

Happy  
at Work  
- Quite simply!

Jon Kjær Nielsen

j🤔n.dk

# 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, snowboarder, chef.**



accenture



BILKA



BESTSELLER\*

Danske Bank

Deloitte.



HMN GASSALG



KMD

KPMG

krak



københavns E

KØBENHAVNS KOMMUNE



KØBENHAVNS UNIVERSITET

microsolutions

midt regionmidtjylland



MODERNISERINGSSTYRELSEN

movia

novozymes Rethink Tomorrow

POST

NIRÅS

Nordea novo nordisk

RAMBOLL

RISØ

ROSKILDE KOMMUNE

SKAT

spar Nord

TDC

Silkeborg Kommune

TERMA

Tryg

vejle KOMMUNE

youSee mere ud af skærmen

telenor

TEKNOLOGISK INSTITUT



# Materials after today: [jon.dk/accenture](http://jon.dk/accenture)

- My presentation
- Articles
- Meetup on Facebook







# Take someone on a DATE



# Sources of happiness

Task:

Think about a really  
good day





# The Victim T-shirt



“We’ll have  
to wait and  
see...”



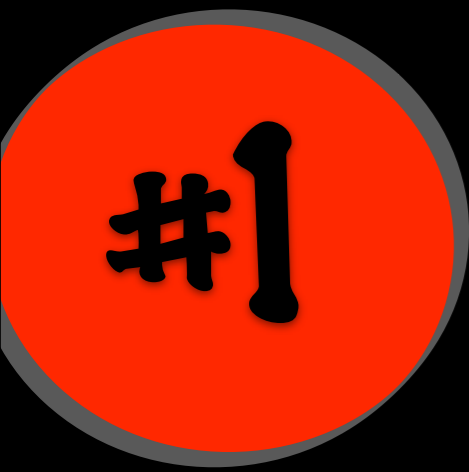
# Positive psychology





# Human flourishing





Positive emotions

# Positive beginnings



# Optimism



# What Went Well?





A red circle with a grey drop shadow, containing the text "#2" in a black, stylized font.

#2

# Engagement

Flow

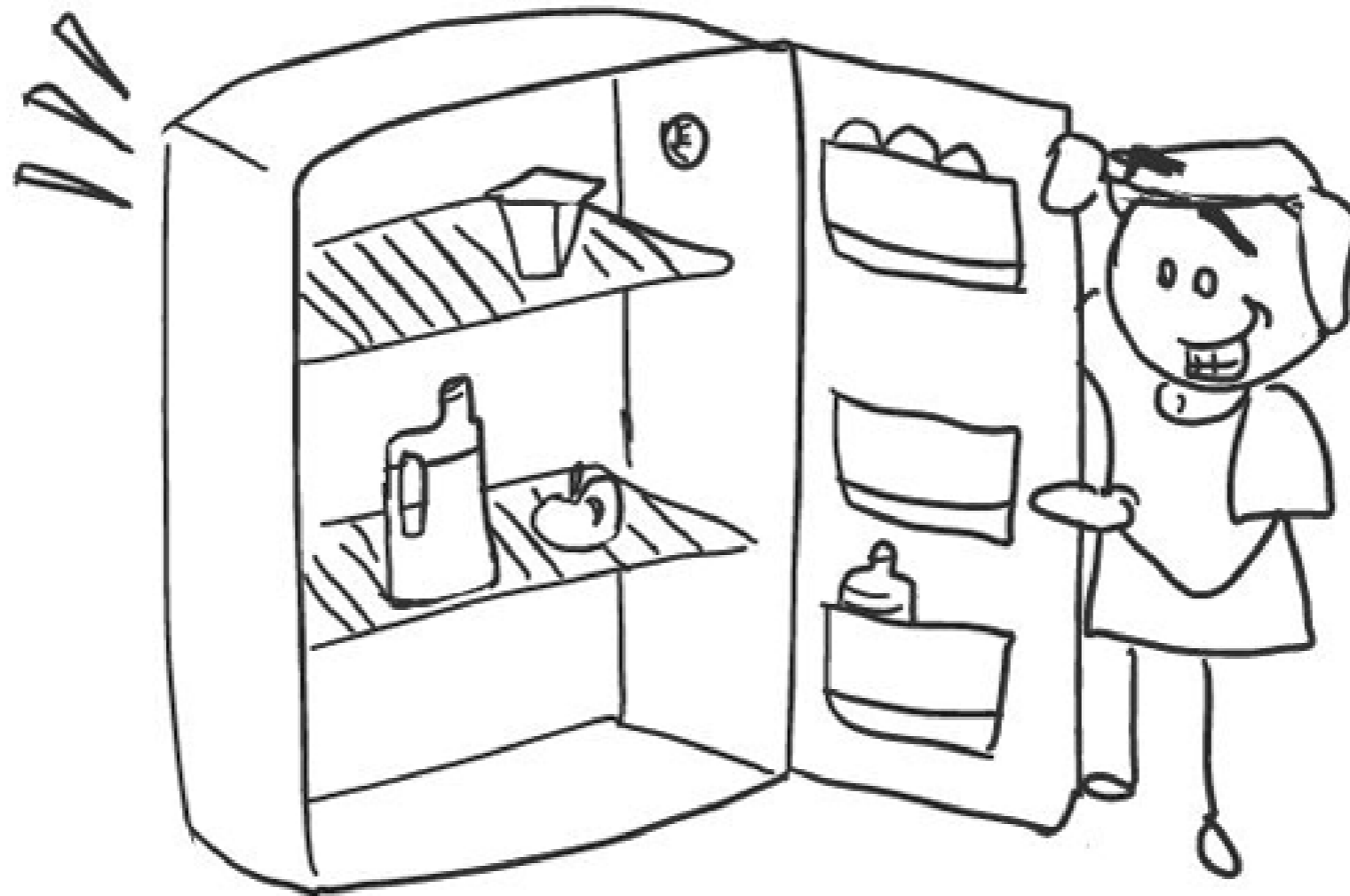


#3

# Relationships



# Show your fridge



# Change jobs



#4

# Meaning



03638

03638

#5

# Achievement



Positive emotions

Engagement

Relationships

Meaning

Achievement





# Myte

Modstand mod  
forandringer er  
noget skidt

# Modstand

## Frygt og usikkerhed



# Take action

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

# Celebrate success





# THANKS!

Materials: [jon.dk/accenture](http://jon.dk/accenture)

- Presentation
- List of tools
- Articles
- Join us on Facebook:
  - Jon.dk
  - HappyWayscom



# THANKS !

