

Happy at work

- quite simply

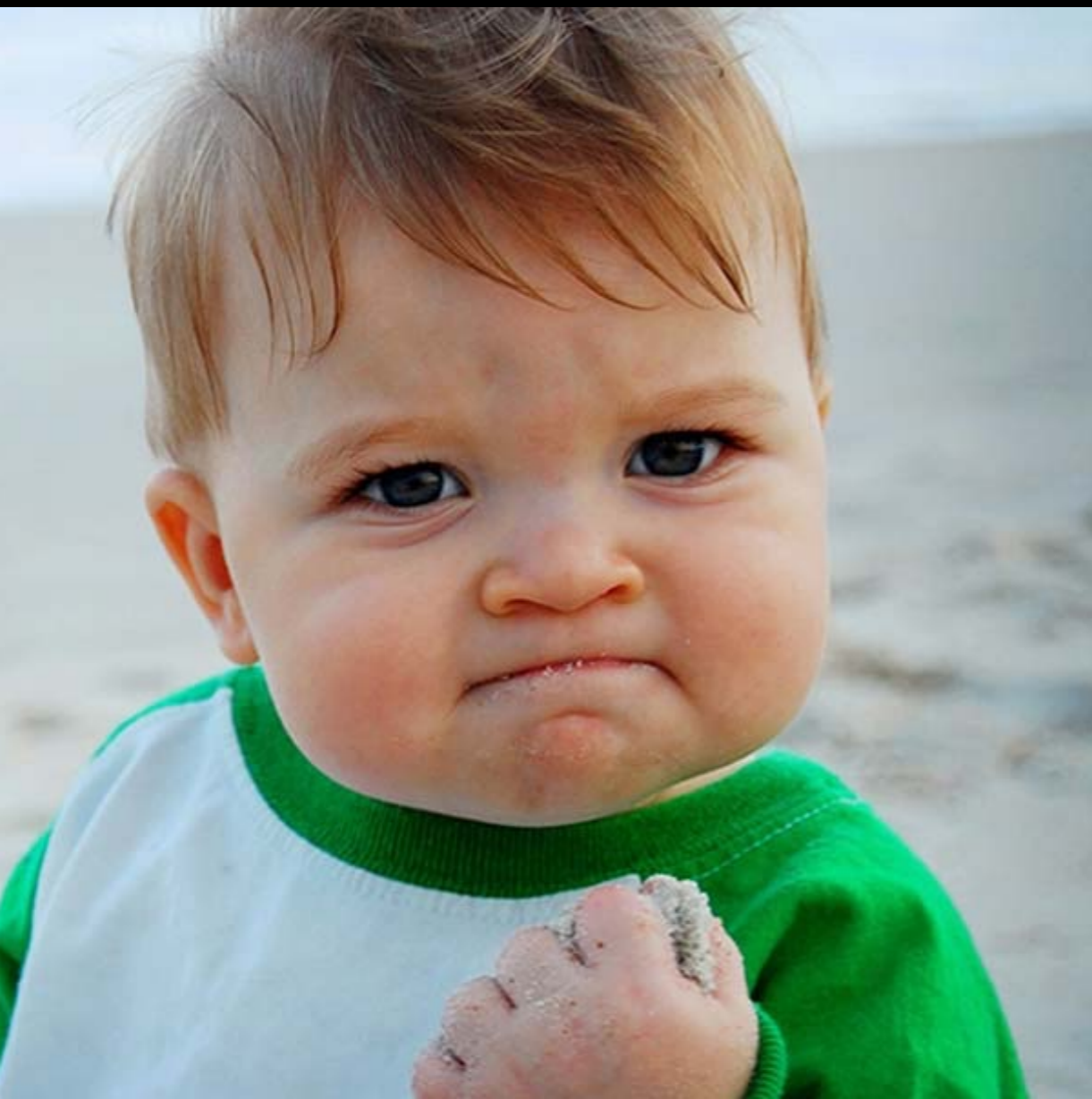
ITW GSE, February 2021

with Jon Kjær Nielsen #jondk



Get more on the HappyWays (ENG)
and RevolutJon! (DK) podcasts

Take action for better days



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

Here







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

