

Happy at work

Chr. Hansen, Hørsholm

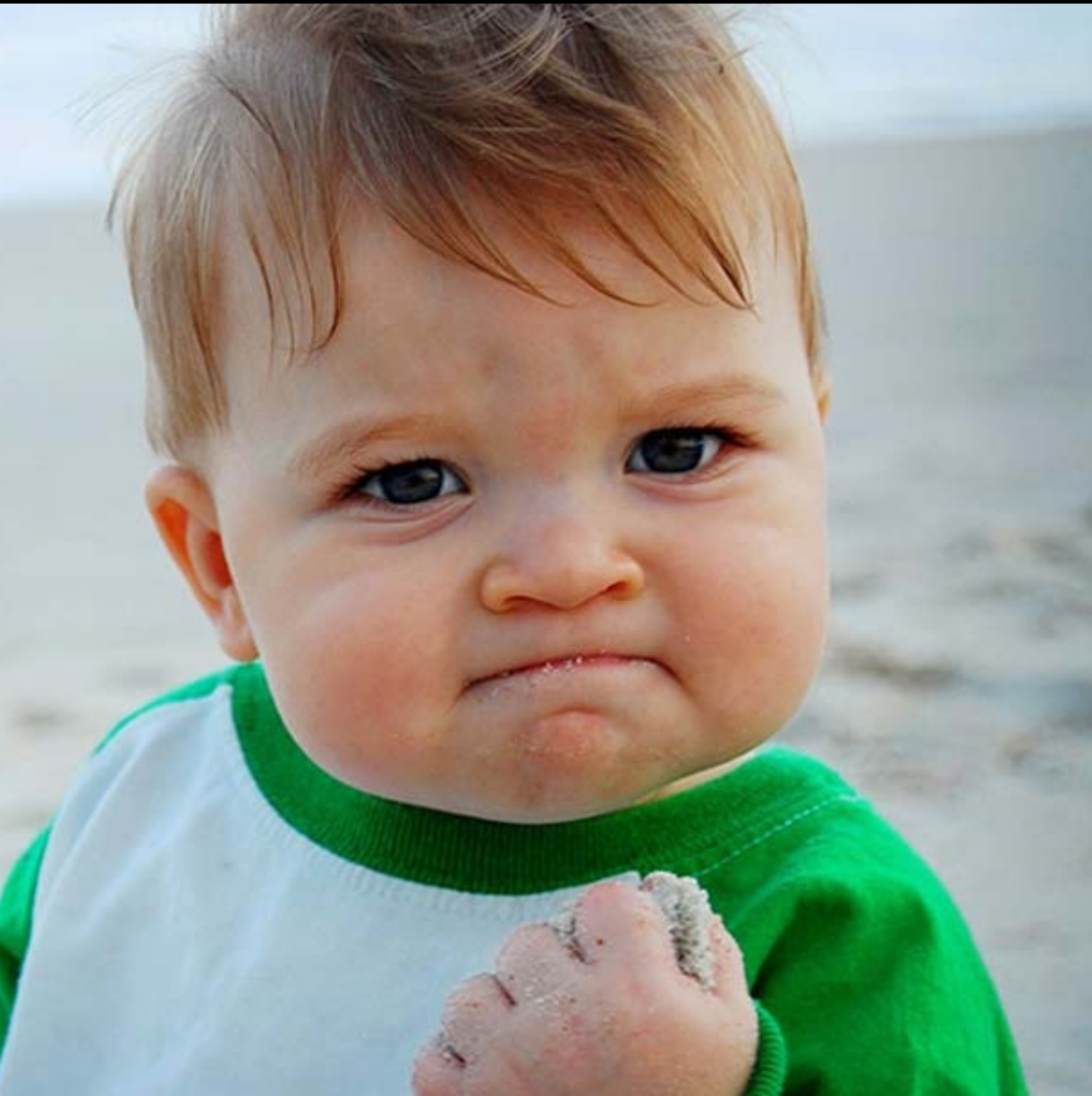
October 8th, 2019

with Jon Kjær Nielsen #jondk



Get more on the HappyWays Podcast

Take action



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





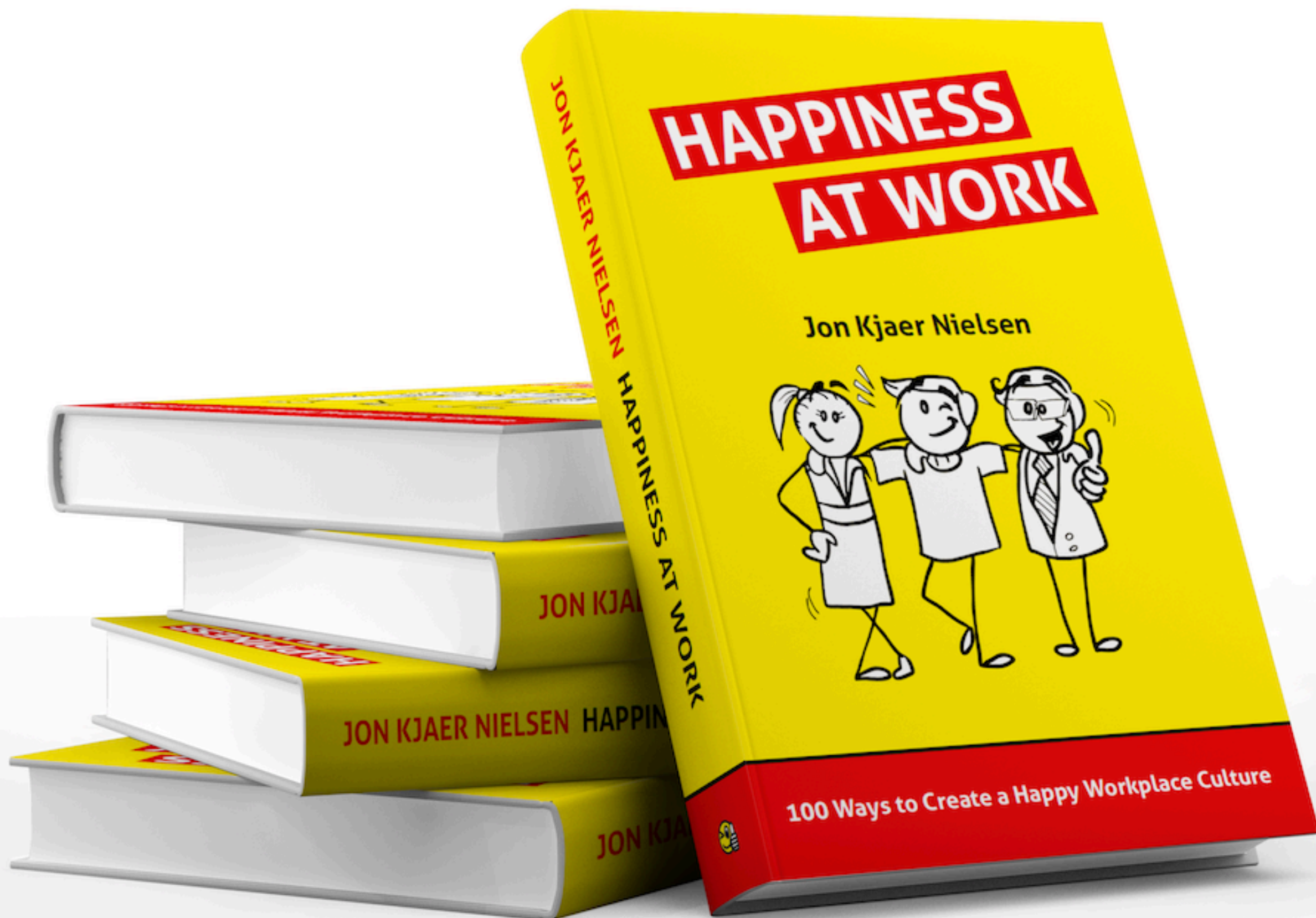


Jon Kjær Nielsen -
Speaker & Author

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

Independent
consultant since 2006.

Biker, book-worm,
chef, podcast host



Materials after today:

jon.dk/chr-hansen

Go and get:

- Today's presentation
 - free ebook: "The Happy Dozen"
 - The HappyWays Podcast
 - RevolutJon! podcast (DK)
-
- Goodies: "Målrettet Mandag" newsletter (danish only)



Arbejdsglæde

[arh-beids-gleh-de]

= Work Happiness



HBR.ORG

Harvard Business Review



JANUARY-FEBRUARY 2012

68 **The Big Idea**

Runaway Capitalism
(Beware the Peacock Effect)

Christopher Meyer and Julia Kirby

139 **Managing Yourself**

The Skills Every
21st-Century
Manager Will Need

186 **Life's Work**

Kareem Abdul-Jabbar

PLUS Audacious Ideas 2012

SPECIAL DOUBLE ISSUE

THE VALUE OF HAPPINESS

HOW EMPLOYEE
WELL-BEING
DRIVES PROFITS





Productivity:

