

Happy at work

- Change, culture og other fun stuff

Group 88, May 2022
with Jon Kjær Nielsen #jondk

More materials:
jon.dk/group88







**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

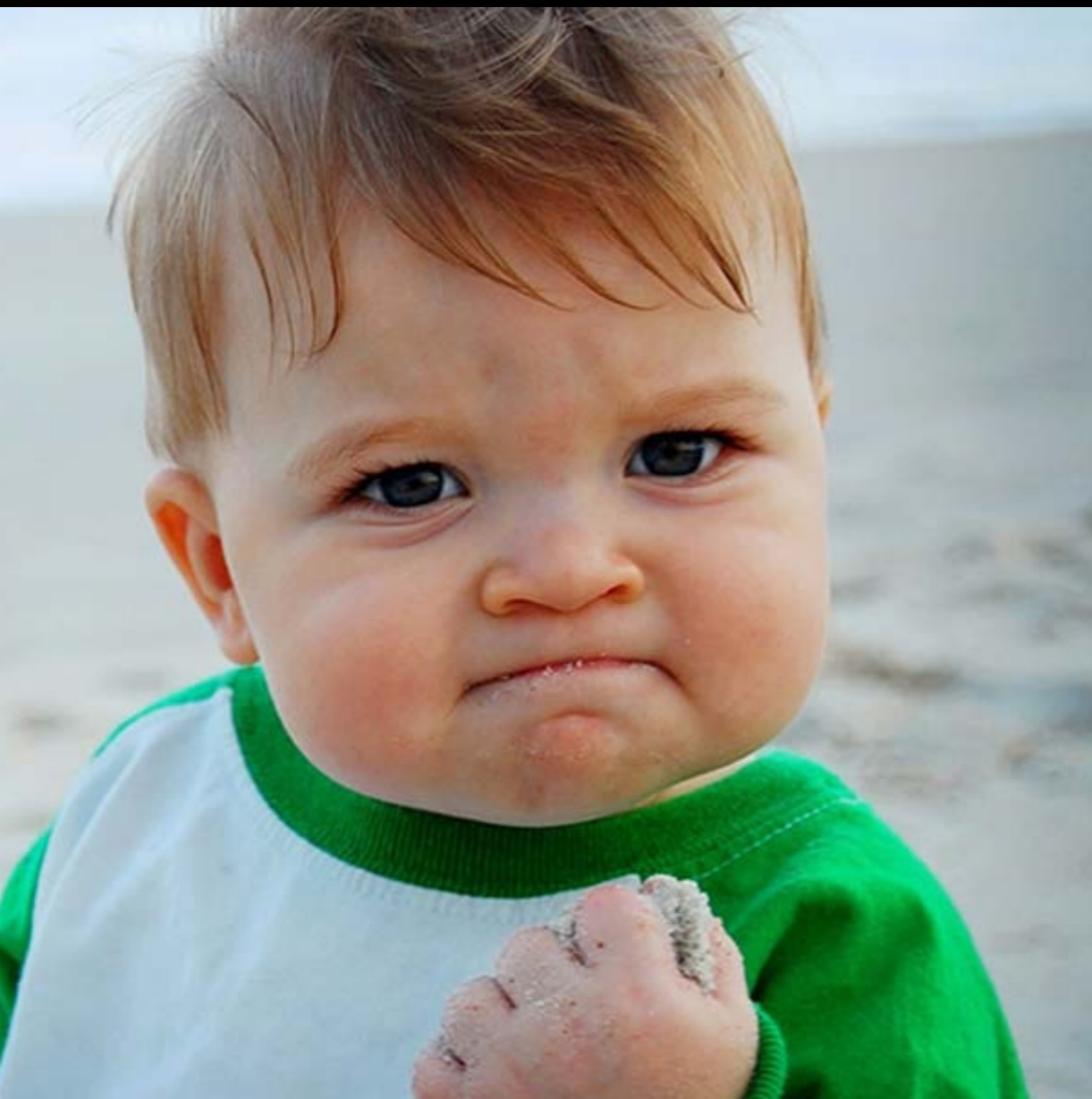
M.Sc. in engineering, 2002.
Former HR Specialist.

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

“Urgent” will not make it more important. But we think it will.





