

# Happy at work

- Change, culture og other fun stuff

LEO Pharma, October 2021  
with Jon Kjær Nielsen #jondk



Materials: [jon.dk/leo](https://jon.dk/leo)





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

That calls for a **Carlsberg**

**KIT**



# Arbejdsglæde

[arh-beids-gleh-de]

= Work Happiness







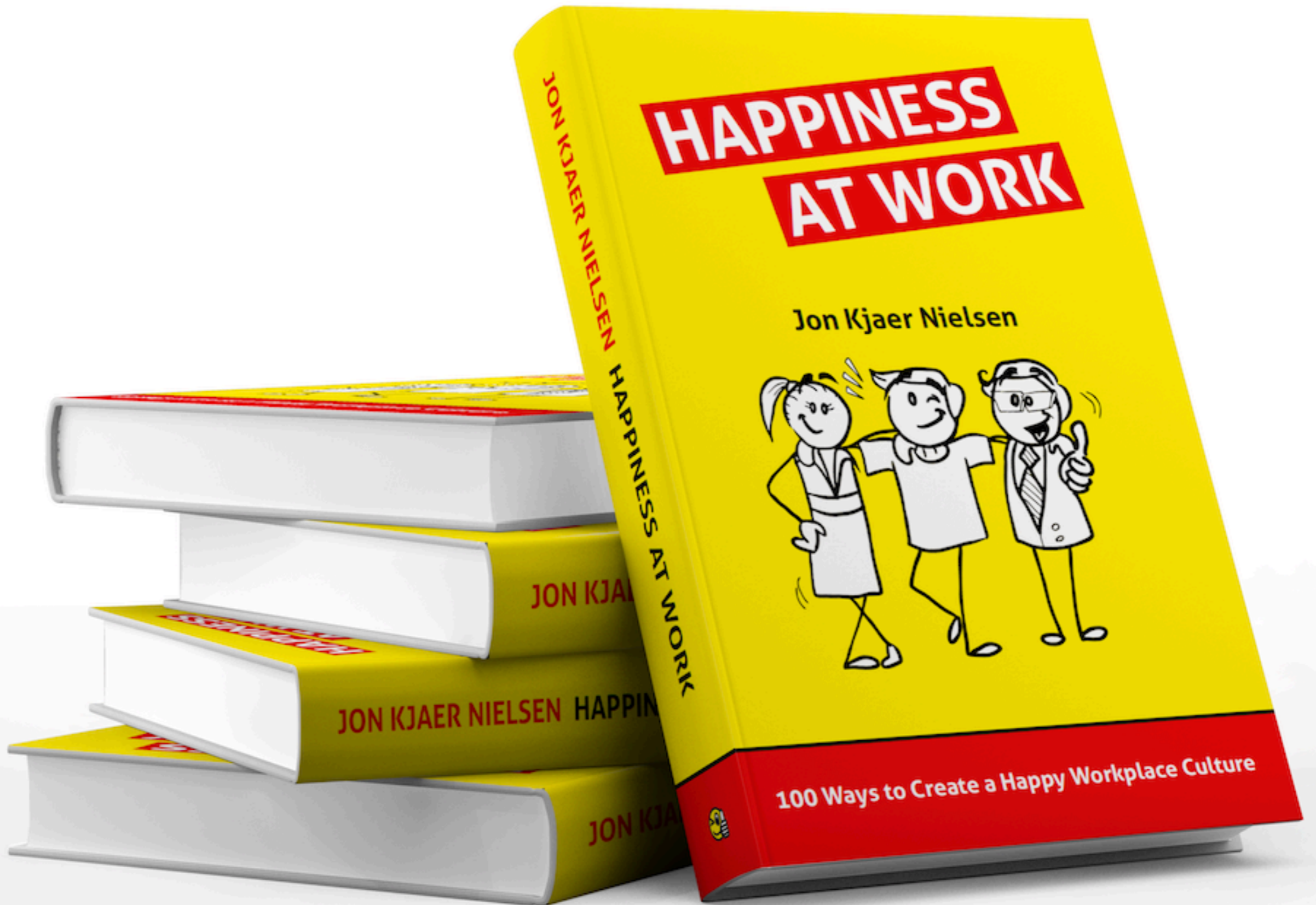
Jon Kjær Nielsen  
Speaker & Author

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

JON KJAER NIELSEN

HAPPINESS AT WORK