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

See: The Happiness Advantage, by Achor



Sources of happiness



Reflection:
Think about a really
good day at work



Negative impact

- Poor Hygiene Factors



Negative impact

- Poor Hygiene Factors
- Whining and complaining

Playing The Victim



GRUMPY CAT

HappyWays Podcast
Episode 03:
An end to whining
and complaining

IS NOT IMPRESSED

Personal rule: Nothing is
ever anybody's fault

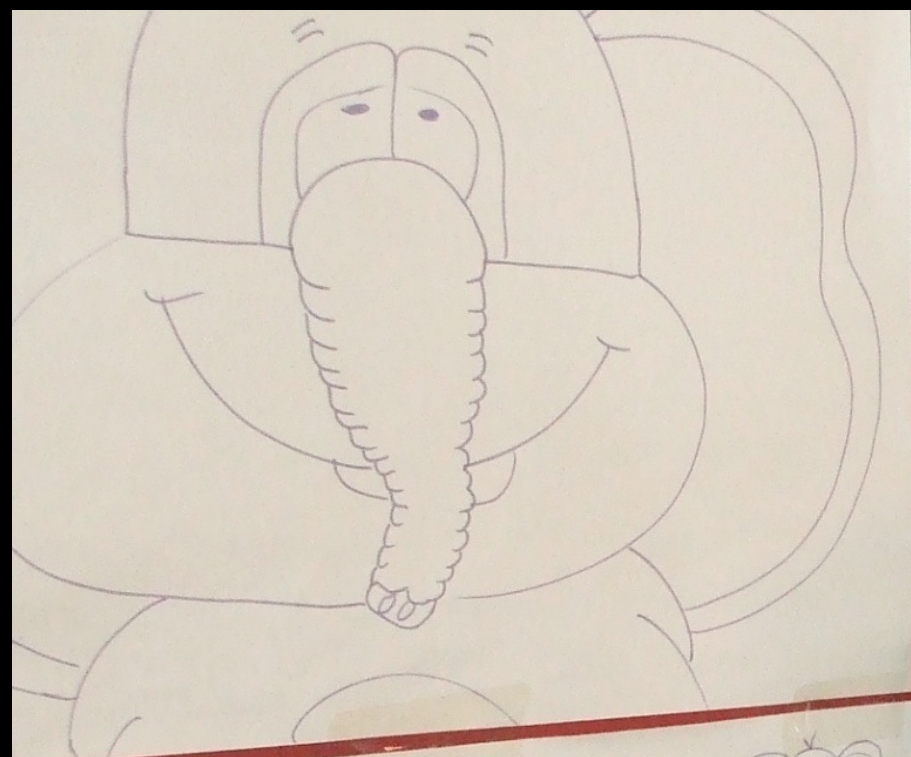



Negative impact

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



#33 Order of the Elephant



LEFANT-ORDENEN 

SADAN GØR DU:

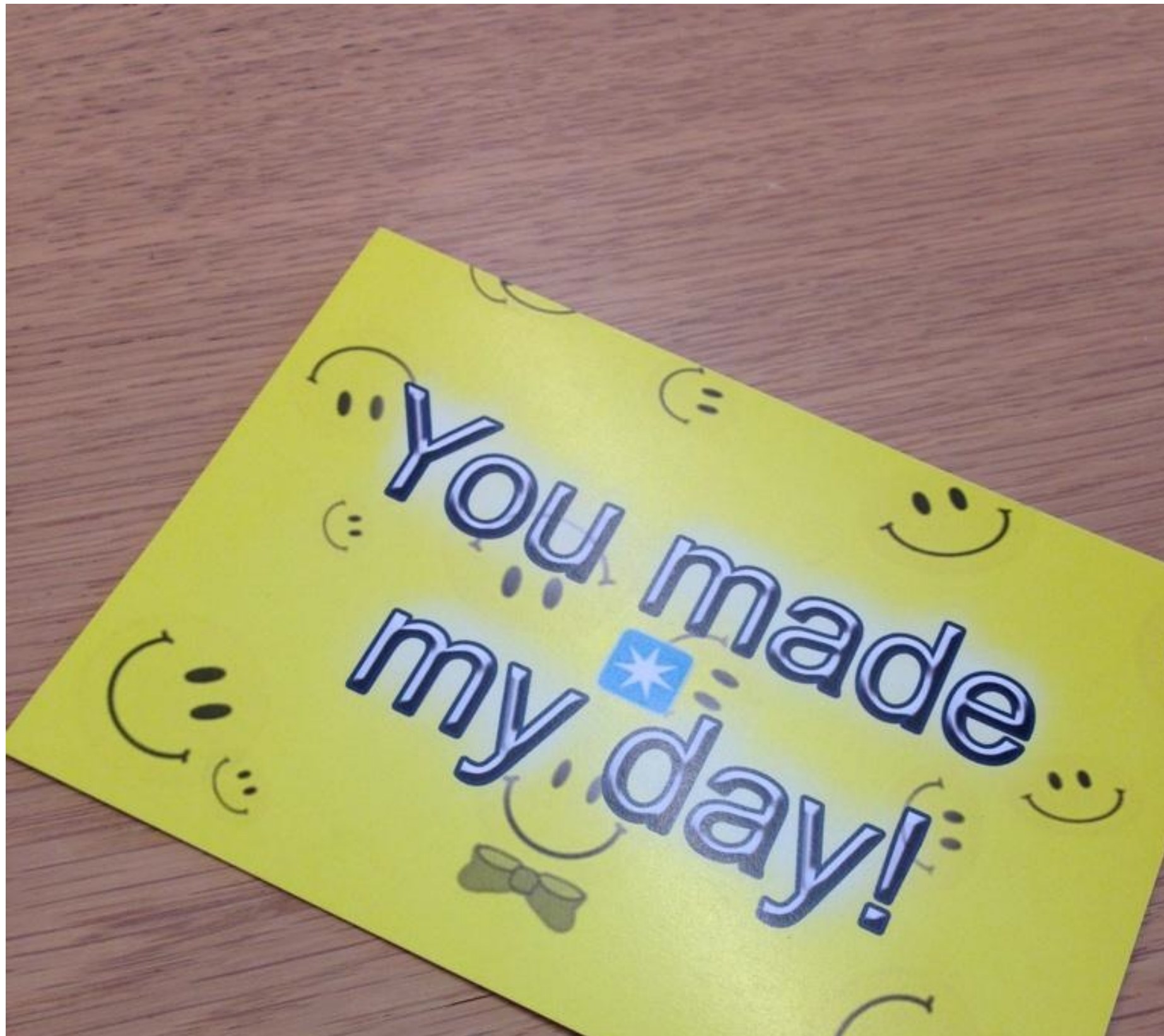
⇒ ALLE KAN UDDELE

- ⇒ 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?



#23 Well Done! cards



“We’ll have
to wait and
see...”







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 Flint, Michigan, and was one of the first Buick cars to be built in the United States. It was built in Flint, Michigan, and was one of the first Buick cars to be built in the United States.