SLUBR
SLUBR
SLUBR

ZZZ

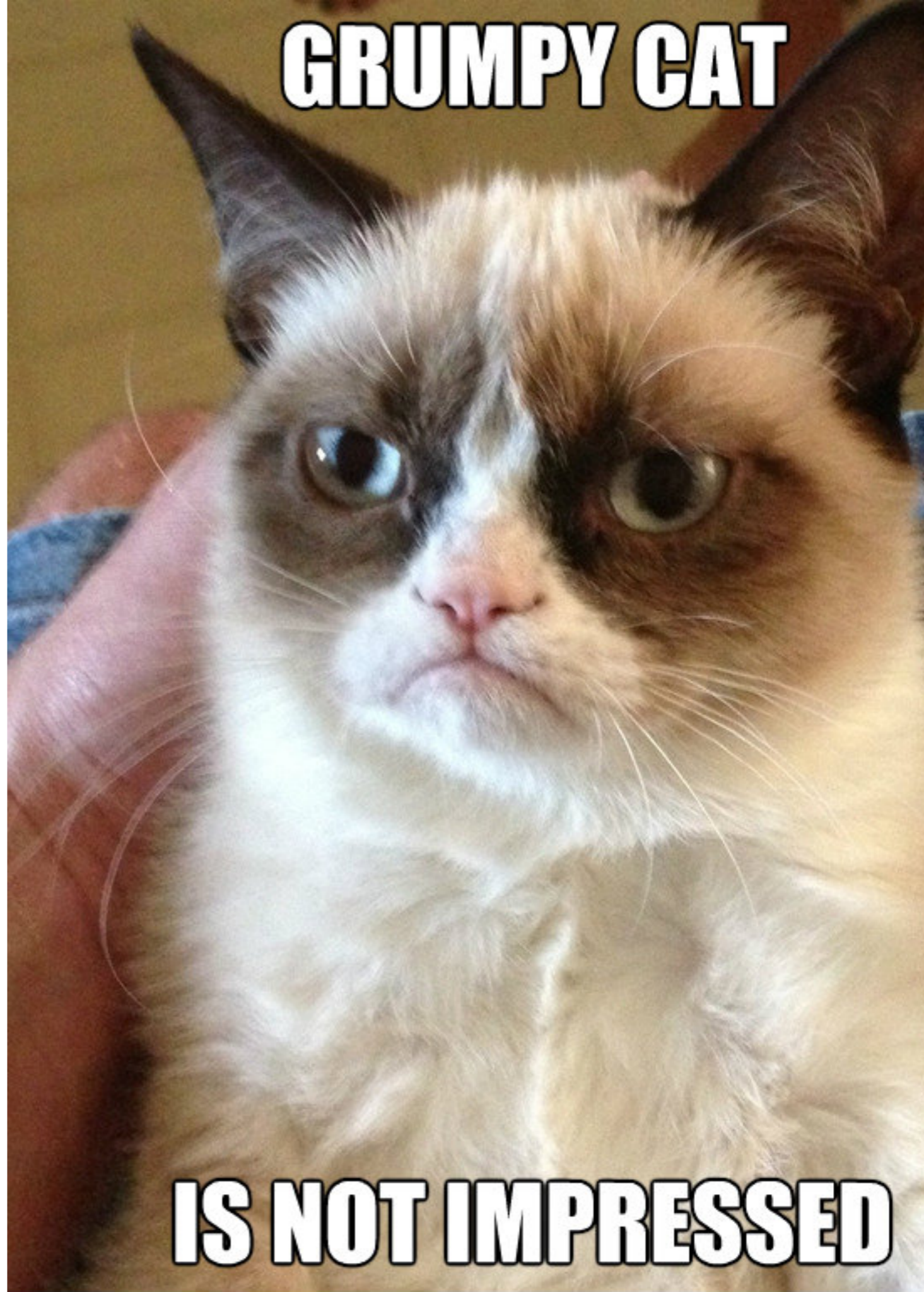
Covering the basics

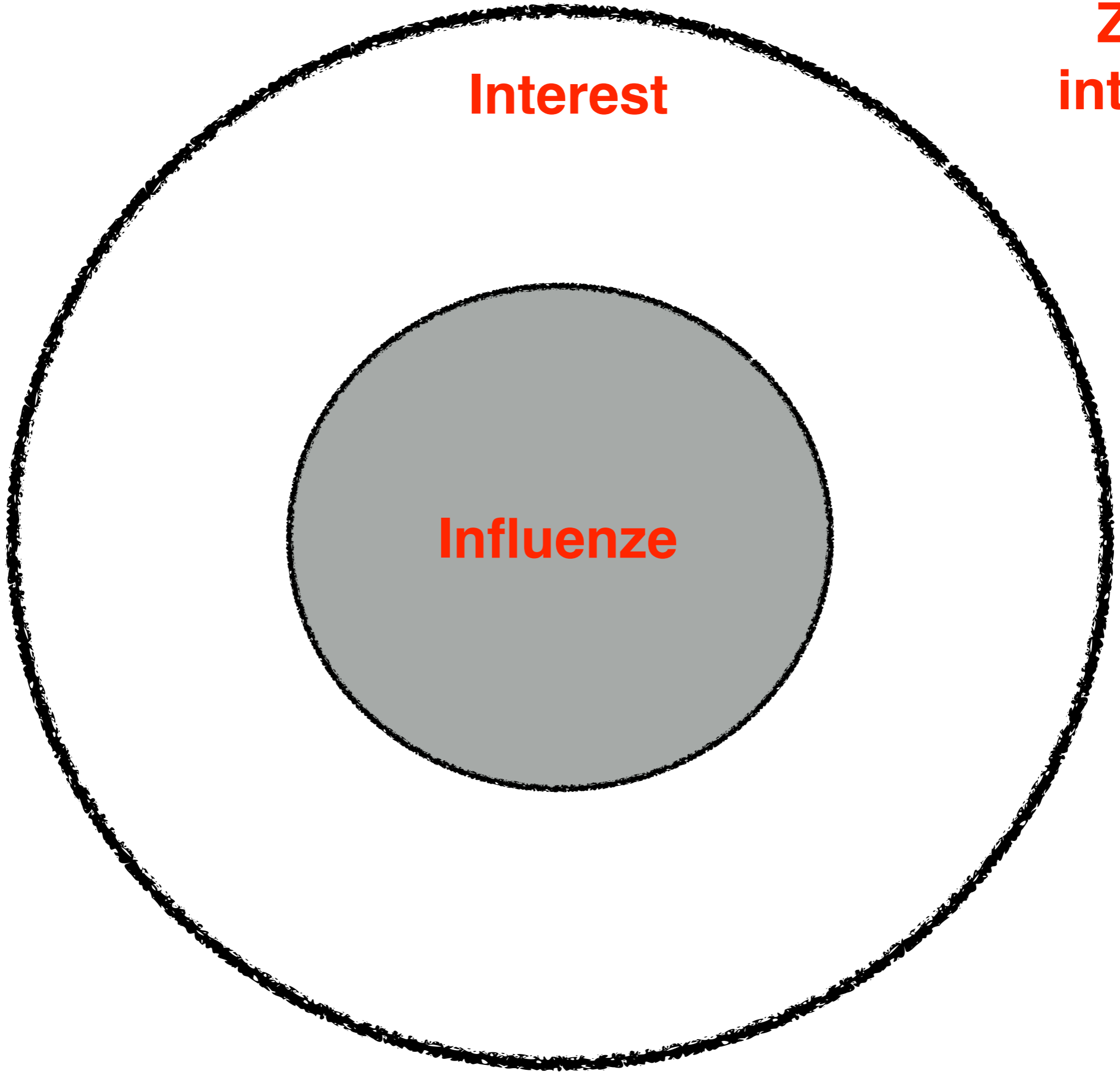


Negative impact

- Poor Hygiene Factors
- Whining and complaining
- Lack of recognition

