

Happy at work

- Change, culture og other fun stuff

D-I-S, Ballerup, December 2021
with Jon Kjær Nielsen #jondk

Materials: jon.dk/d-i-s







Welcome to the world's happiest nation*

That calls for a **Carlsberg**

KIT



Arbejdsglæde

[arh-beids-gleh-de]

= Work Happiness







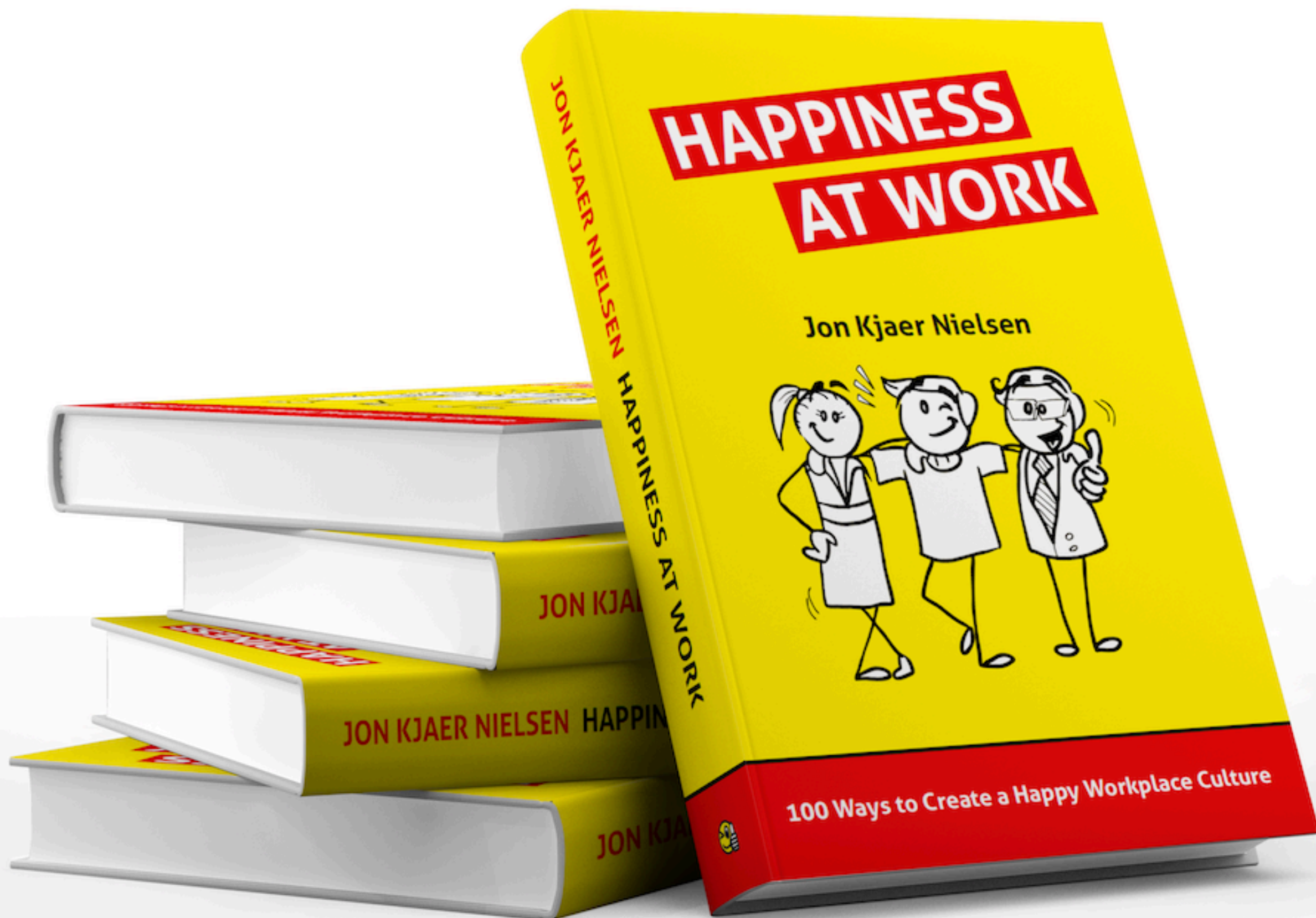
Jon Kjær Nielsen
Speaker & Author

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

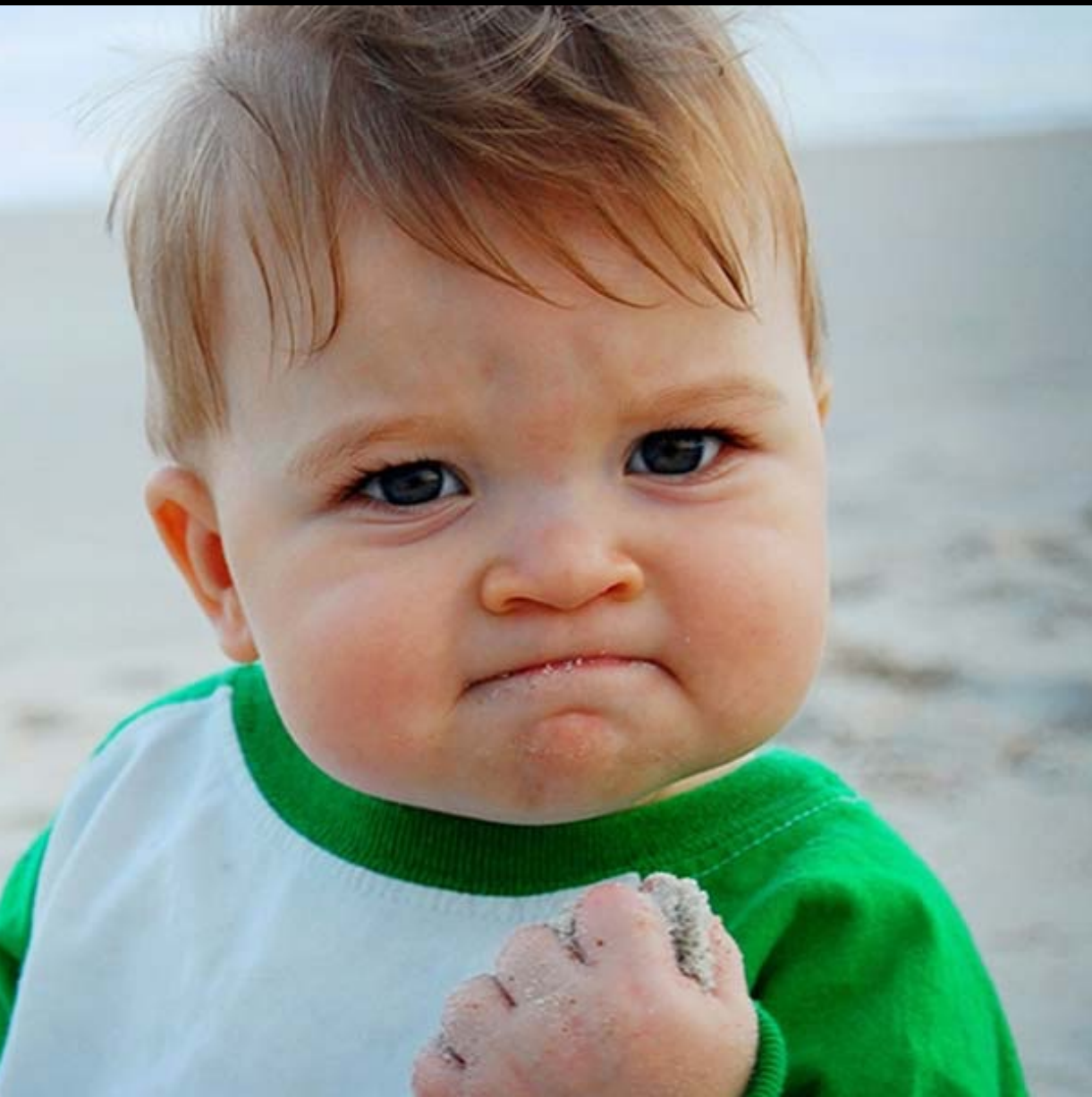
Independent consultant
since 2006.