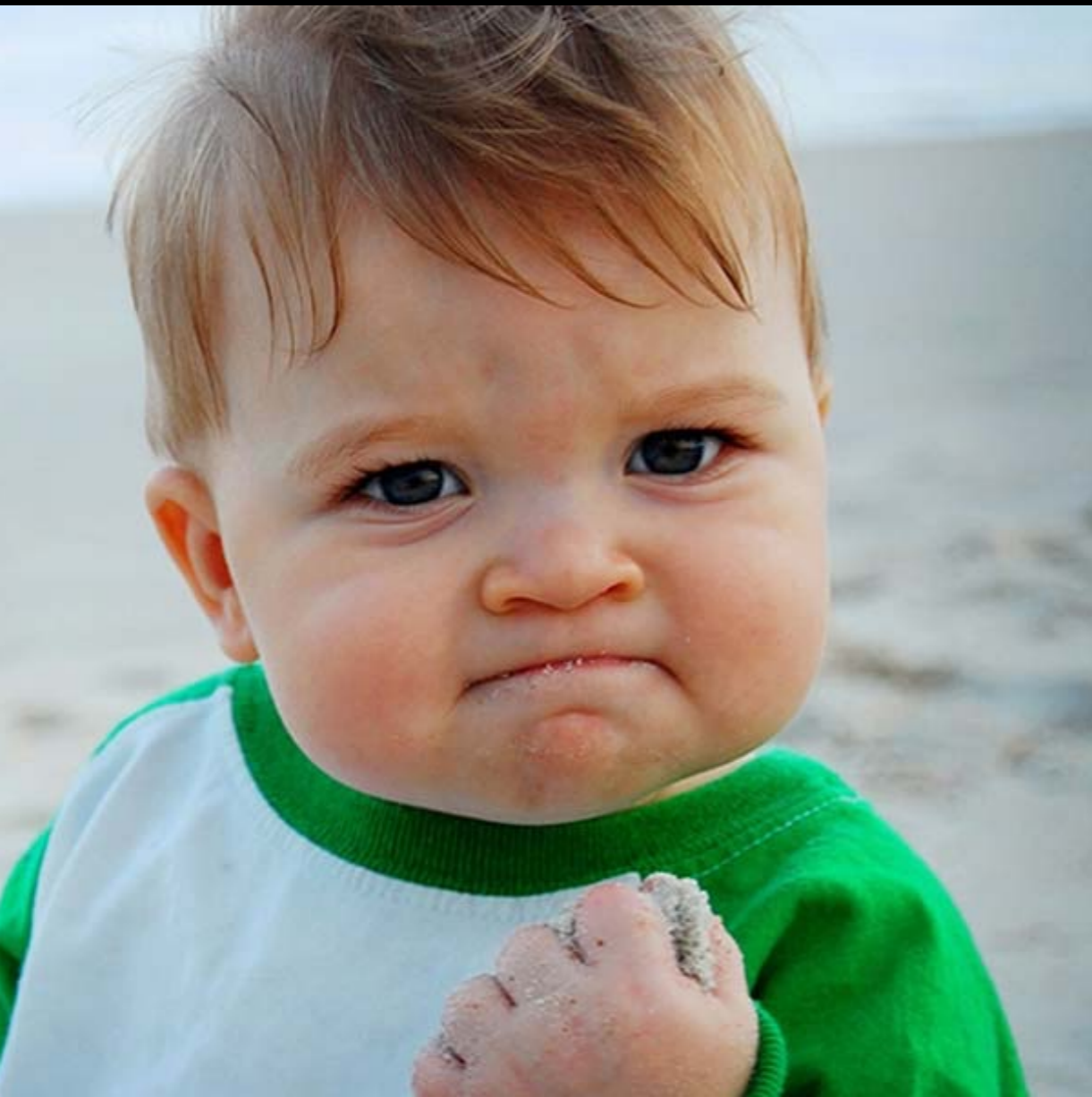
JON KJAER NIELSEN

JON KJAER NIELSEN HAPPINESS AT WORK

JON KJAER NIELSEN



# Take action for better days



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

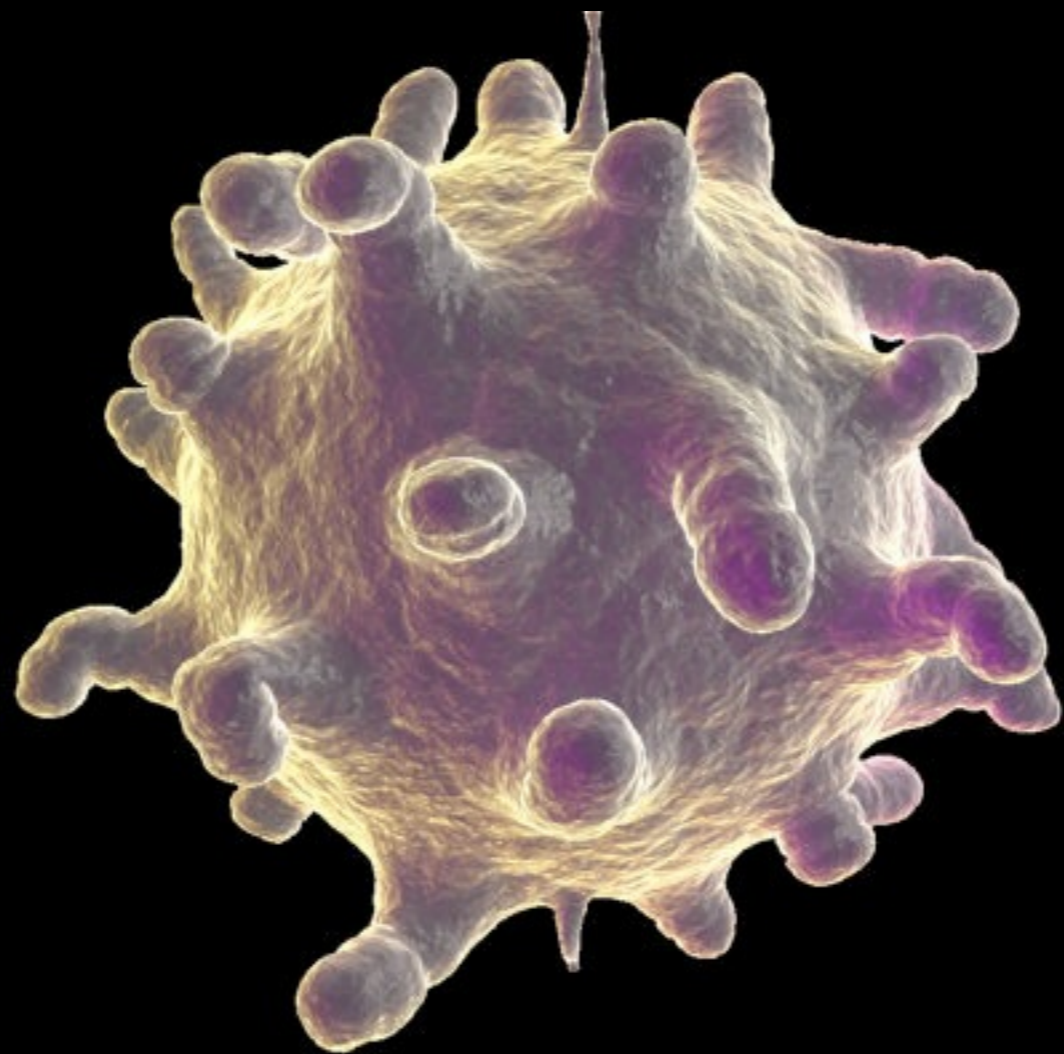




36.8°C