Playing The Victim

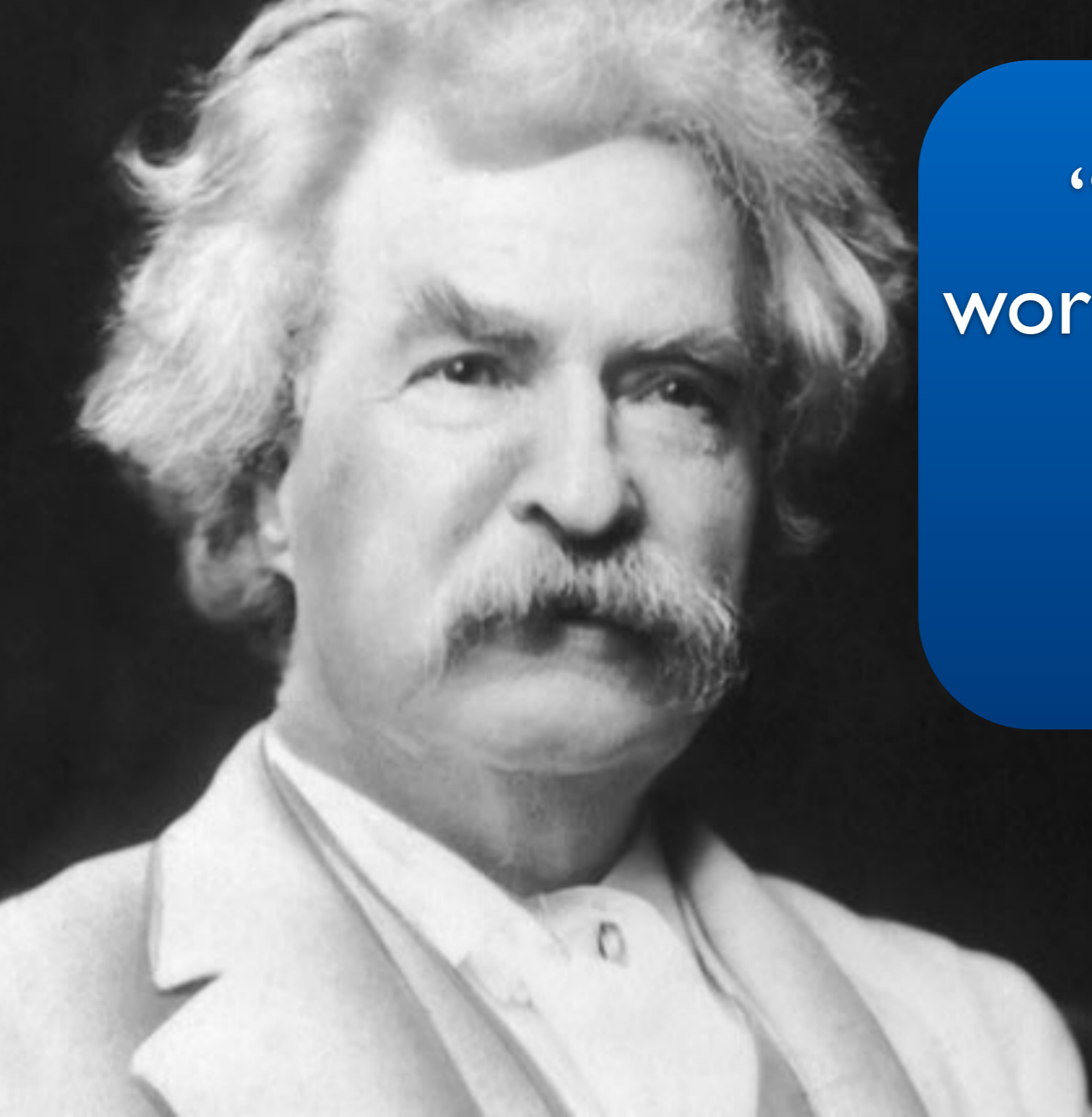




Interest

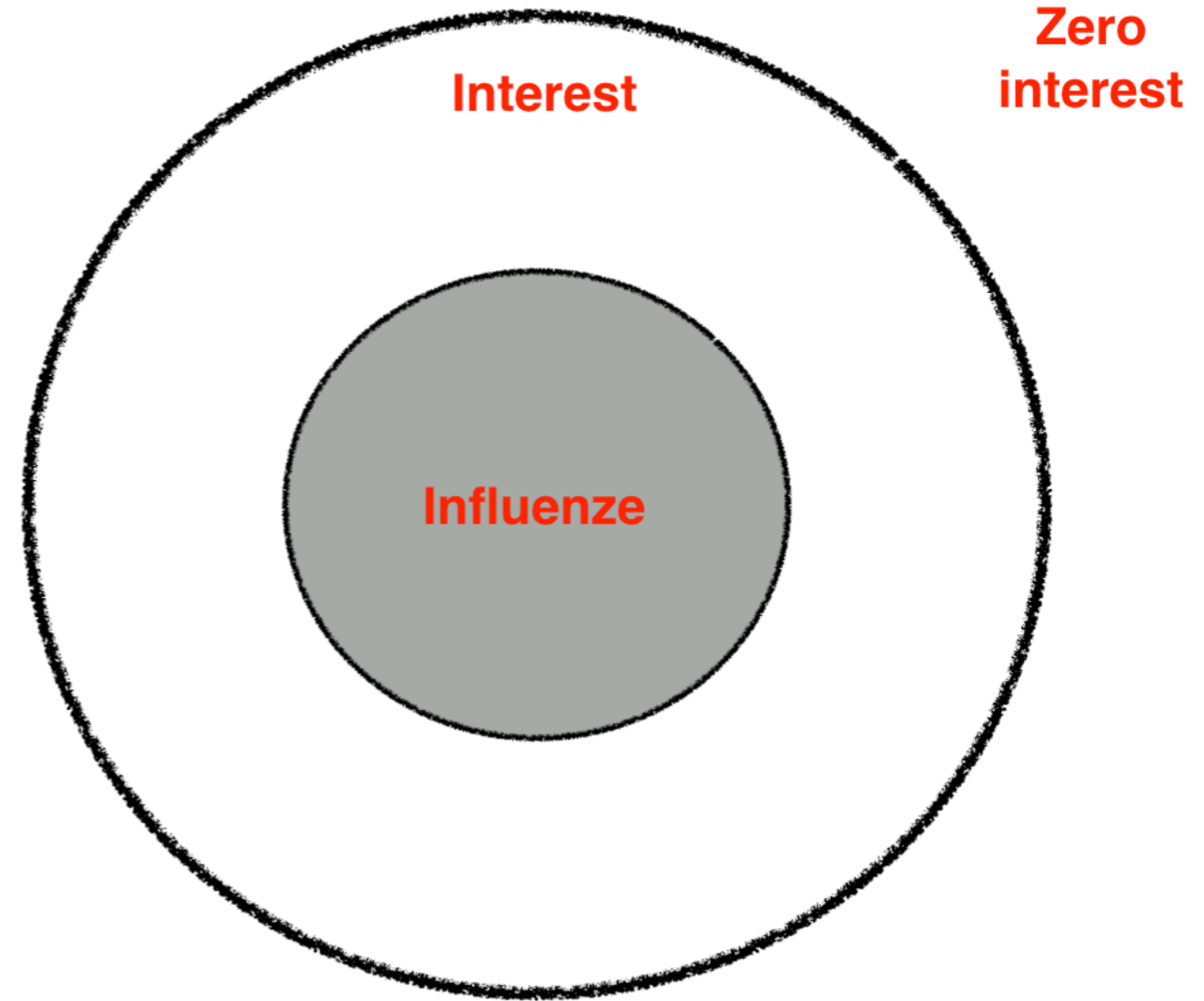
**Zero
interest**

Influenze



“I’ve had a lot of
worries in my life, most
of which never