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...?



Reflection:
Think about a really
good day at work

Covering the basics



Playing The Victim



GRUMPY CAT

HappyWays Podcast
Episode 03:
An end to whining
and complaining

IS NOT IMPRESSED

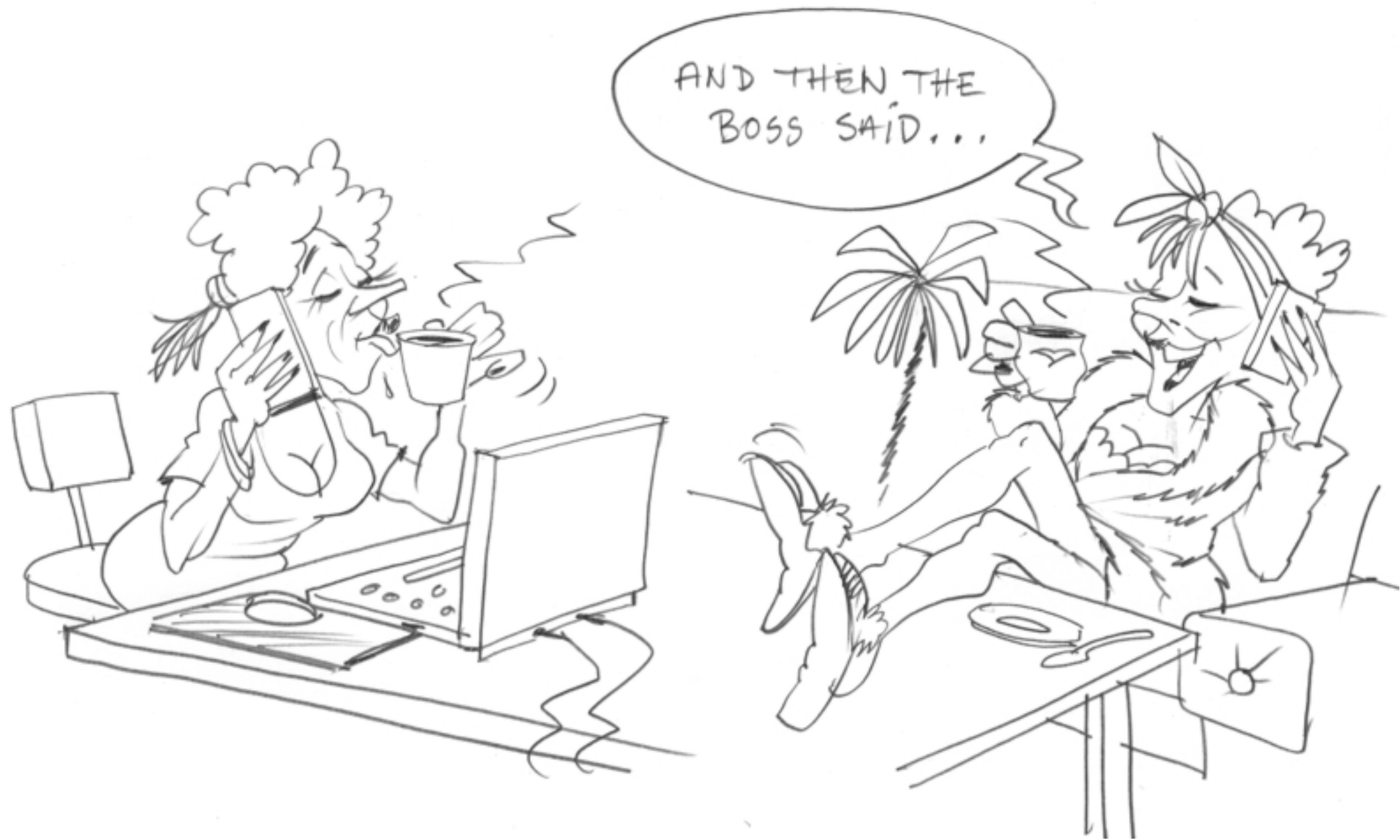
Relationships



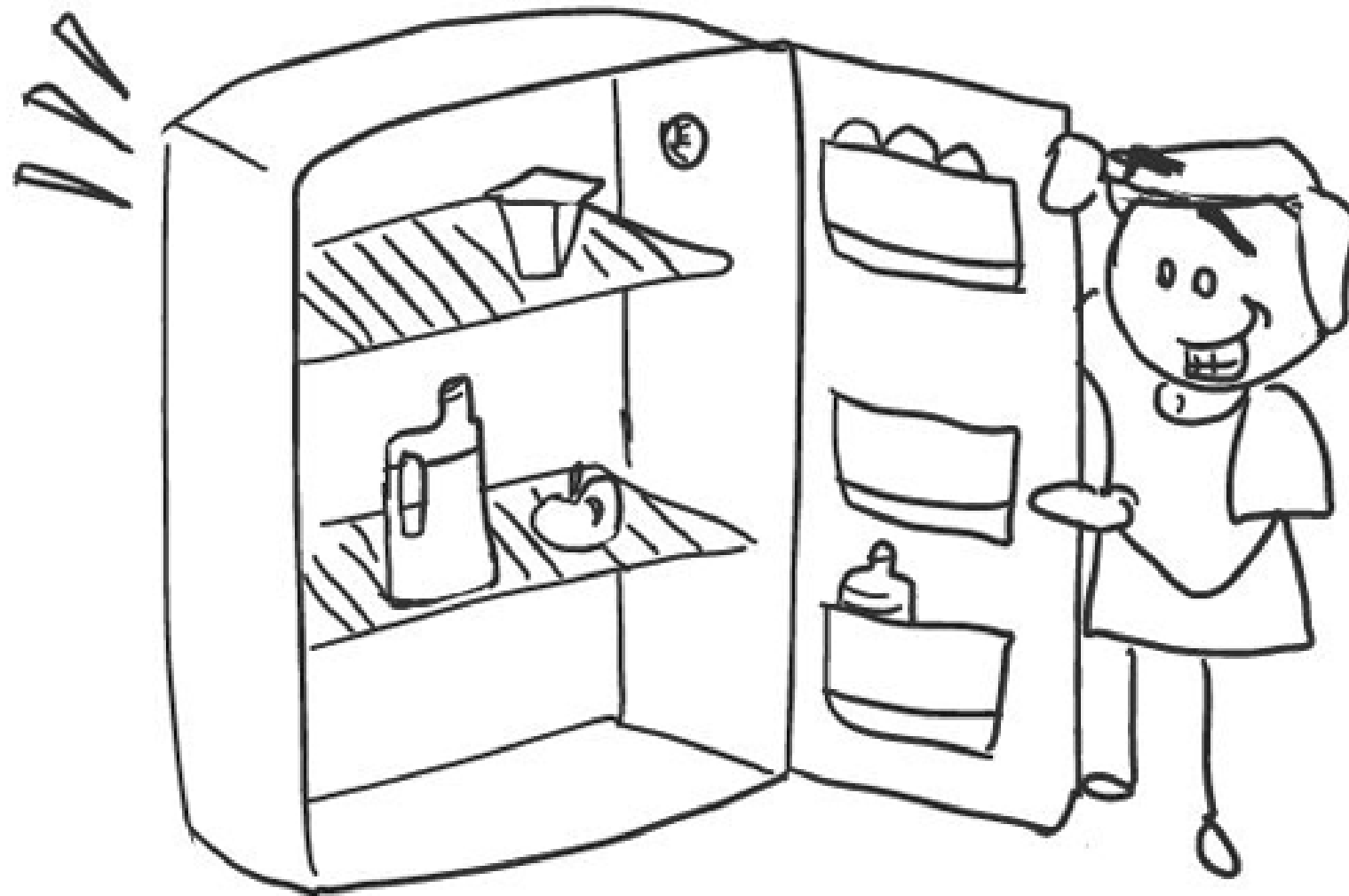
#2 Ask someone on a DATE



Coffee on the phone



Show your fridge



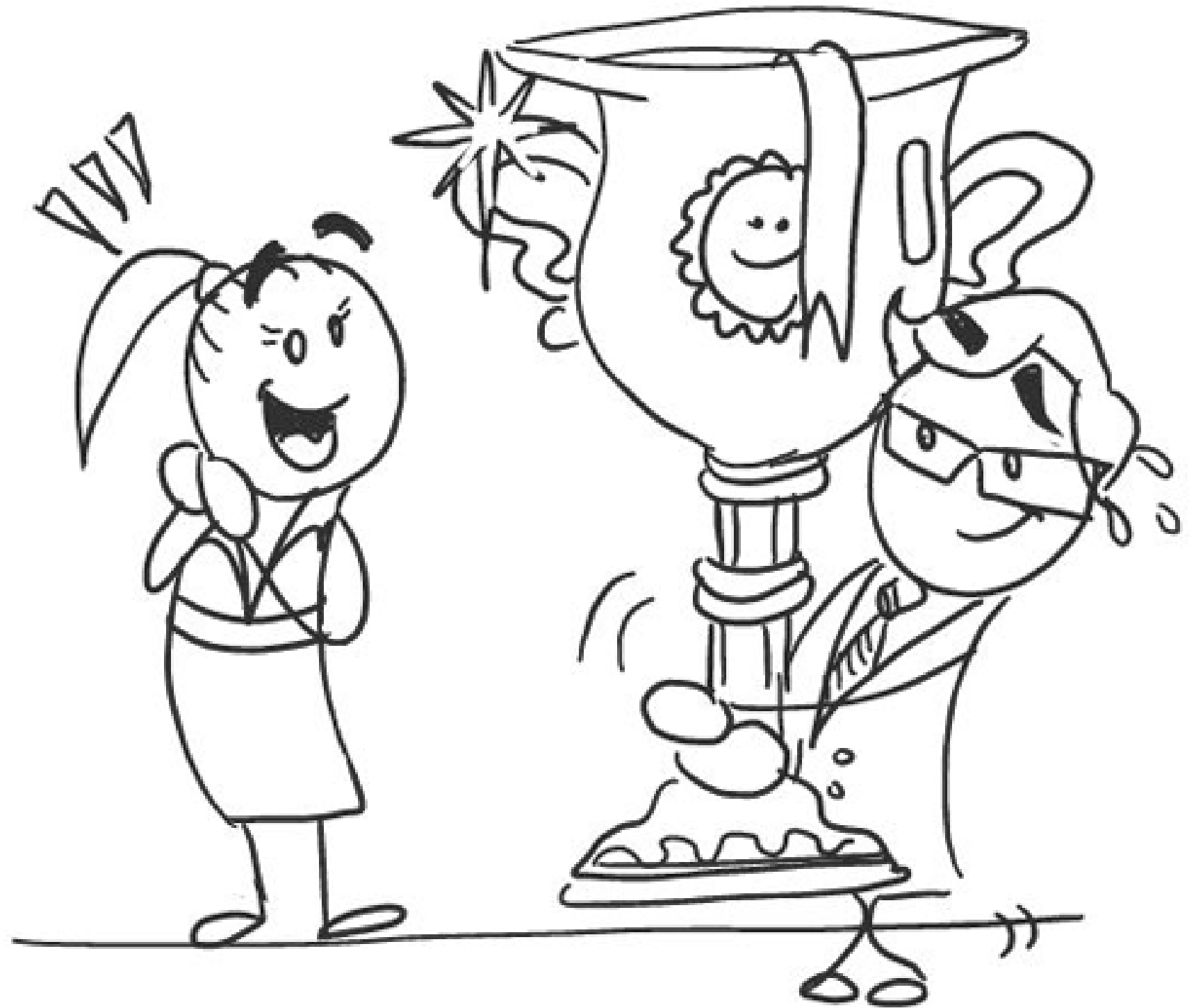
#26 Costume day



#18 Help me out



Recognition



“We’ll have
to wait and
see...”







Change happened





1914 "Tomb" Buick
This vehicle was built in 1914 and was one of the first Buick cars to be built in the United States. It was built in the Buick Motor Cars Division in Flint, Michigan.