OMRON



# 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**

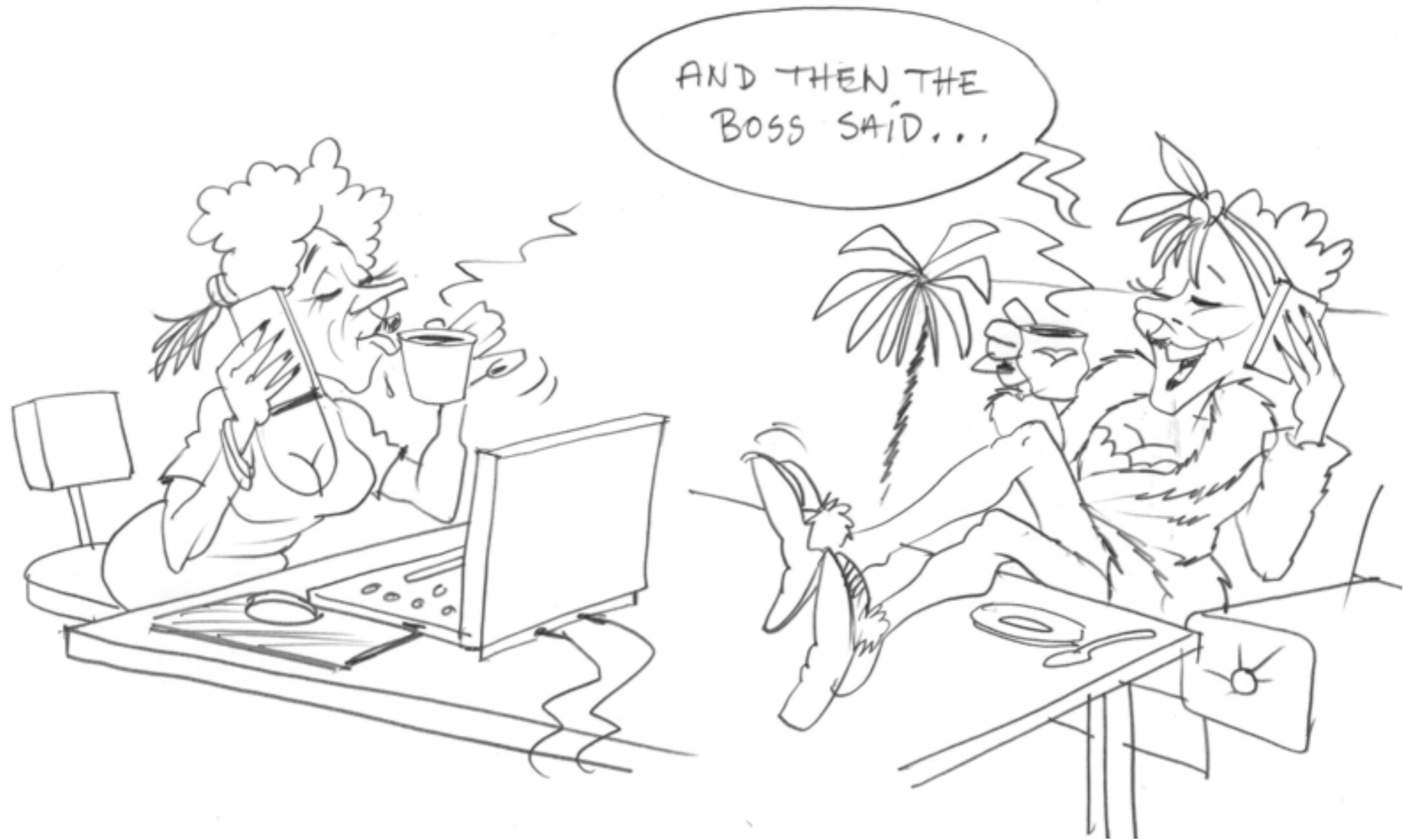
# Relationships



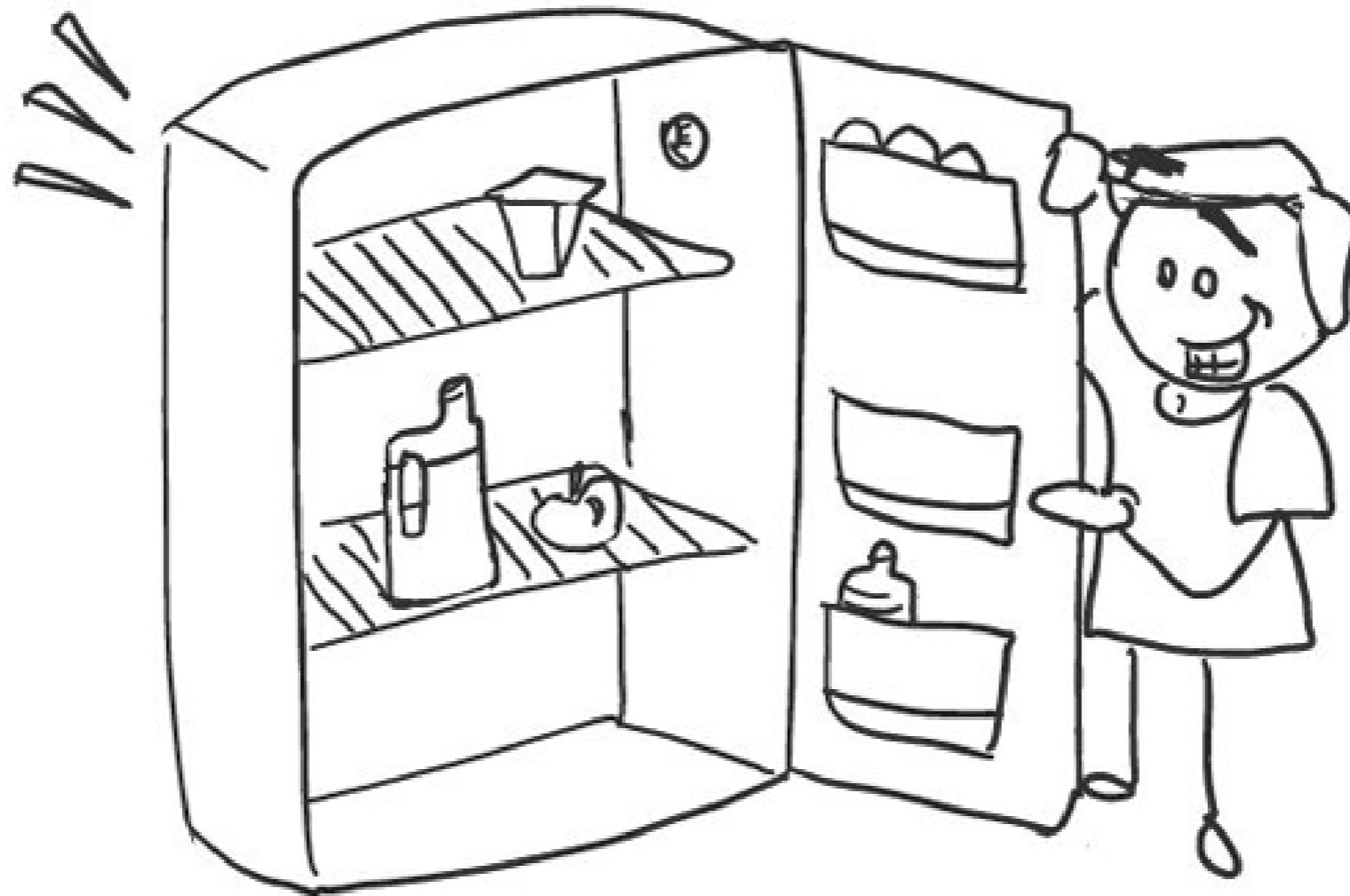
# #2 Ask someone on a DATE



# Coffee on the phone



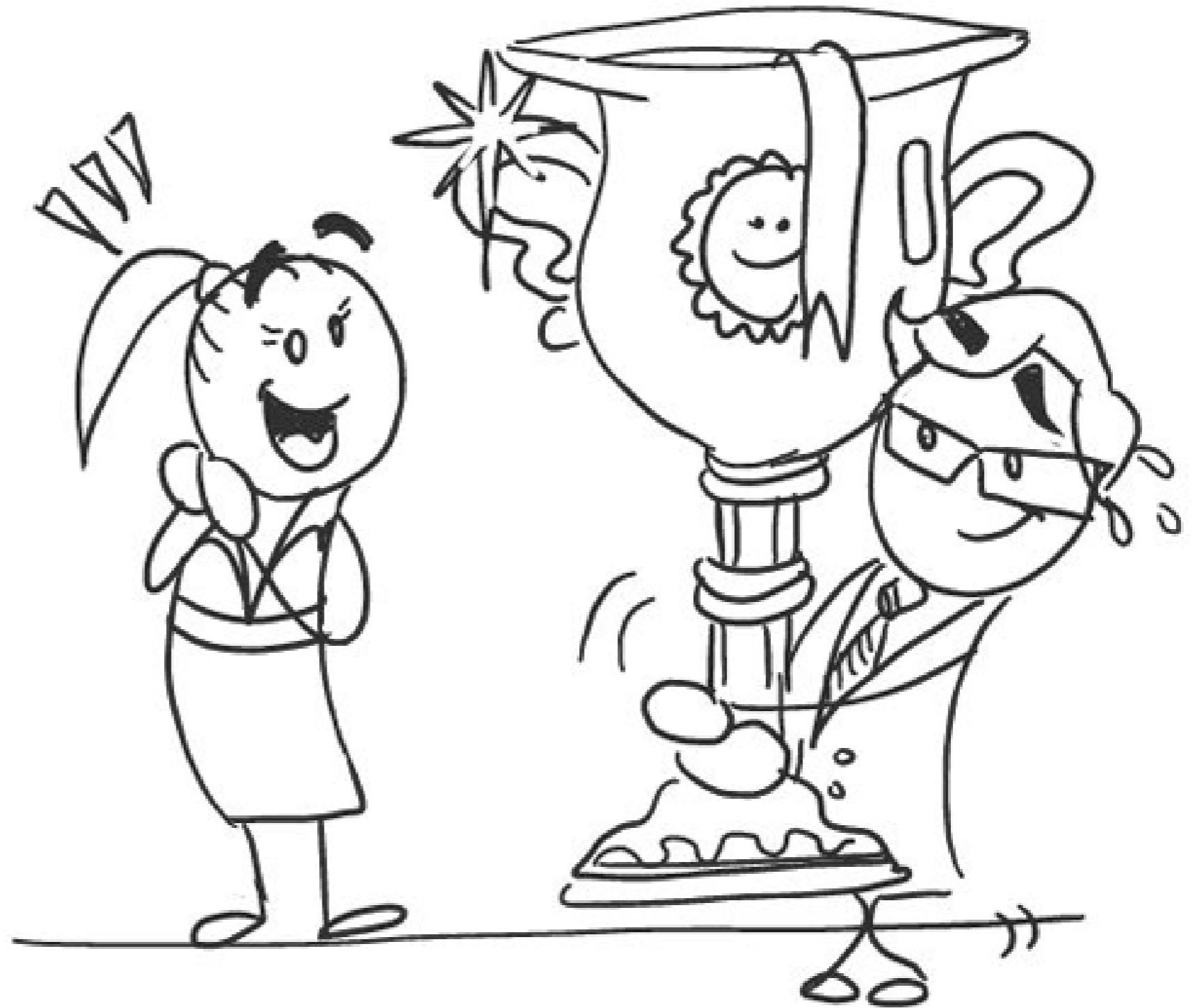
# Show your fridge



# #18 Help me out



# Recognition





“We’ll have  
to wait and  
see...”







1914 "Tour" Buick  
This vehicle was used for touring and was one of the first Buick models to feature a steering wheel and a gear shift.