This Vehicle Adopted By:
Western Lake Erie Chapter SDC



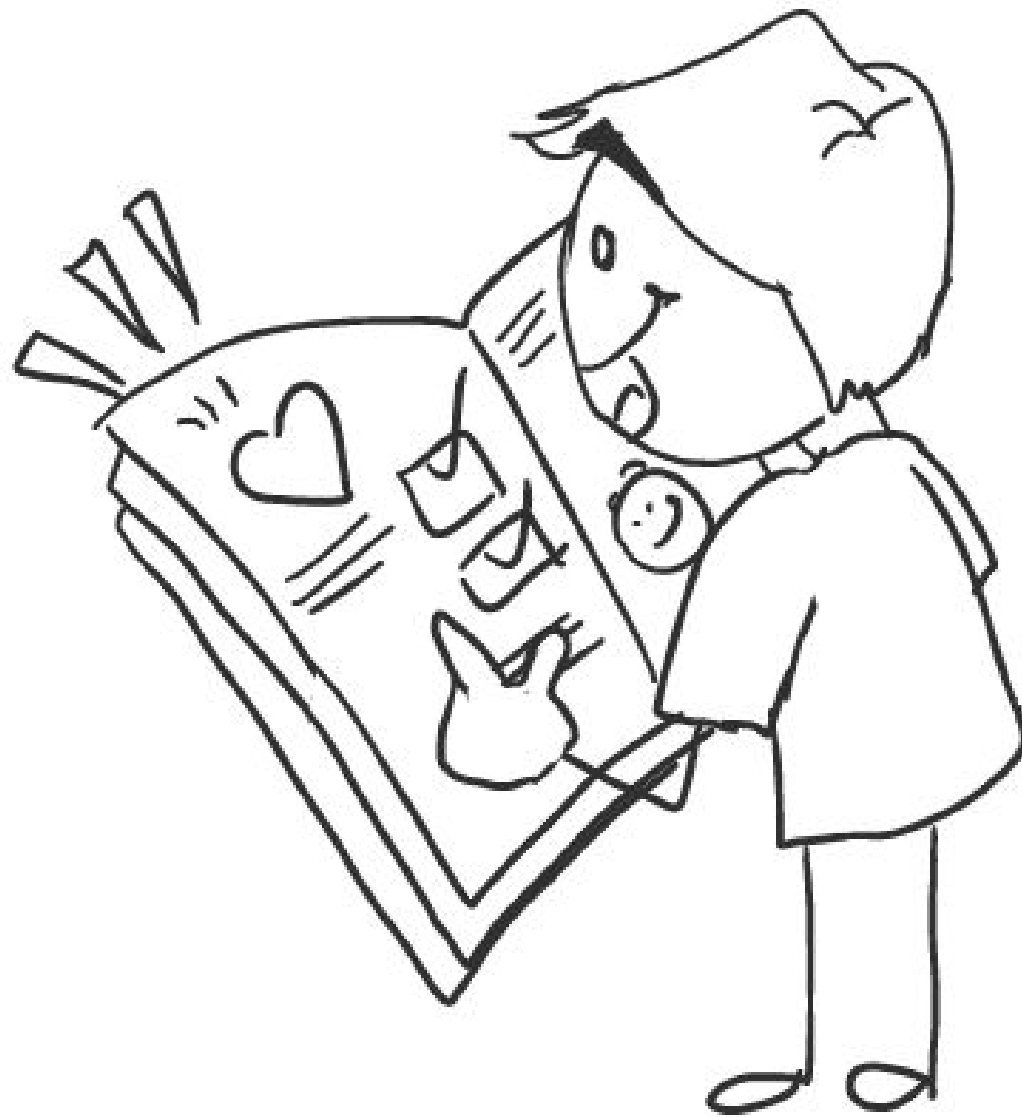
Succeeding

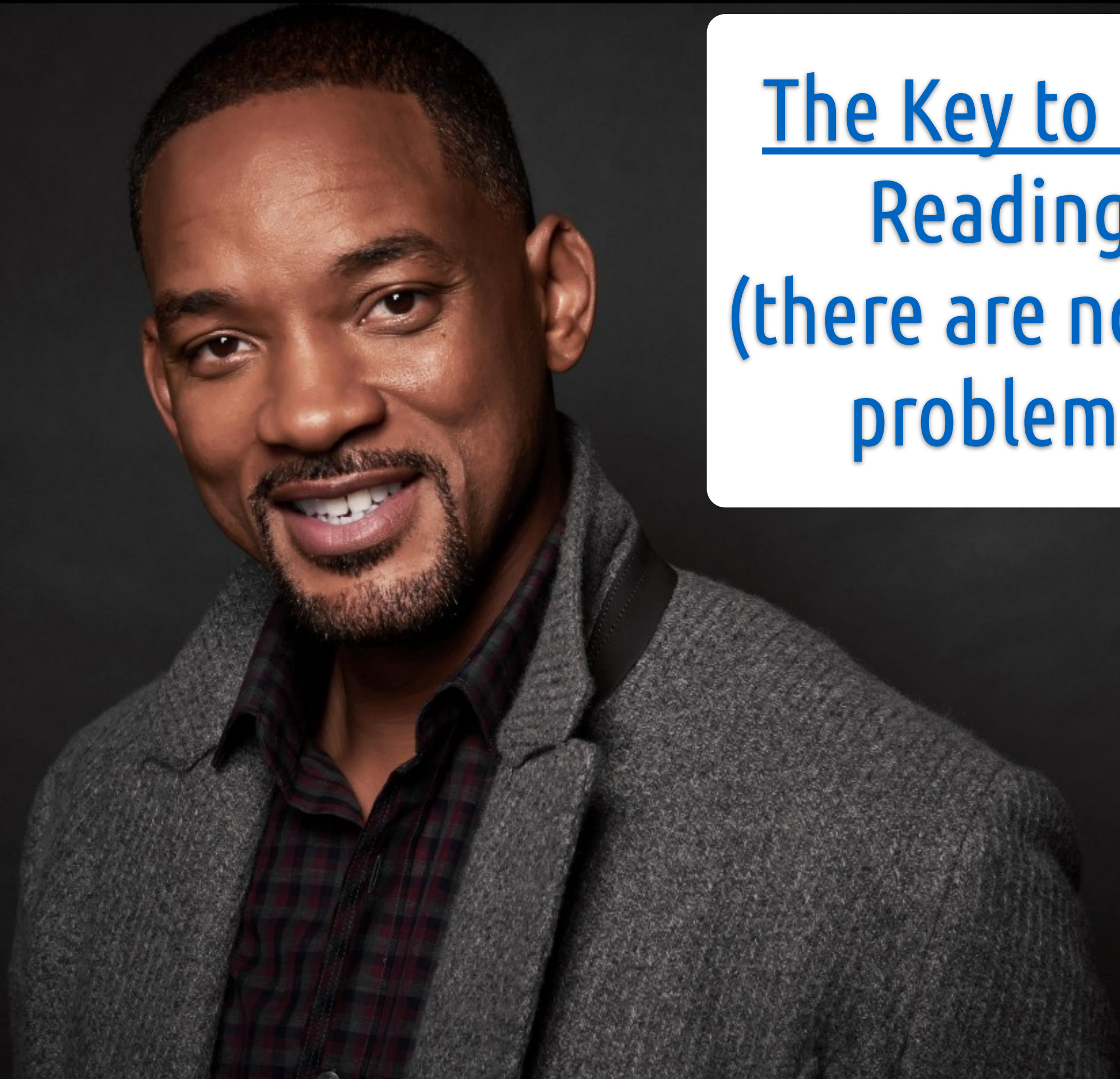


Optimism



What Went Well?





The Key to Life:
Reading.
(there are no new
problems)

