

Happy at work

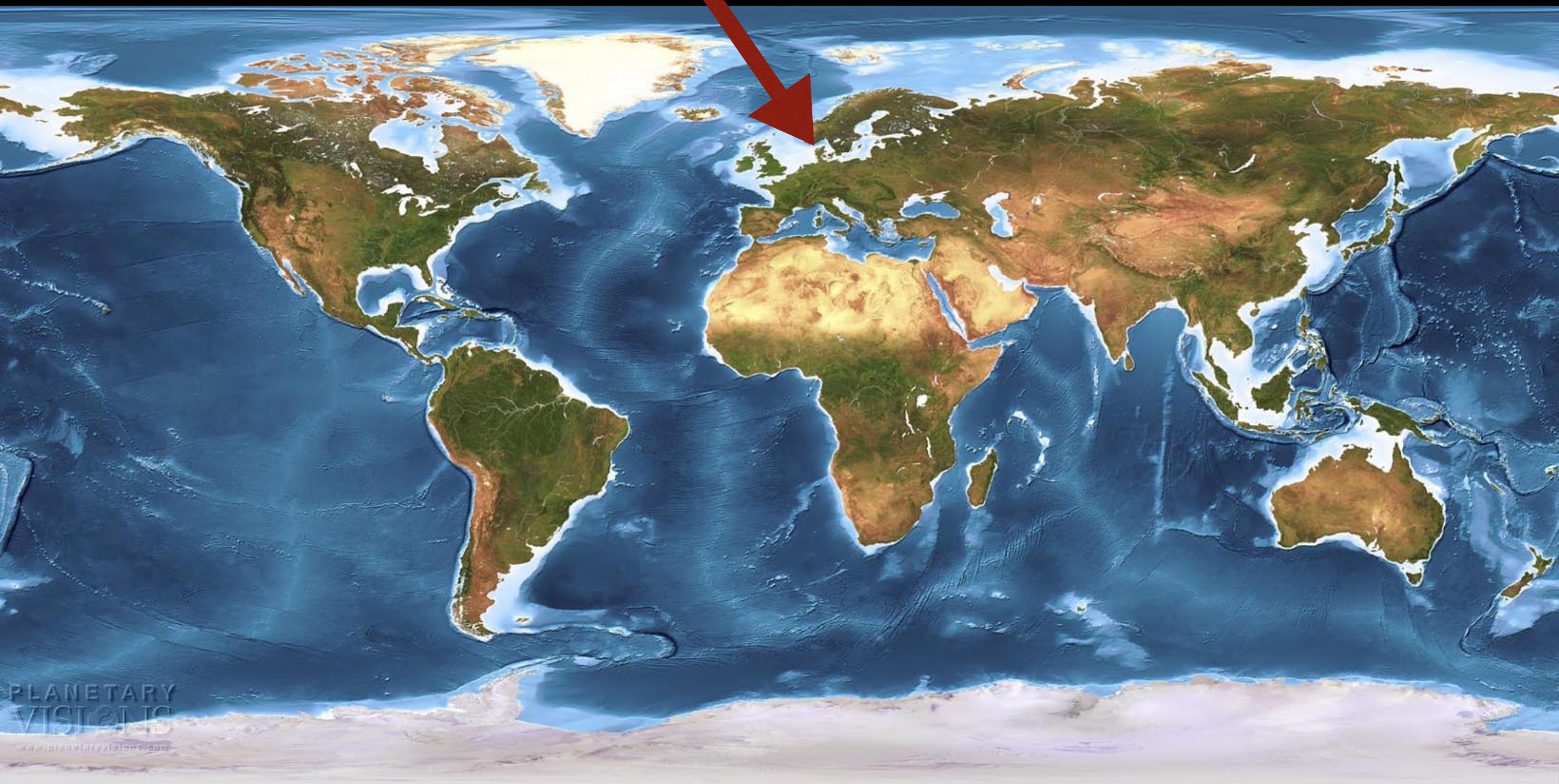
Change, culture & other fun stuff

Ferring, September 2022
with Jon Kjær Nielsen #jondk

Materials: jon.dk/ferring



Here







Welcome to the world's happiest nation*

That calls for a **Carlsberg**

KIT



Arbejdsglæde

[arh-beids-gleh-de]

