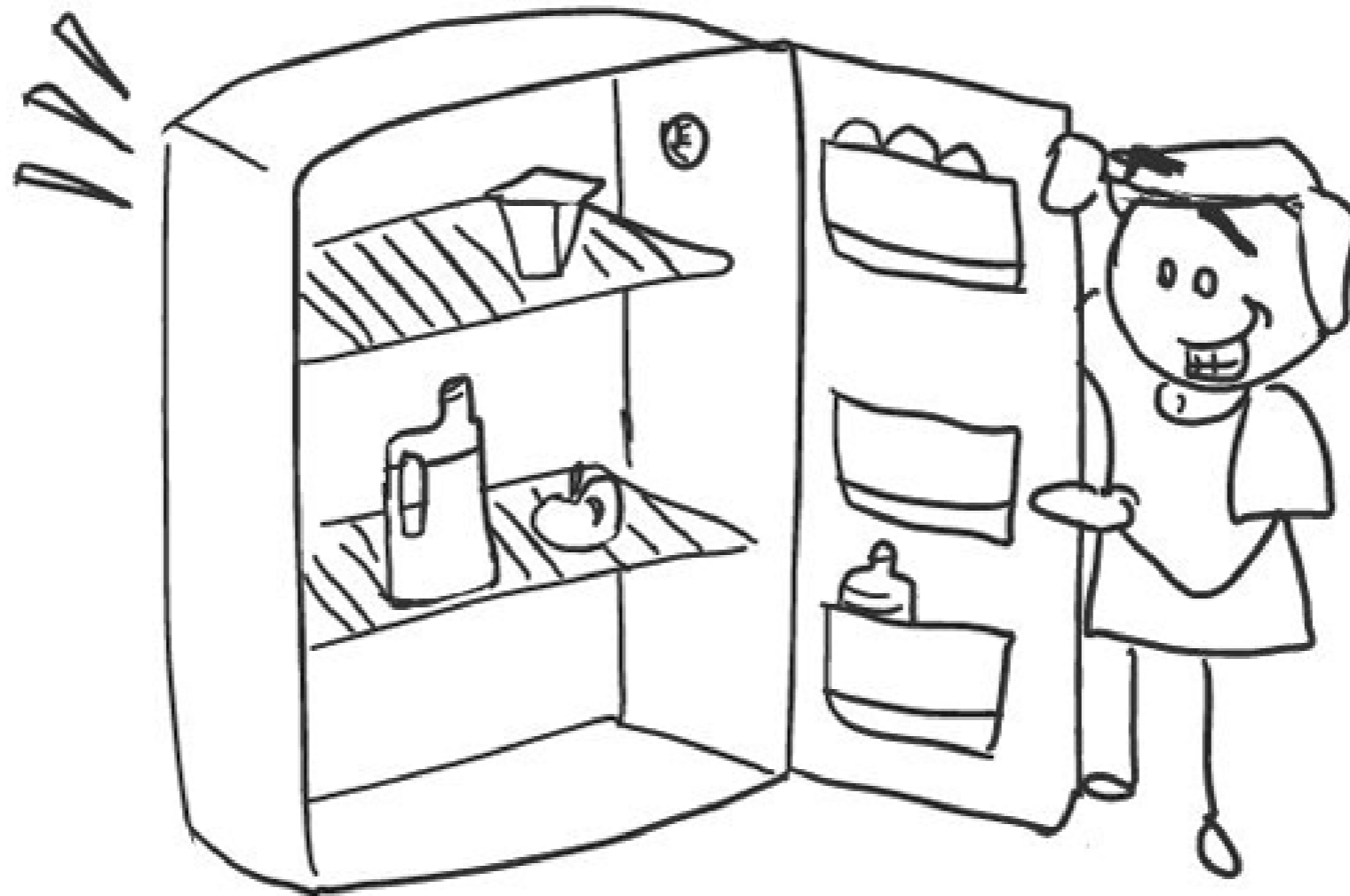


Interaction !

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Show your fridge



#26 Costume day



#18 Help me out



Protect your Prime Time



PRIME TIME

Focus & Flow



Silent hour?