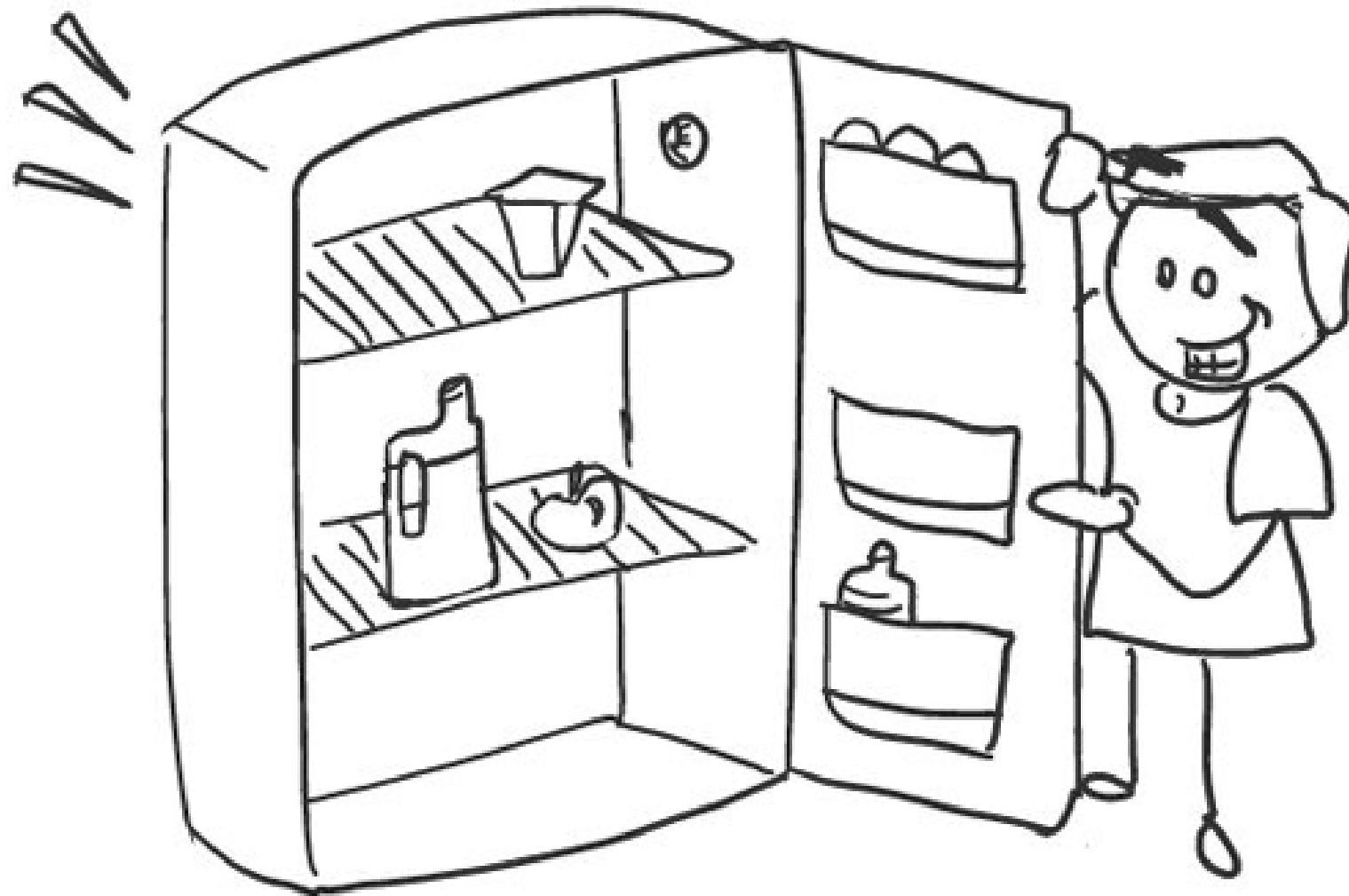
Relationships



#2 Ask someone on a DATE



Show your fridge



Change jobs