= Work Happiness







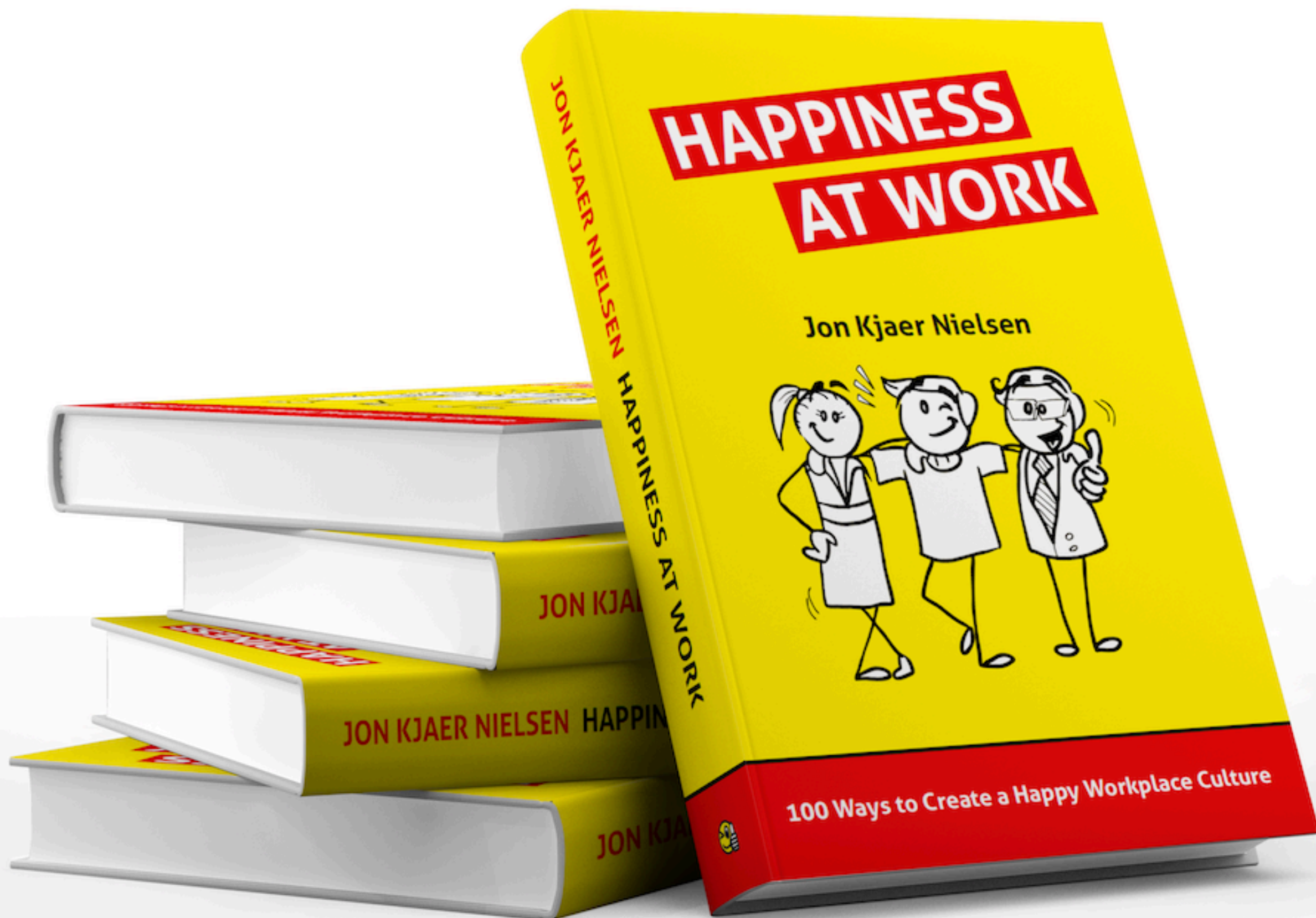
Jon Kjær Nielsen
Speaker & Author

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

Independent consultant
since 2006.