Culture





**‘Culture eats
strategy for
breakfast’
- Peter Drucker**



#83 Listen to your new people



Sense of direction & Proper focus



**BEST TIME
EVER TO GET
BRACES!**



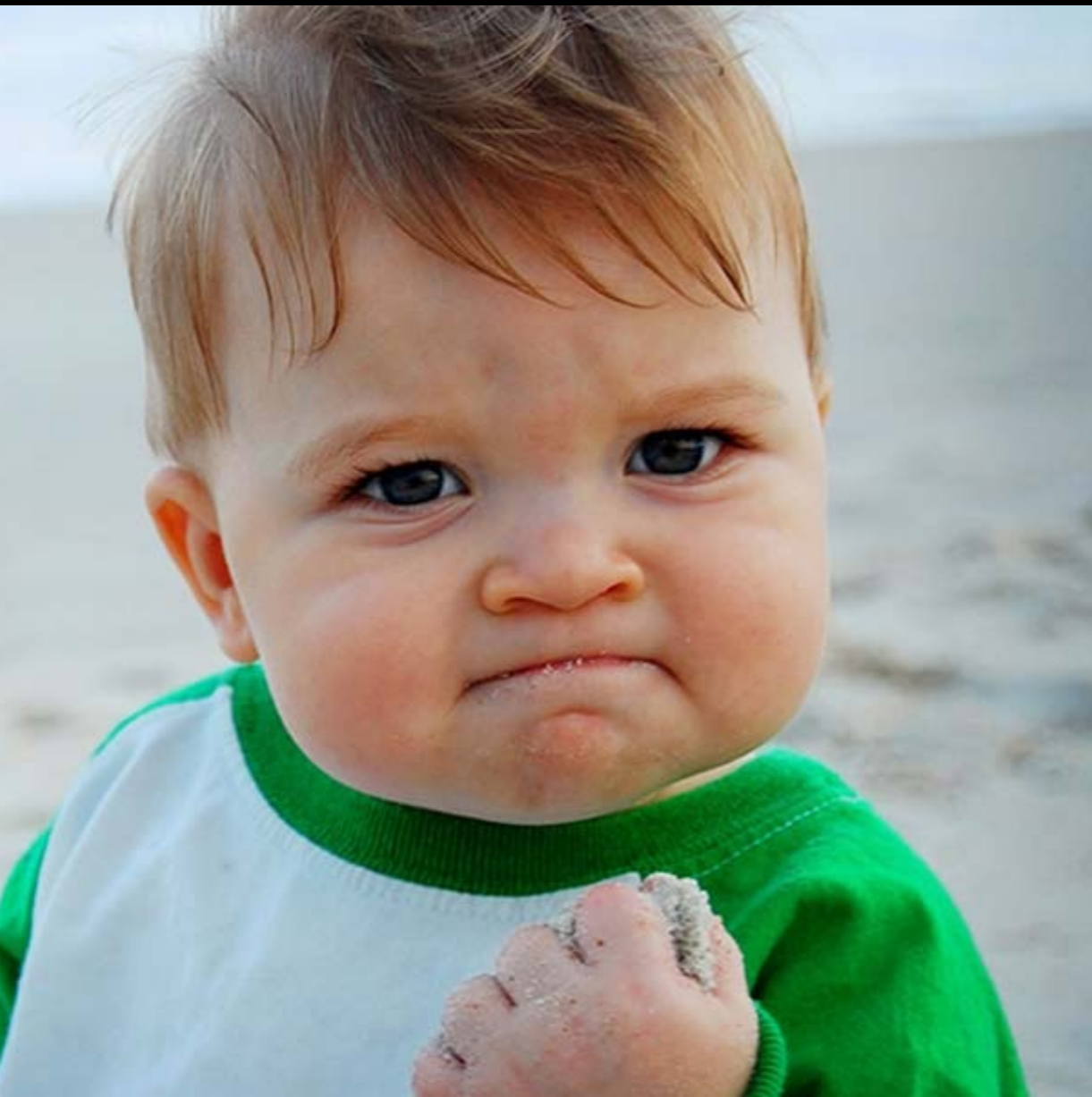
Smile at the World
ORTHODONTICS

SmileAtTheWorld.com



LAMAR

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Materials: jon.dk/hollister