This Vehicle Adopted By:  
Western Lake Erie Chapter SDC

TESLA





Change happened

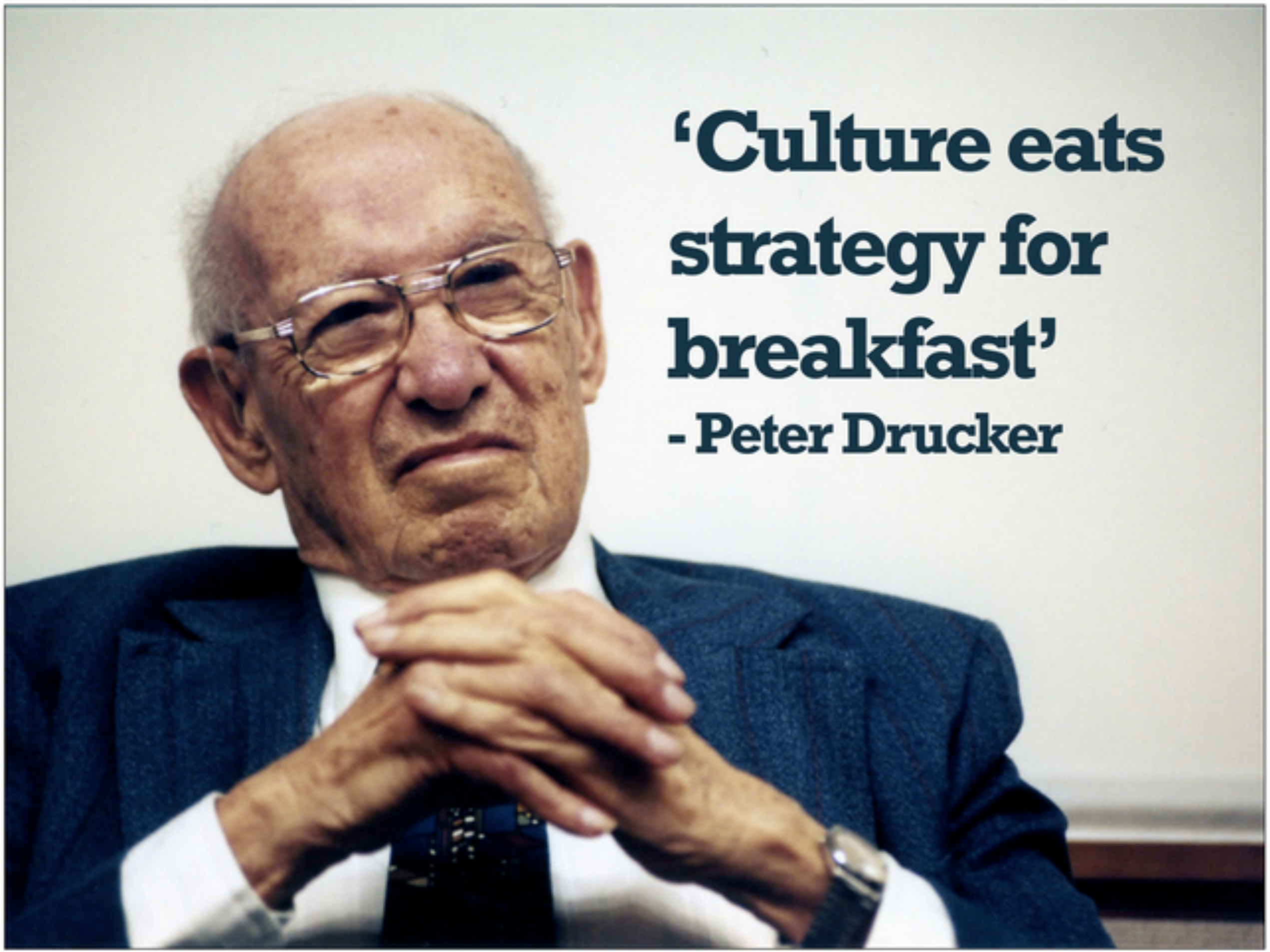


Key:  
Willingness to  
jump off the fence