Biker, book-worm, chef,
podcast host





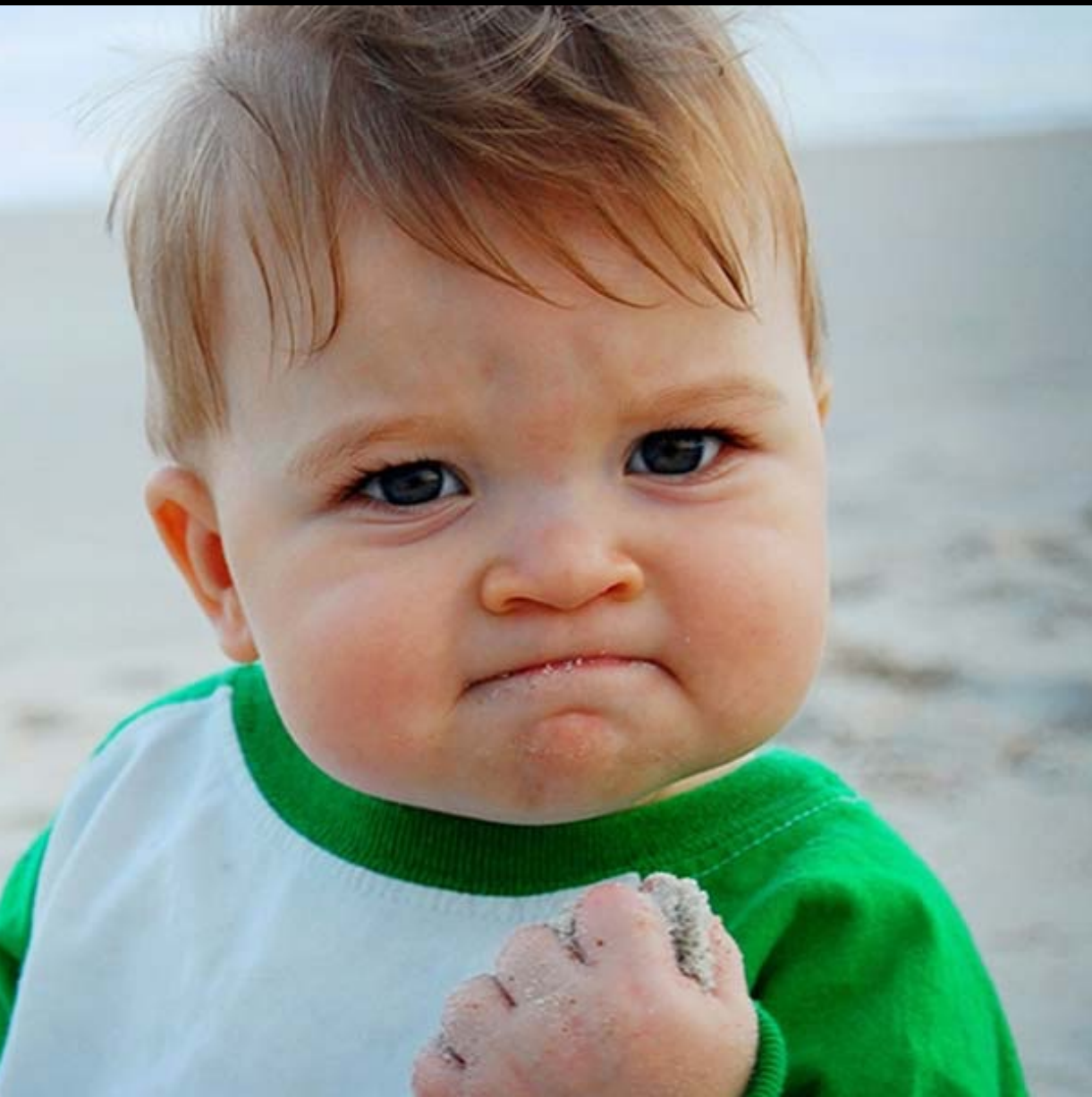
HAPPINESS AT WORK

Jon Kjaer Nielsen



100 Ways to Create a Happy Workplace Culture

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



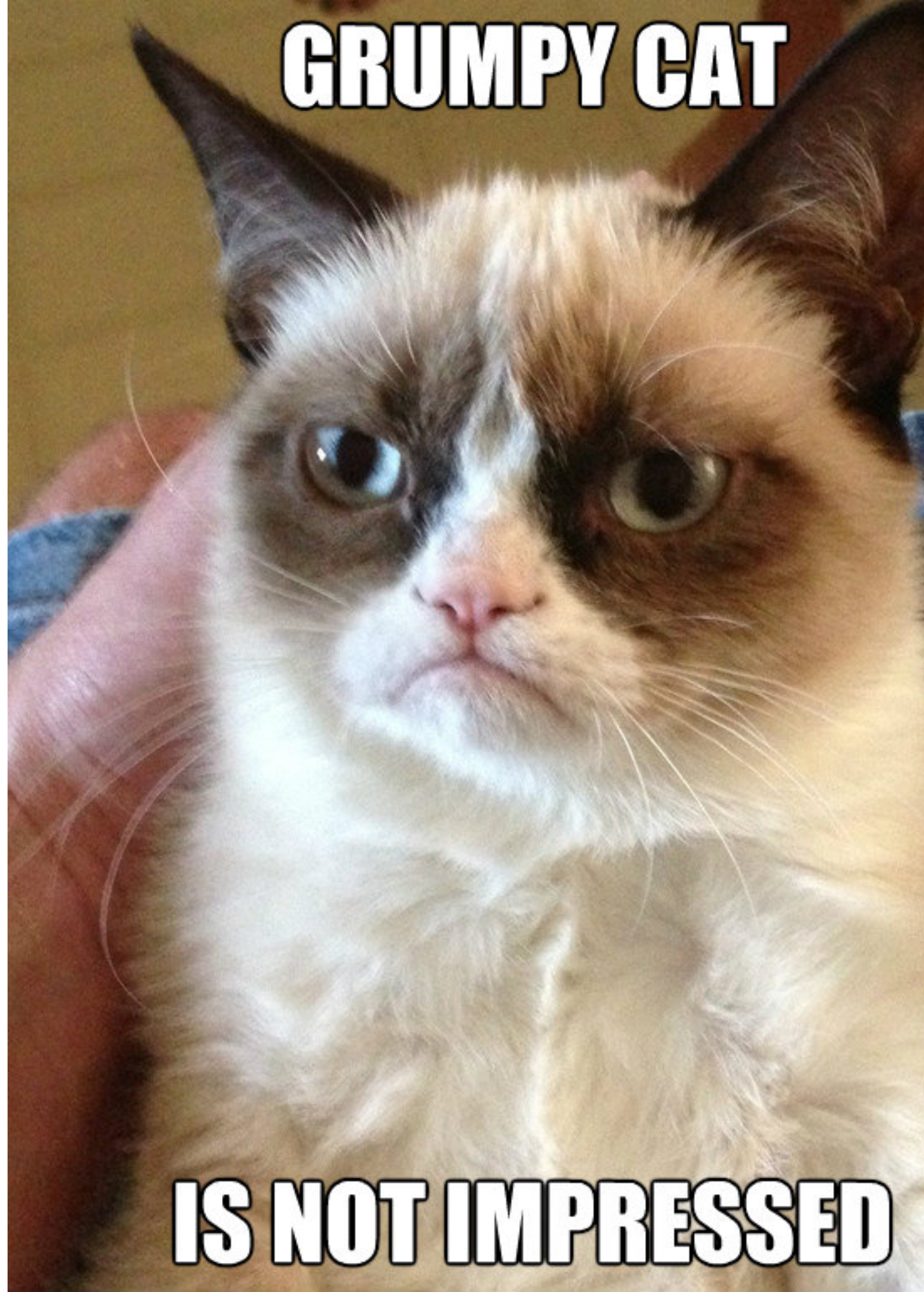