This Vehicle Adopted By:
Western Lake Erie Chapter SDC

TESLA



Key:
Willingness to
jump off the fence



Culture





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



#83 Listen to your new people





“If you want
truly to
understand
something, try
to change it”
- Kurt Lewin

Sense of direction & Proper focus



**BEST TIME
EVER TO GET
BRACES!**



Smile at the World
ORTHODONTICS

SmileAtTheWorld.com



LAMAR

Positive psychology

“One of the most significant findings in psychology in the last twenty years is that individuals can choose the way they think.”

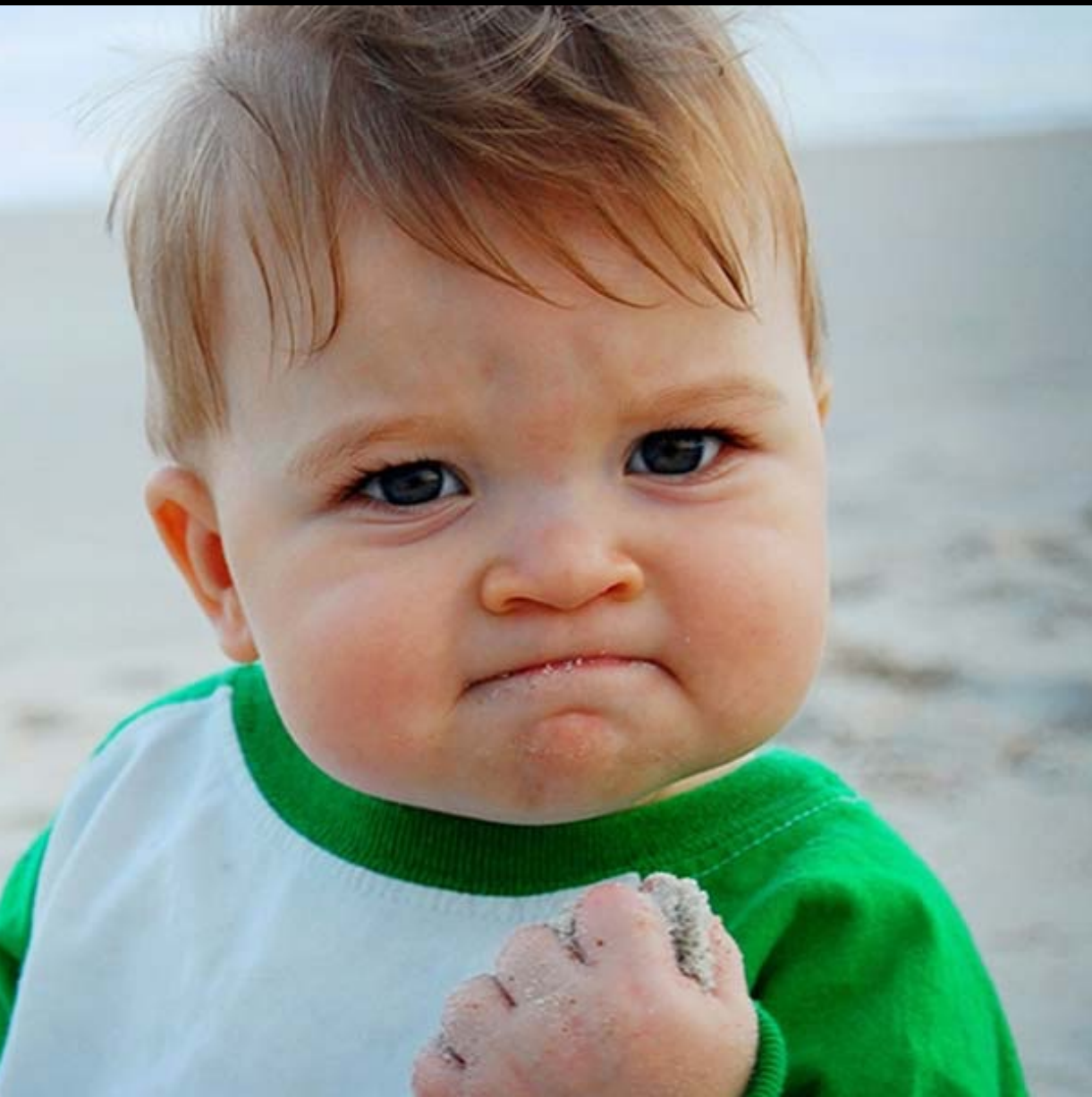