# 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.”*

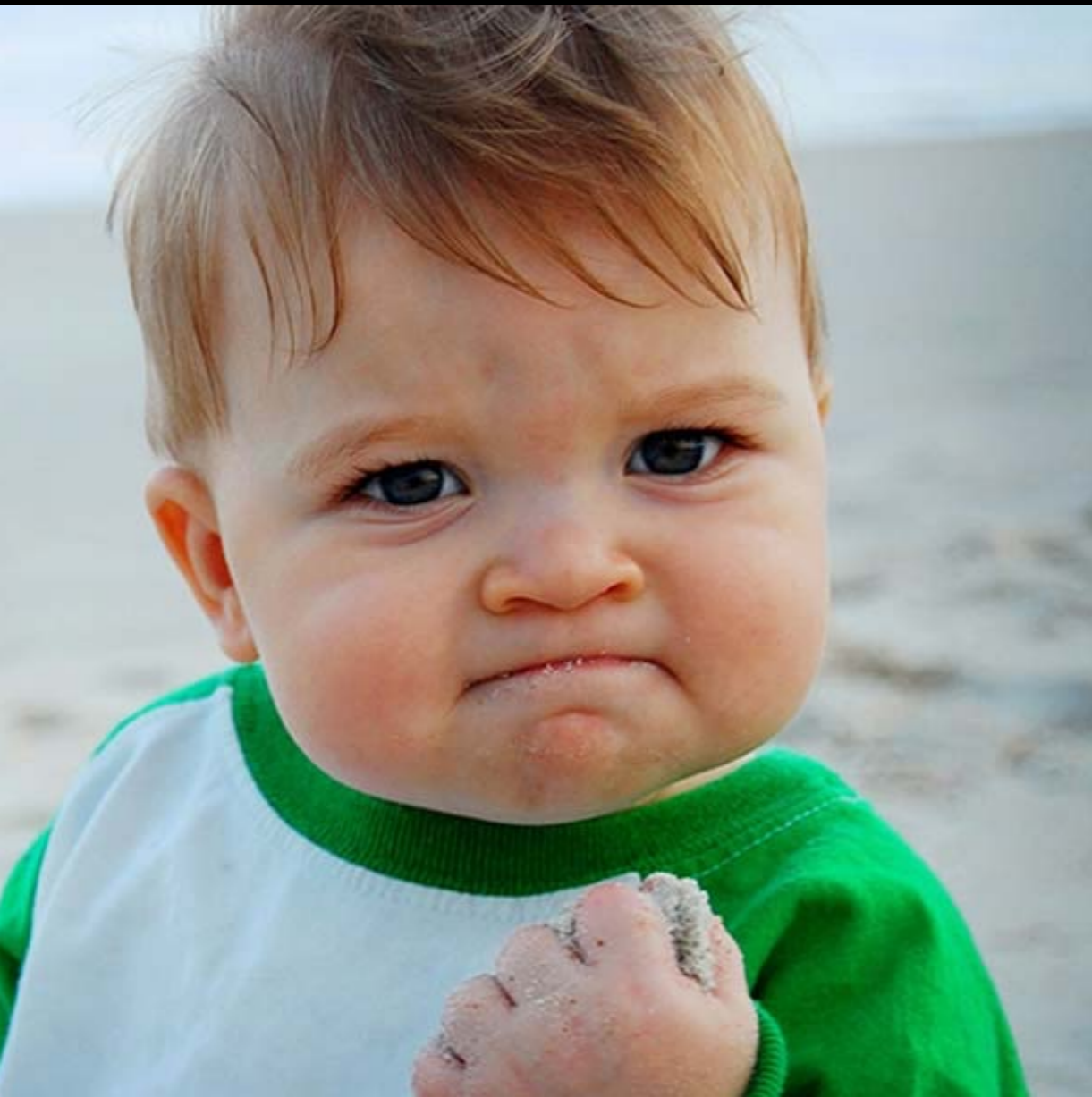
*- Martin Seligman*





Key to life:  
There are no  
new problems