Reflection:
Think about a really
good day at work

Covering the basics



Playing The Victim



GRUMPY CAT

IS NOT IMPRESSED

Playing The Victim



GRUMPY CAT

HappyWays Podcast
Episode 03:
An end to whining
and complaining

IS NOT IMPRESSED

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
See: PERMA model*



Relationships



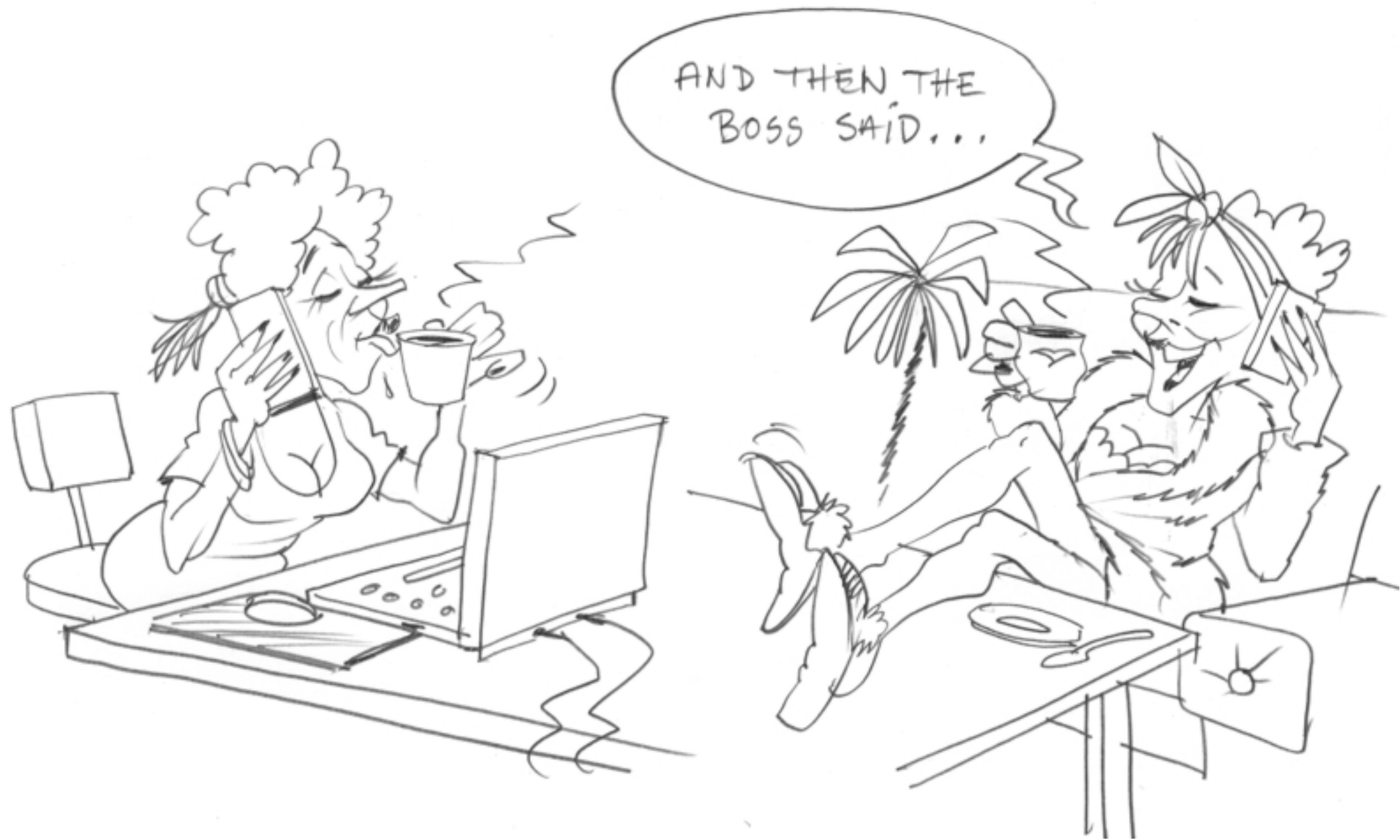
Change jobs



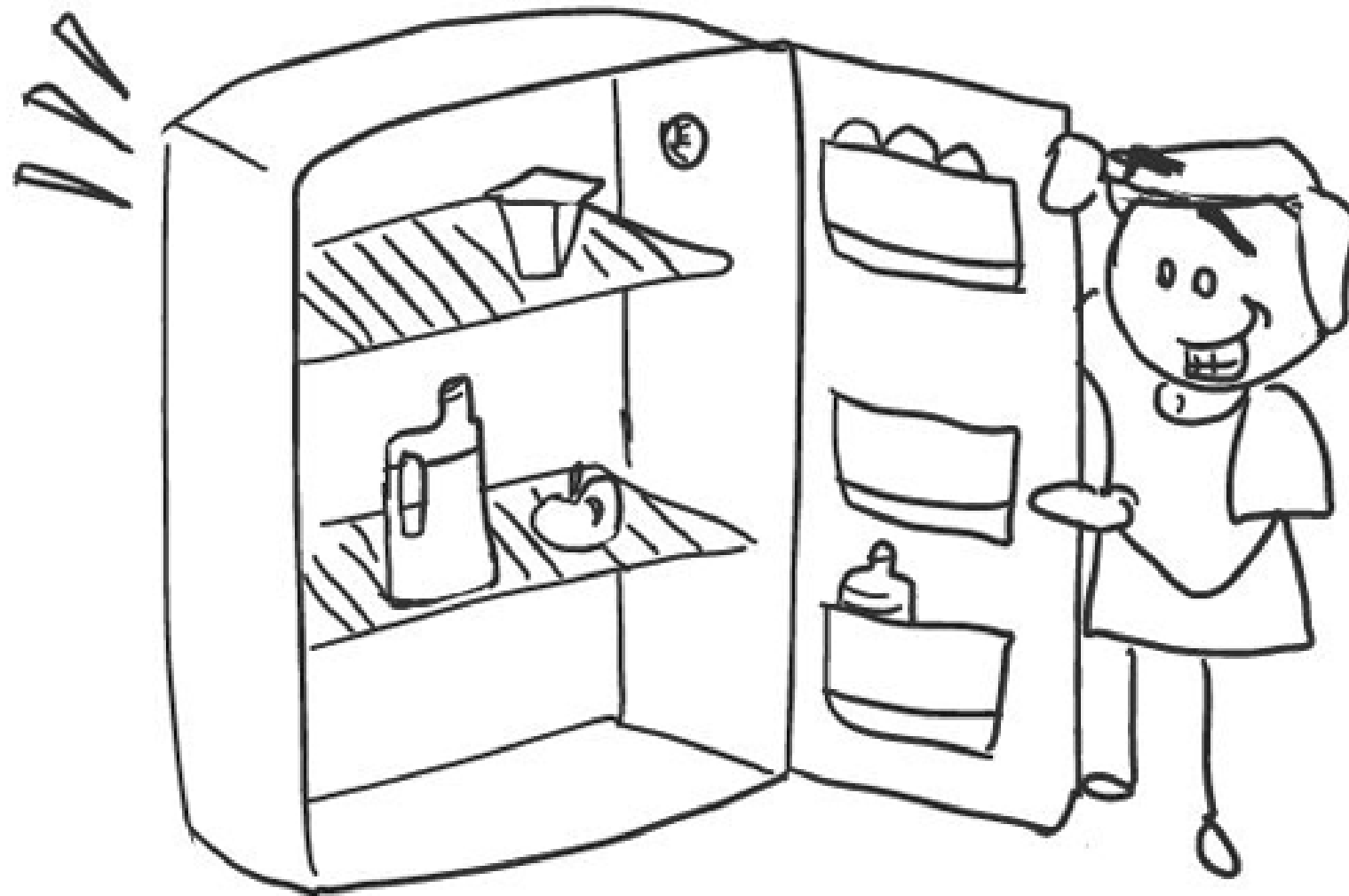
#2 Ask someone on a DATE



Coffee on the phone



Show your fridge