happened”
- Mark Twain

Worrying
usefully



Positive psychology

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

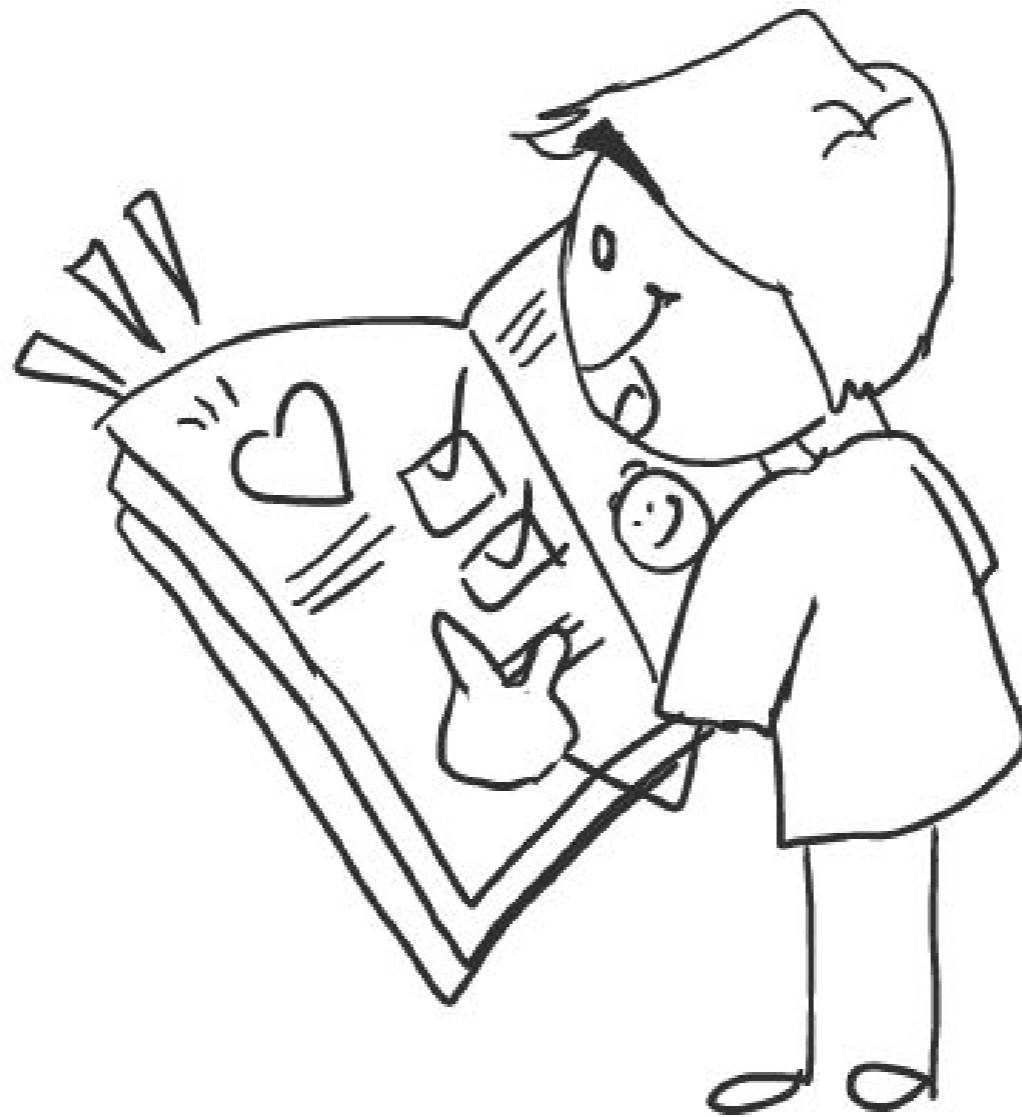
- Martin Seligman



Optimism



What Went Well?