Culture





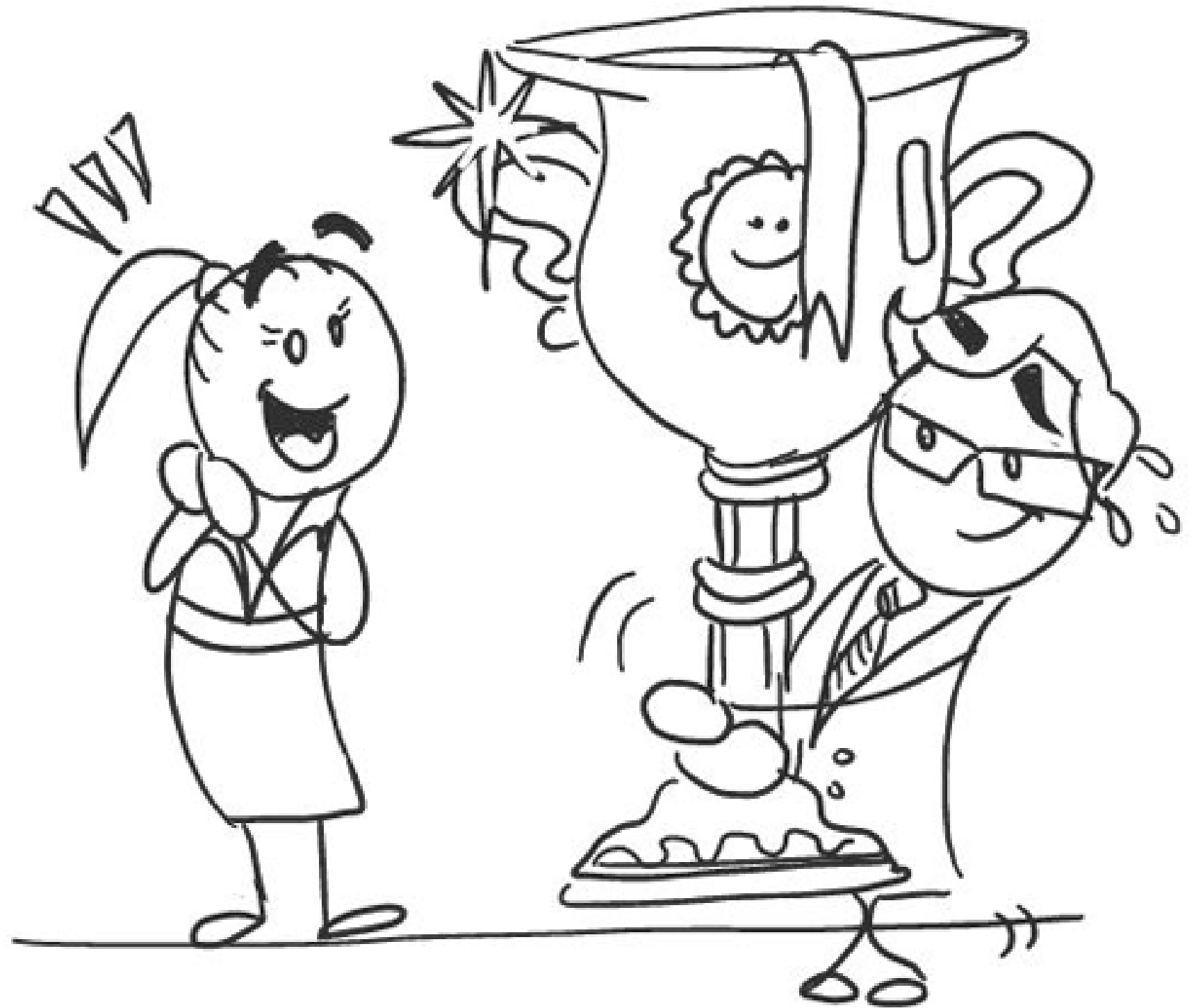
**‘Culture eats
strategy for
breakfast’
- Peter Drucker**