#31 Appreciation Day



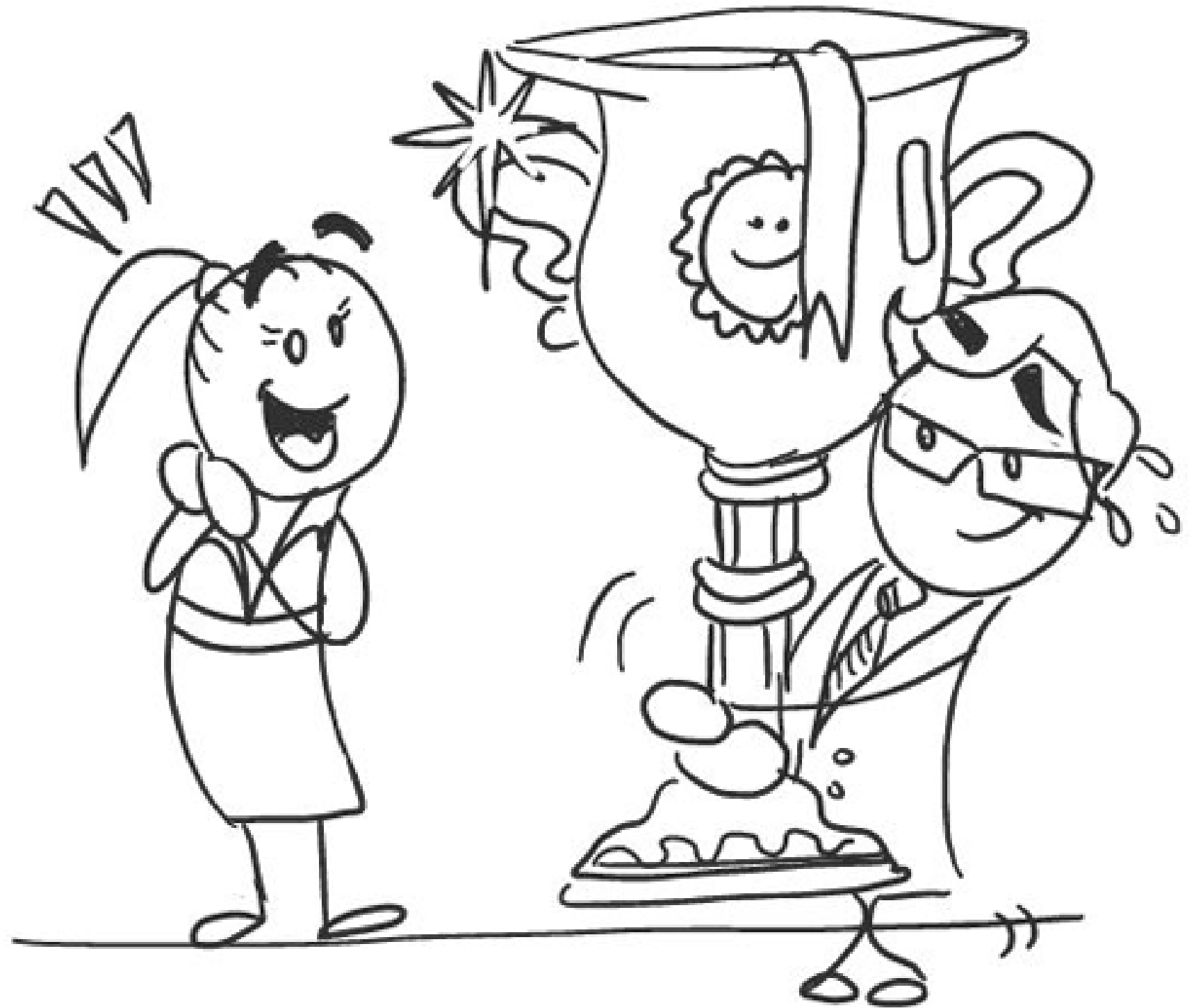
#18 Help me out



Recognition



Celebrate success





“We’ll have
to wait and
see...”









Change happened





1914 Daimler Motor Car
This vehicle was donated to the Western Lake Erie Chapter SDC by the Western Lake Erie Chapter SDC.