That calls for a **Carlsberg**

KIT







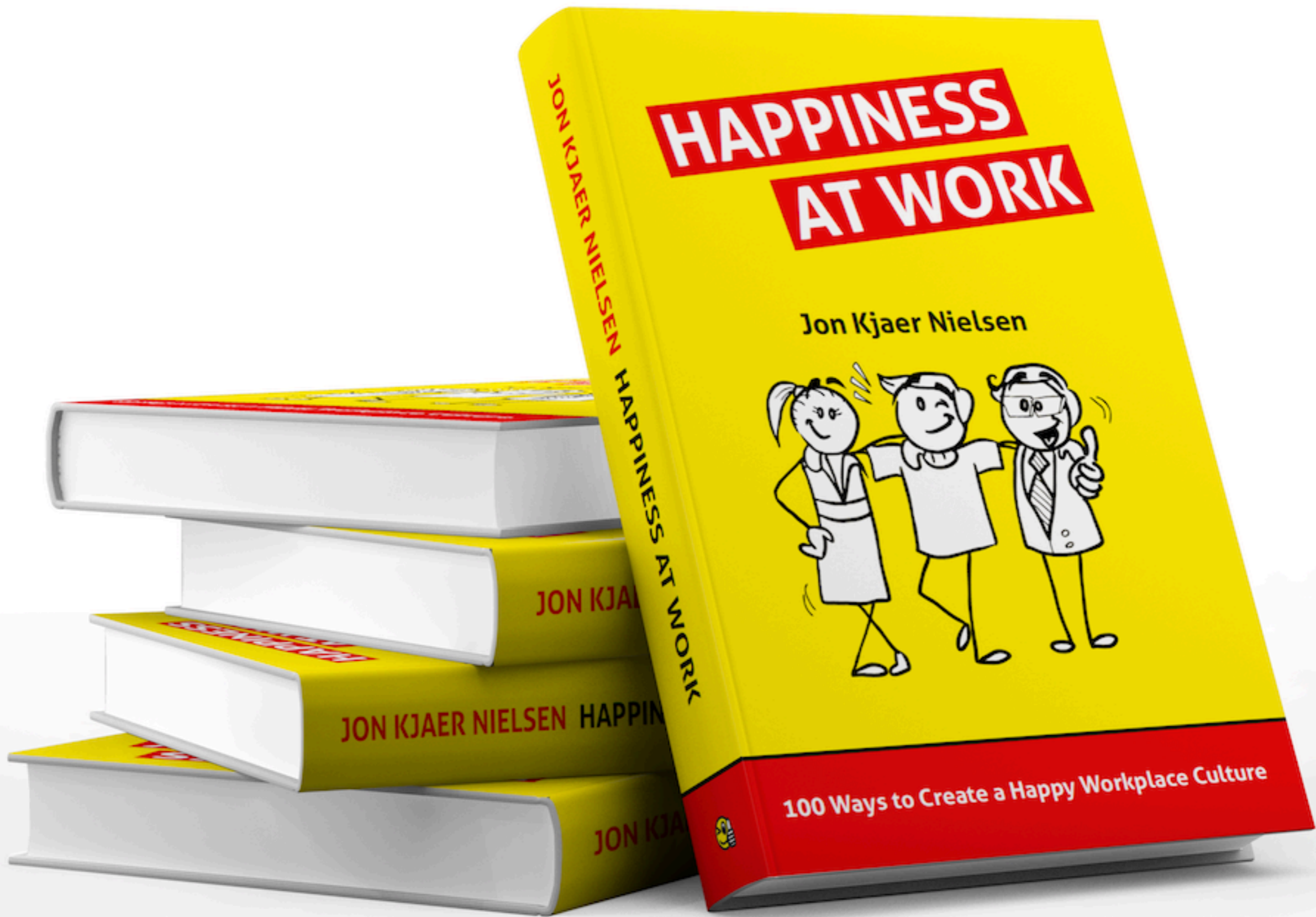


Jon Kjær Nielsen -
Speaker & Author

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

Independent
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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