Apps:

- Five minute journal
- Gratitude Journal



“We’ll have
to wait and
see...”









Change happened





1914 "Tour" Buick
This vehicle was built in 1914 and was used for touring. It features a black canopy and spoked wheels. The vehicle is mounted on a white platform.

This Vehicle Adopted By:
Western Lake Erie Chapter SDC

WOOD
1907

TESLA



Key:
Willingness to
jump off the fence



Relationships



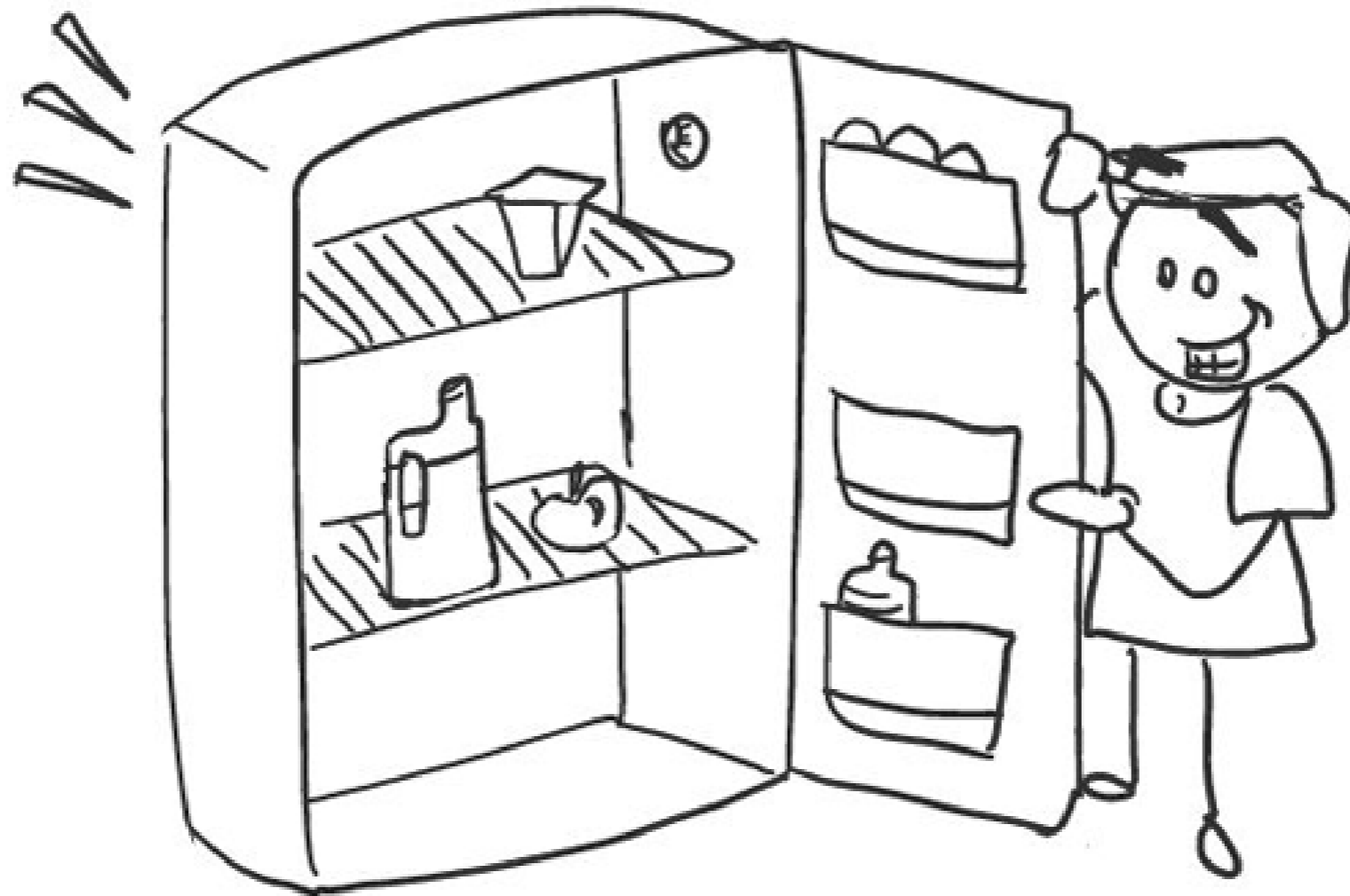
#2 Ask someone on a DATE



Coffee on the phone



Show your fridge



#26 Costume day



#31 Appreciation Day



#18 Help me out

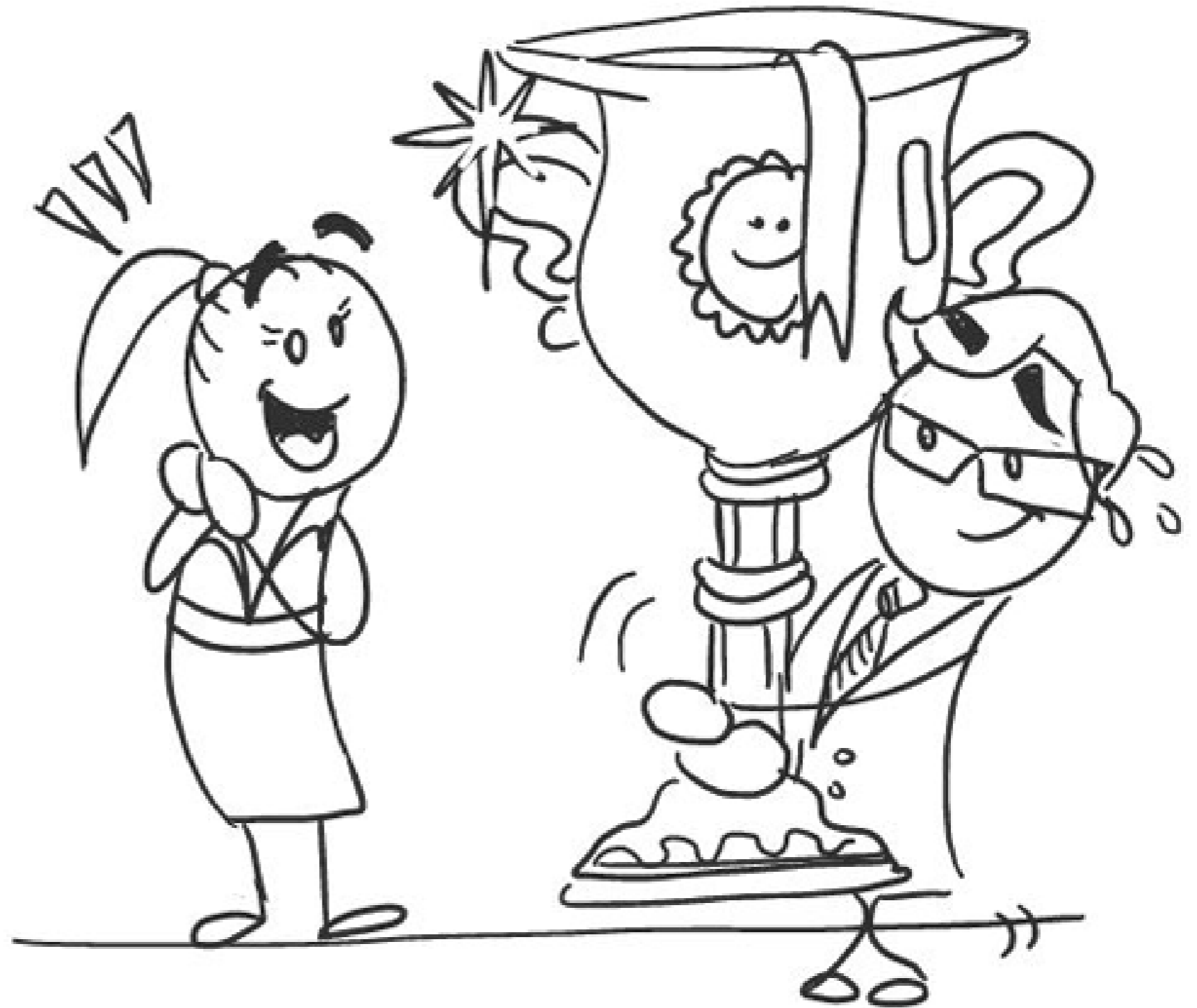


Brief team discussion: “What do you most appreciate about your coworkers?”