This Vehicle Adopted By:
Western Lake Erie Chapter SDC

TESLA



Key:
Willingness to
jump off the fence



Culture





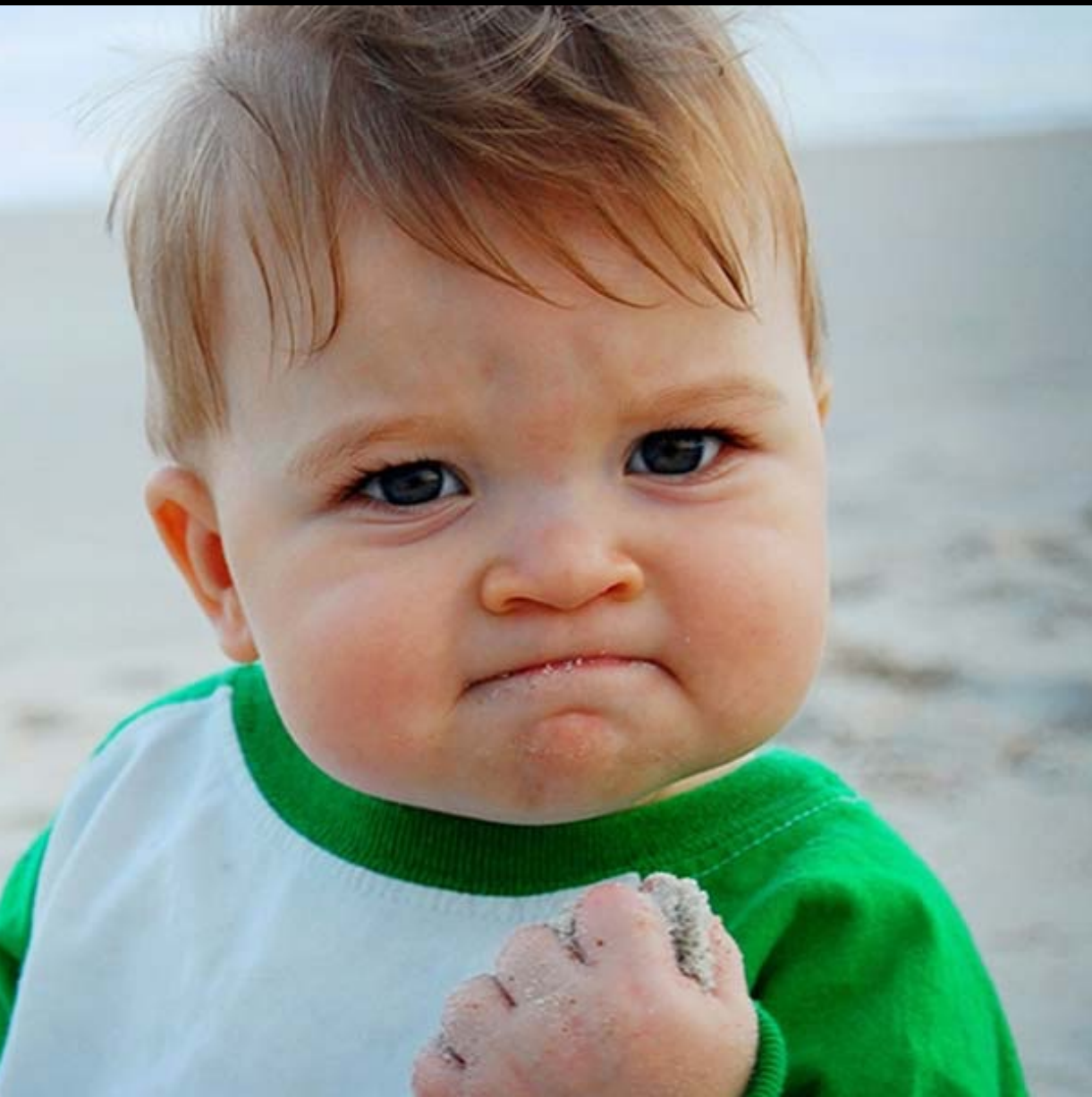
**‘Culture eats
strategy for
breakfast’
- Peter Drucker**