Culture

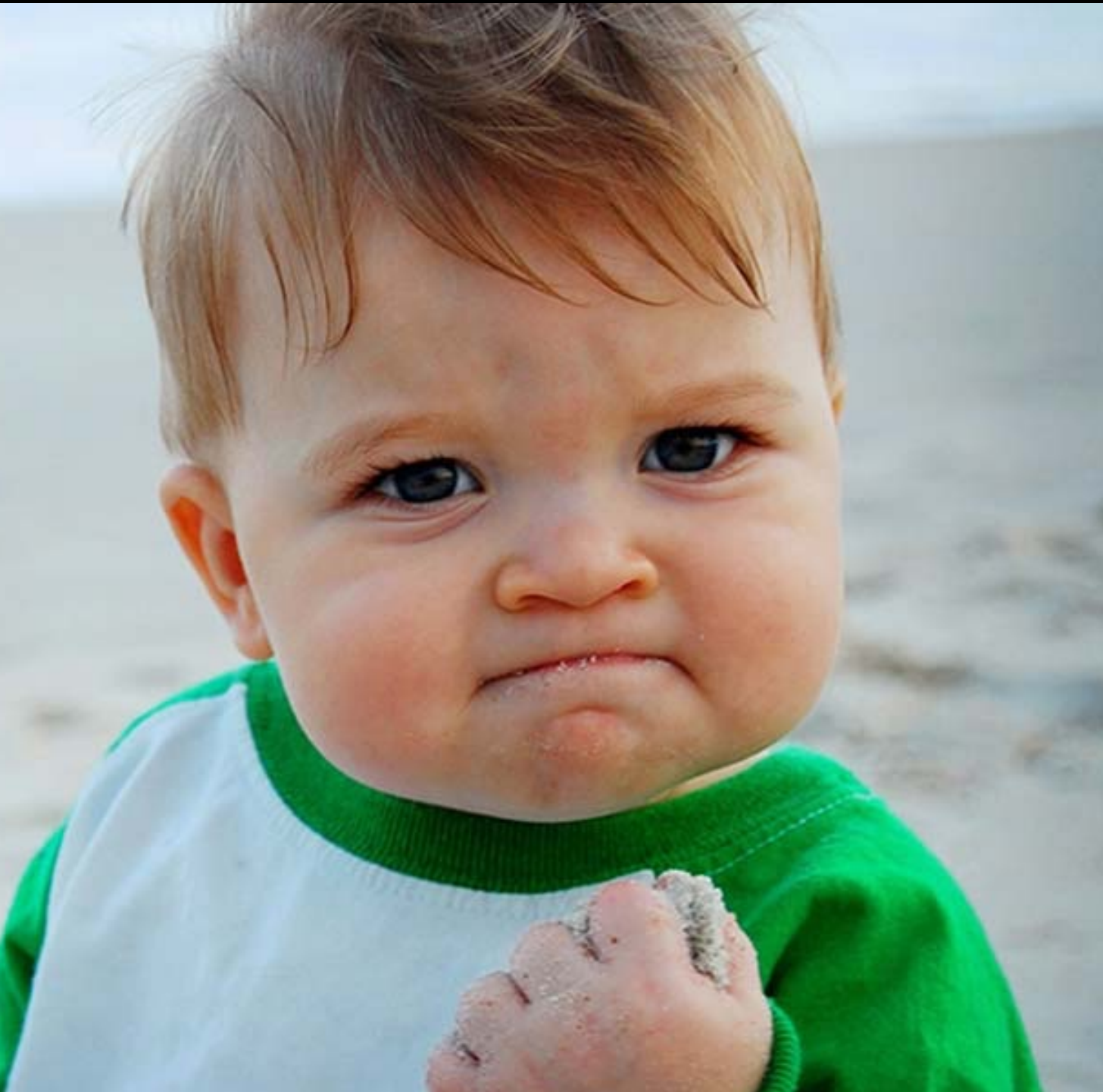
Beliefs
+ Systems

Celebrate Success





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