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

188 **Life's Work**
Kareem Abdul-Jabbar

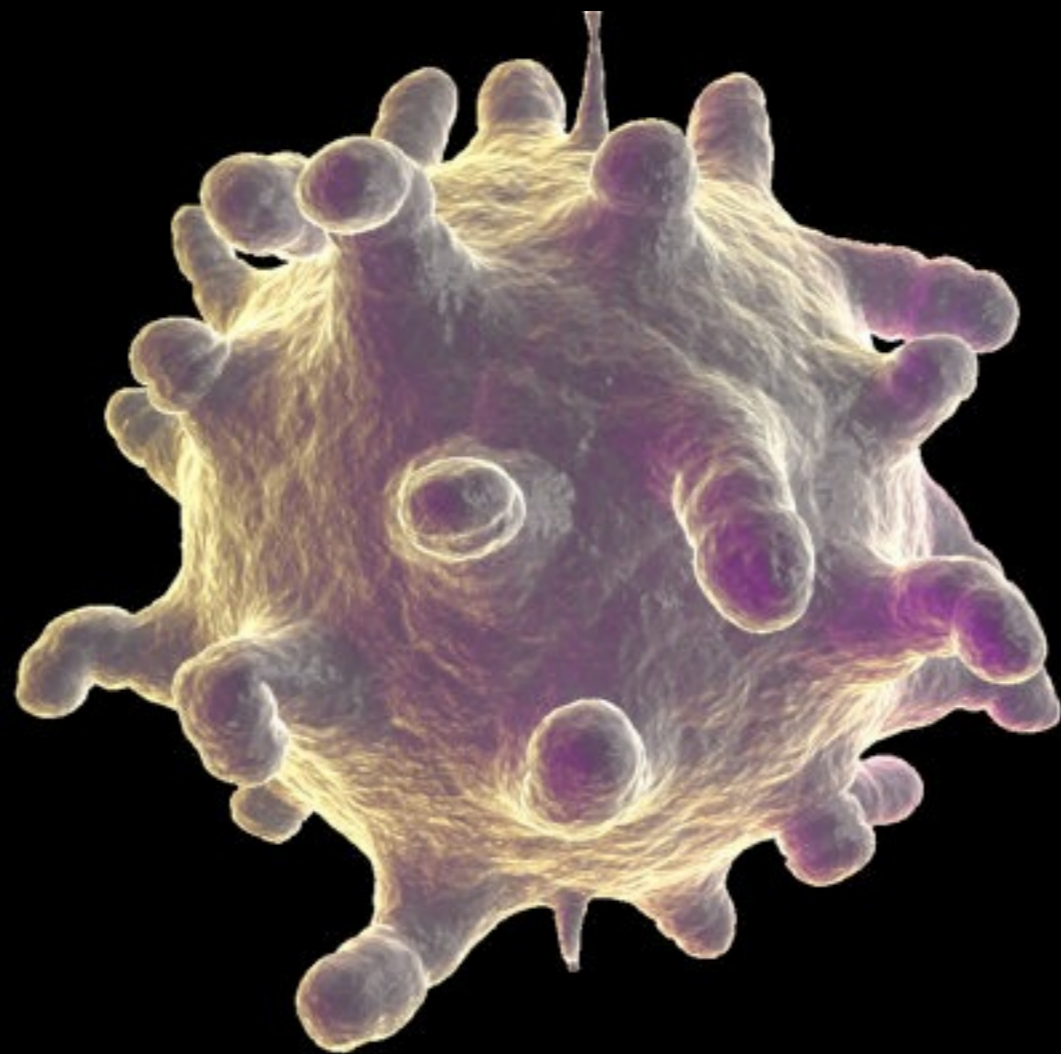
PLUS Audacious Ideas 2012

SPECIAL DOUBLE ISSUE

THE VALUE OF HAPPINESS

HOW EMPLOYEE
WELL-BEING
DRIVES PROFITS





Productivity:

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





Reflection:
Think about a really
good day at work



Negative impact

- Poor Hygiene Factors
- Whining and complaining

Playing The Victim



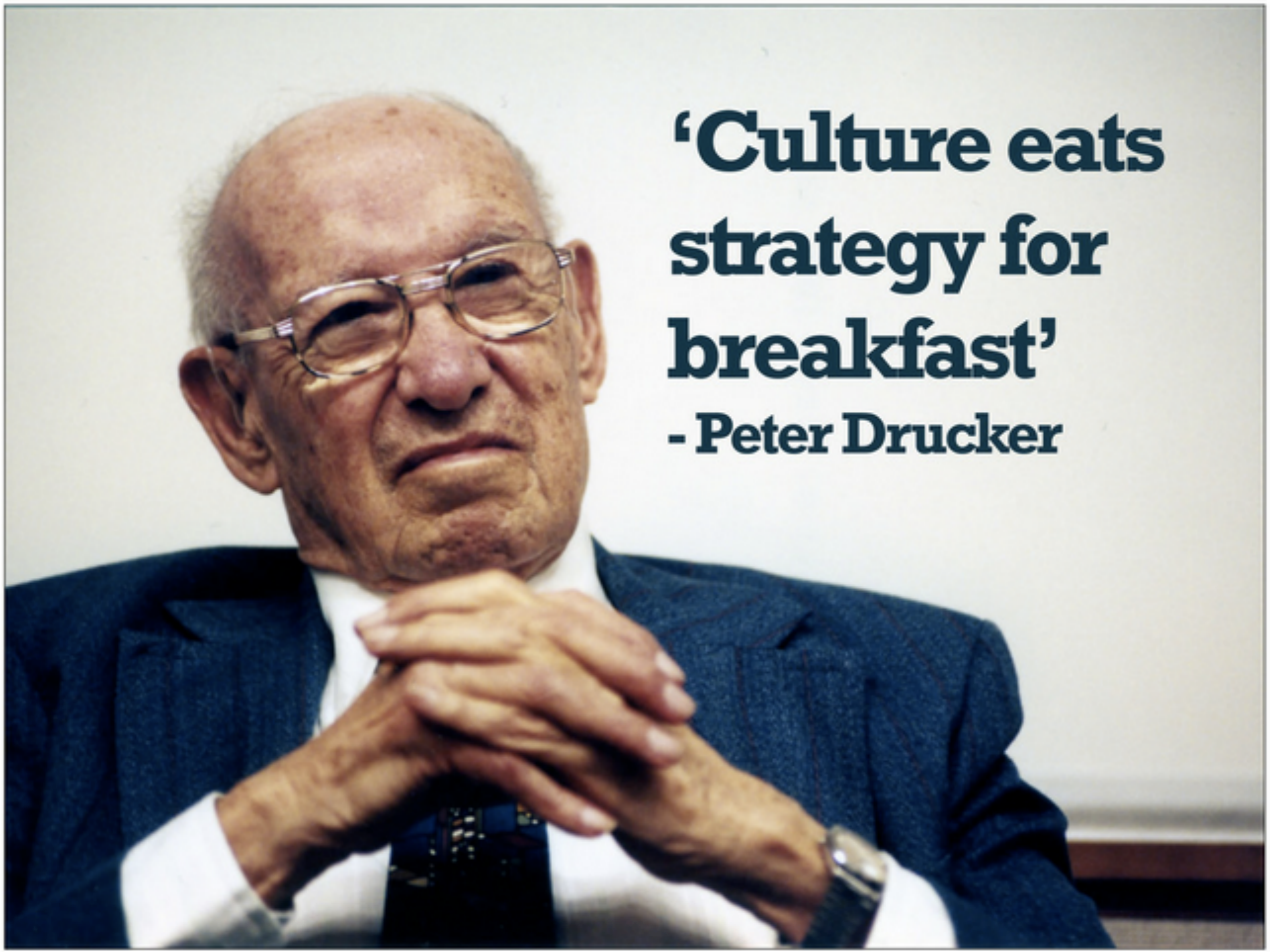
GRUMPY CAT

HappyWays Podcast
Episode 03:
An end to whining
and complaining

IS NOT IMPRESSED

Negative impact

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



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





Ohno's cirkel

Asking
“why?”