#83 Listen to your new people



Take action for better days



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



Key to life:
There are no
new problems

**BEST TIME
EVER TO GET
BRACES!**



Smile at the World
ORTHODONTICS

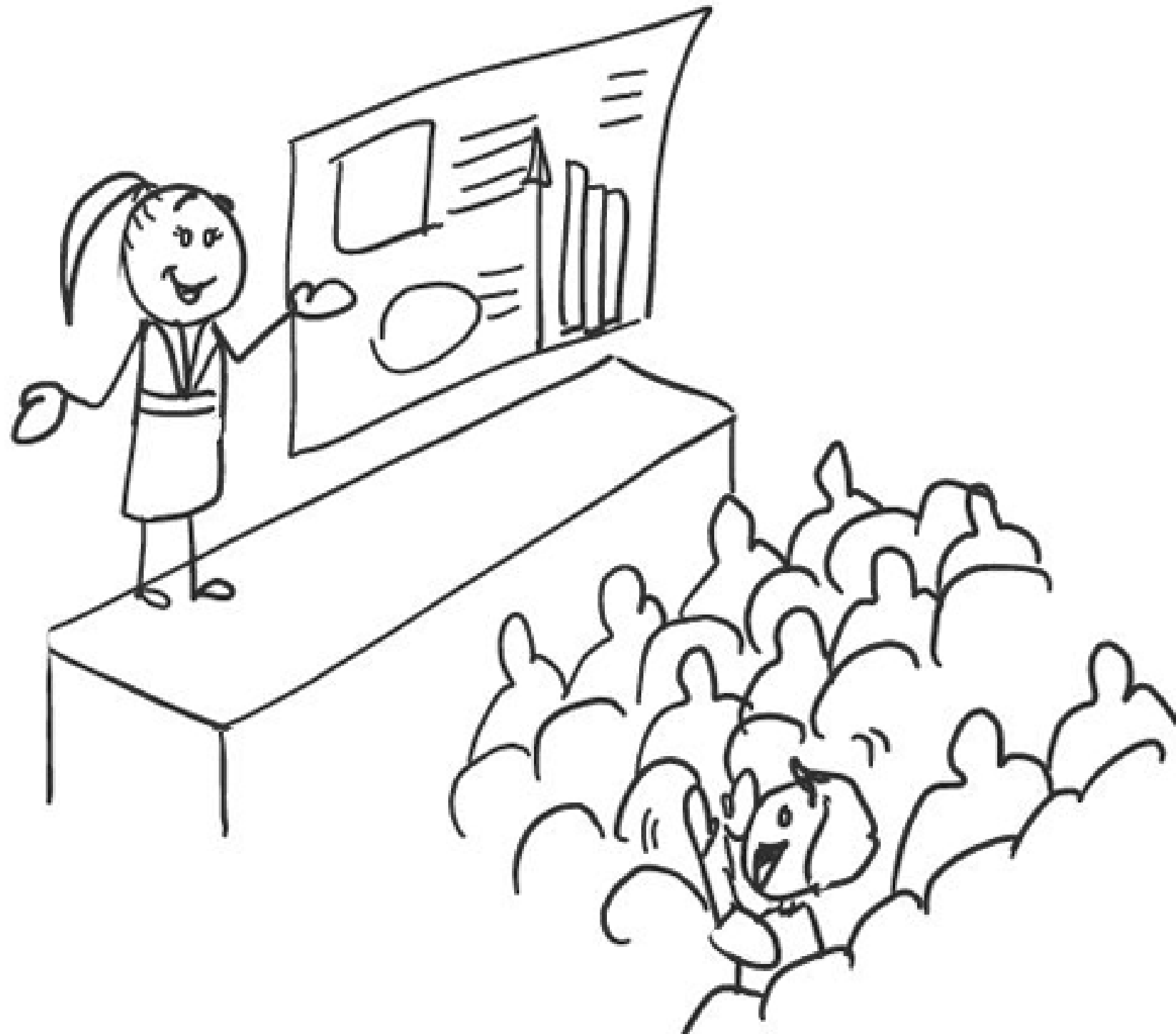
SmileAtTheWorld.com



LAMAR



#58 Ambassadors



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