- Describe the ideal colleague

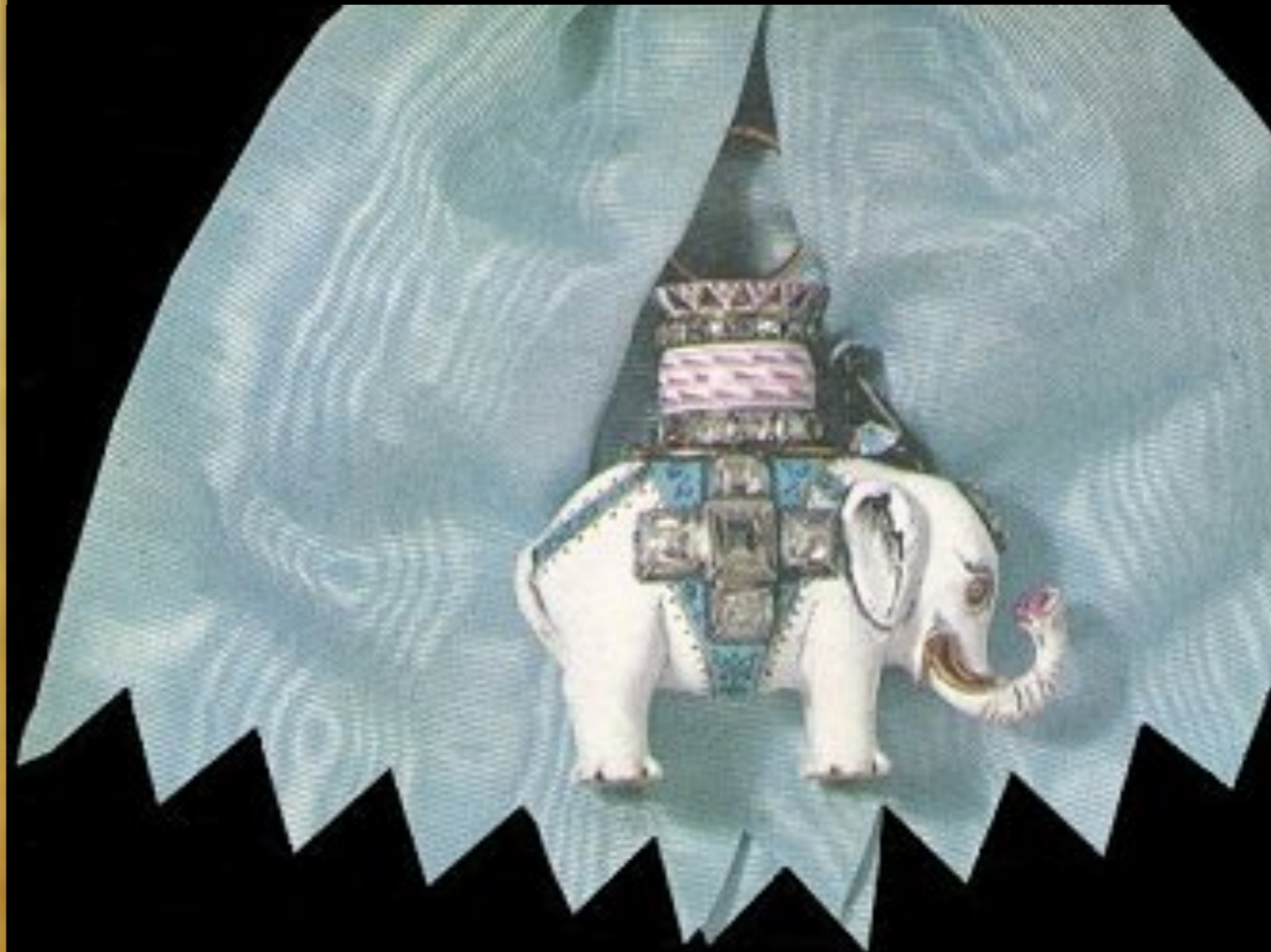


Recognition

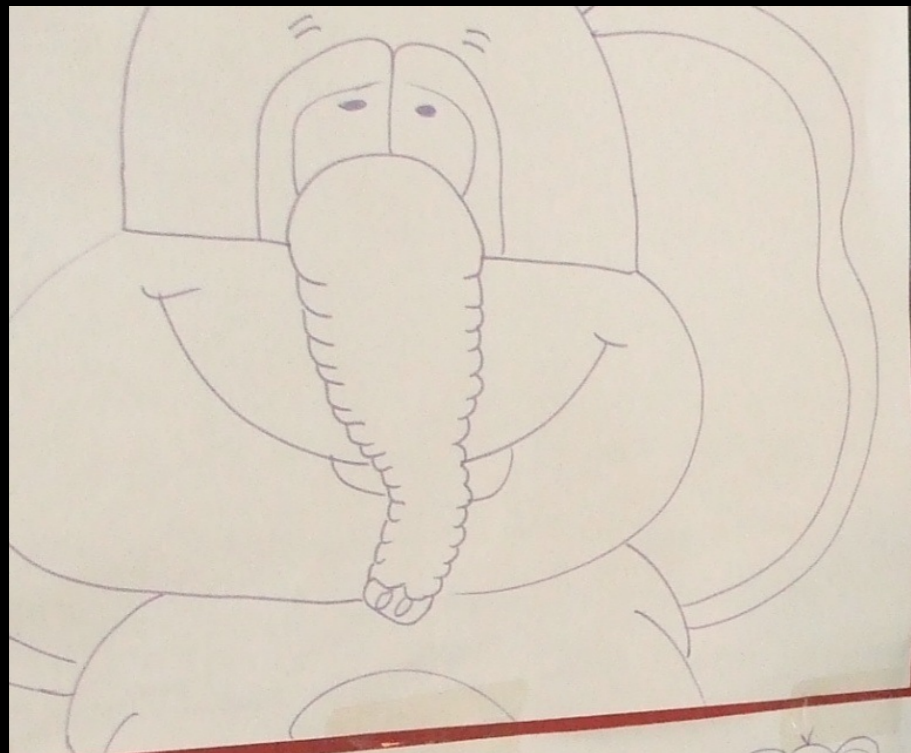


The Rose Day





#33 Order of the Elephant



ELEFANT-ORDENEN

SADAN GØR DU:

- ⇒ ALLE KAN UDDELE
- ⇒ GIV TIL EN KOLLEGA, F.EKS:
 - NÅR DER ER GJORT NOGET GODT
 - NOGET FAGLIGT SMART
 - NOGET EKSTRA
 - NOGET DER GØR DIG GLAD
 - GJORT DET NEMMERE
- STÅ PÅ SKRIVEBORDET, I DAG OG NESTE DAG
- KOLLEGAEN HVORFOR DEN?