- Martin Seligman





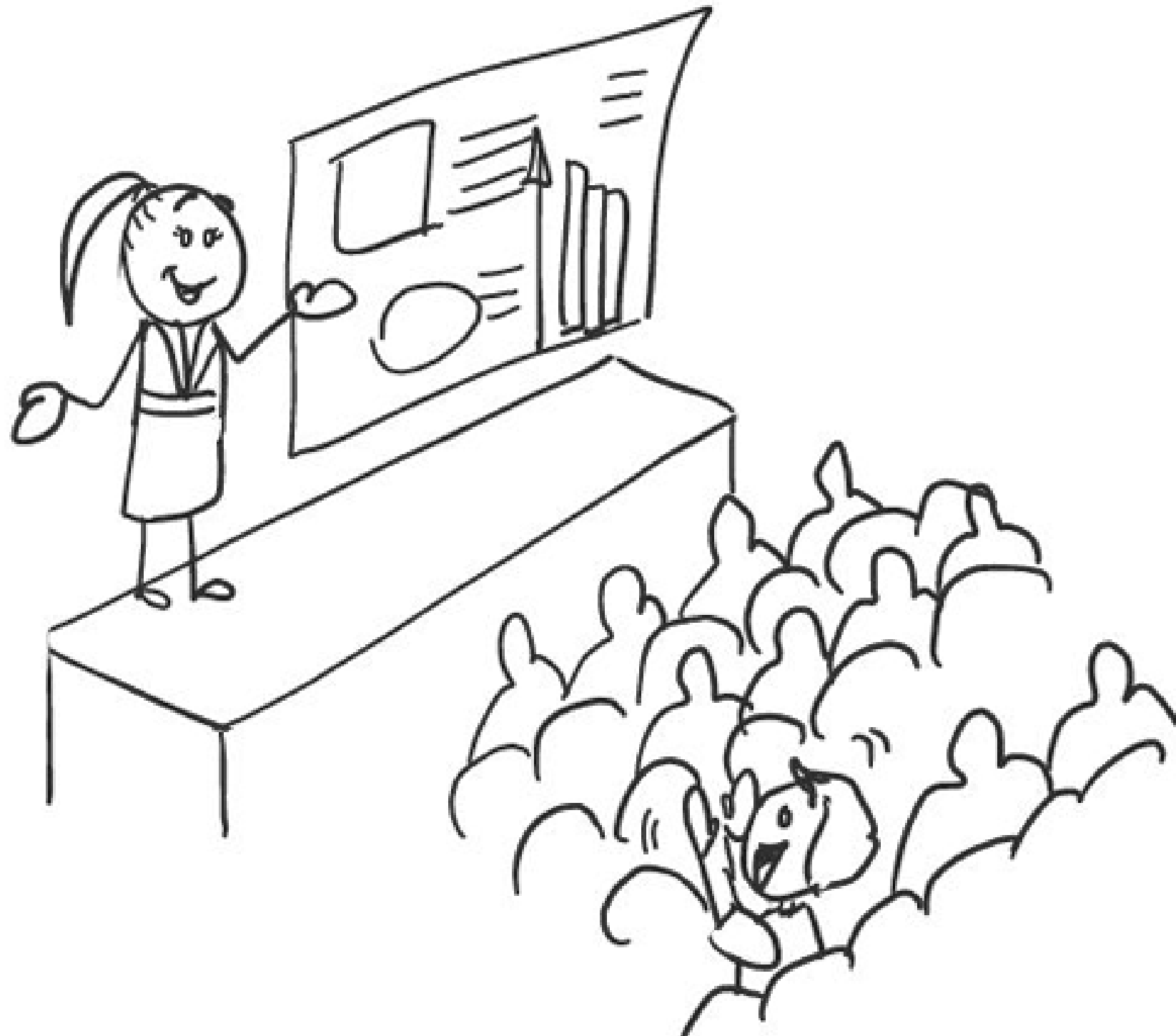
Key to life:
There are no
new problems

Take action for better days

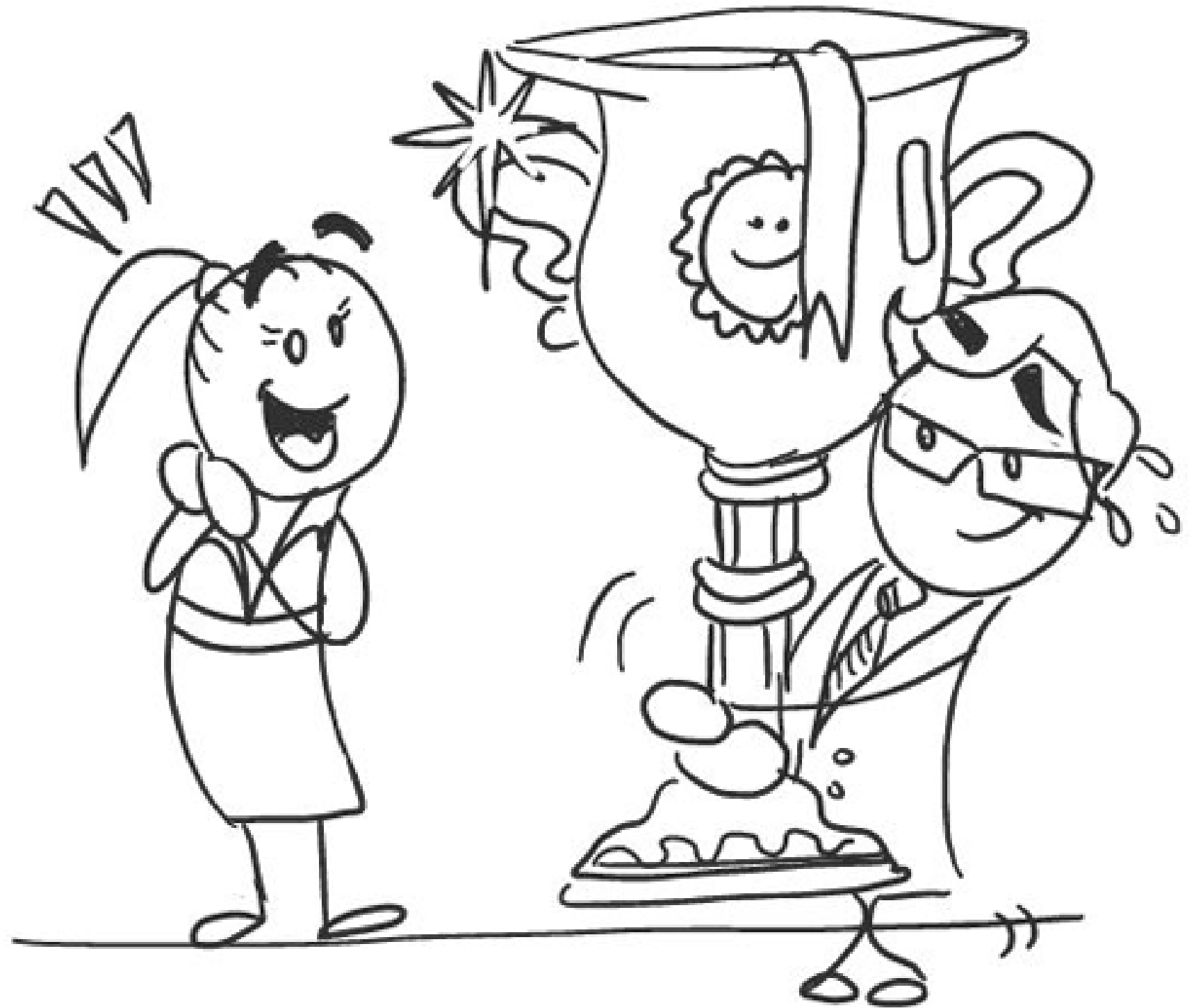


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#58 Ambassadors



Celebrate success





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