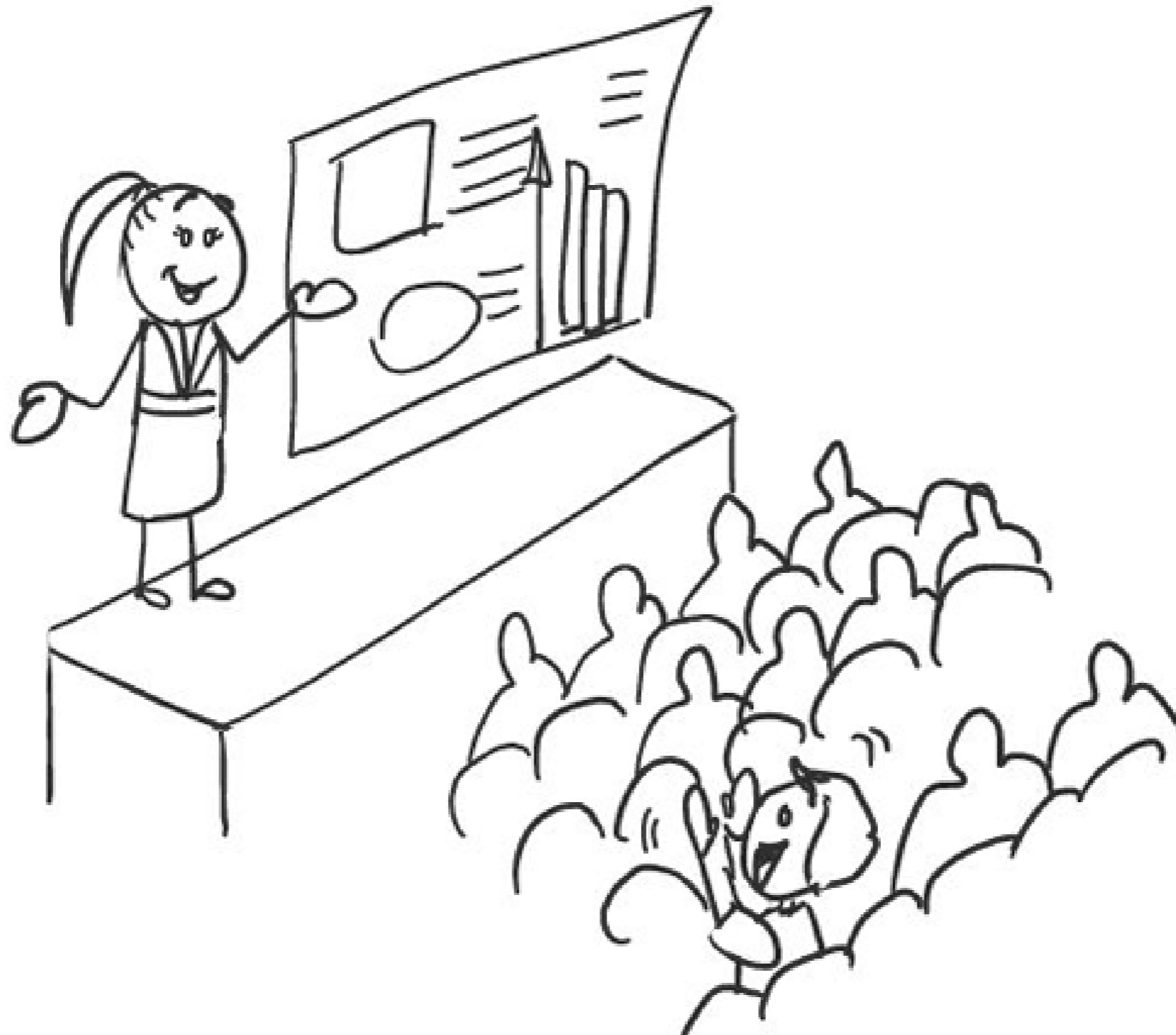
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# #58 Ambassadors



# Celebrate success





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