Sense of direction & Proper focus



**BEST TIME
EVER TO GET
BRACES!**



Smile at the World
ORTHODONTICS

SmileAtTheWorld.com

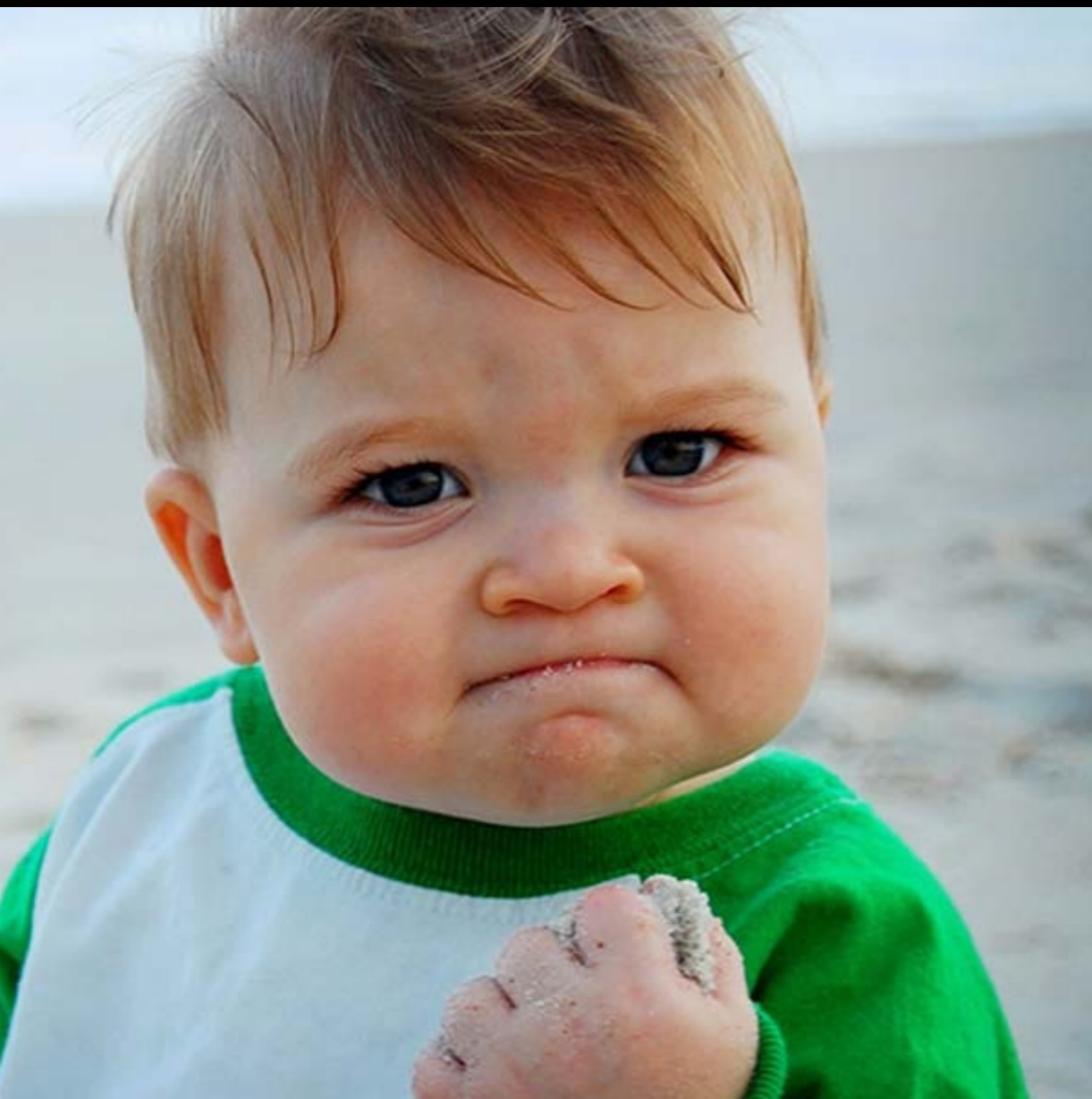


LAMAR



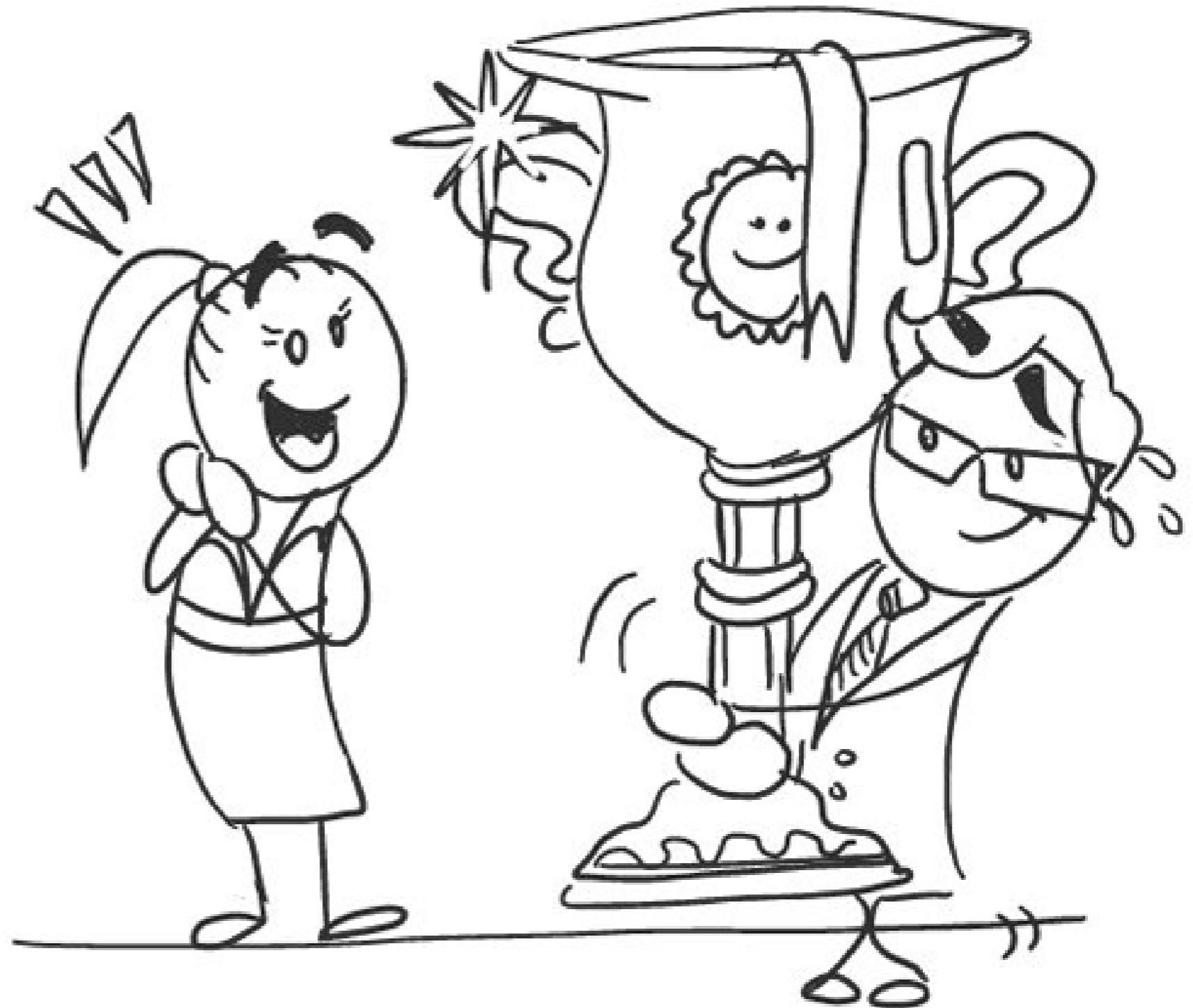
Key to life:
There are no
new problems

Take action for better days



- Decide on 1 to 3 things you will do after today
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Celebrate success





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