#83 Listen to your new people



“We’ll have
to wait and
see...”







Change





**BEST TIME
EVER TO GET
BRACES!**



Smile at the World
ORTHODONTICS

SmileAtTheWorld.com



LAMAR

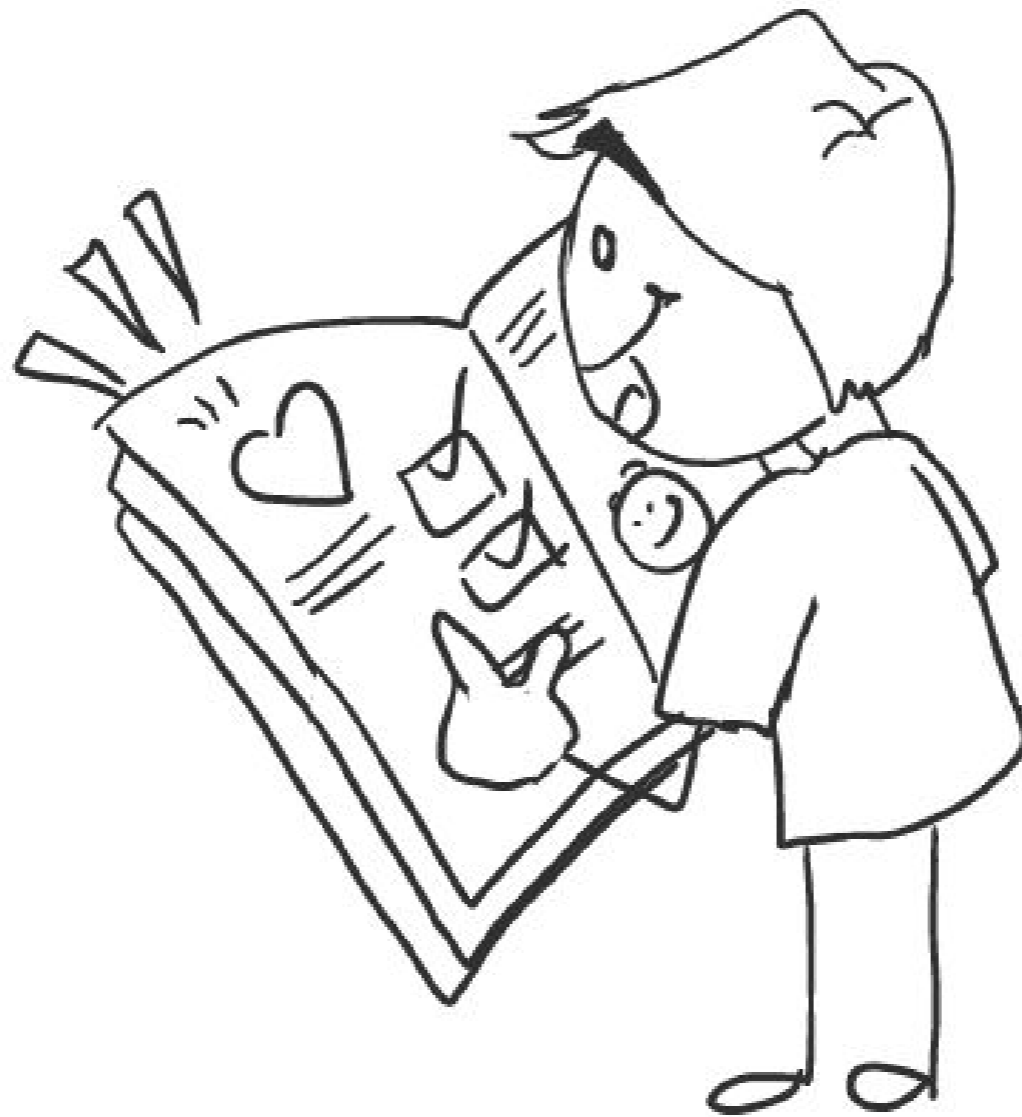
Optimism





The Key to Life:
There are no new
problems

What Went Well?



Apps:

- Five minute journal
- Gratitude Journal

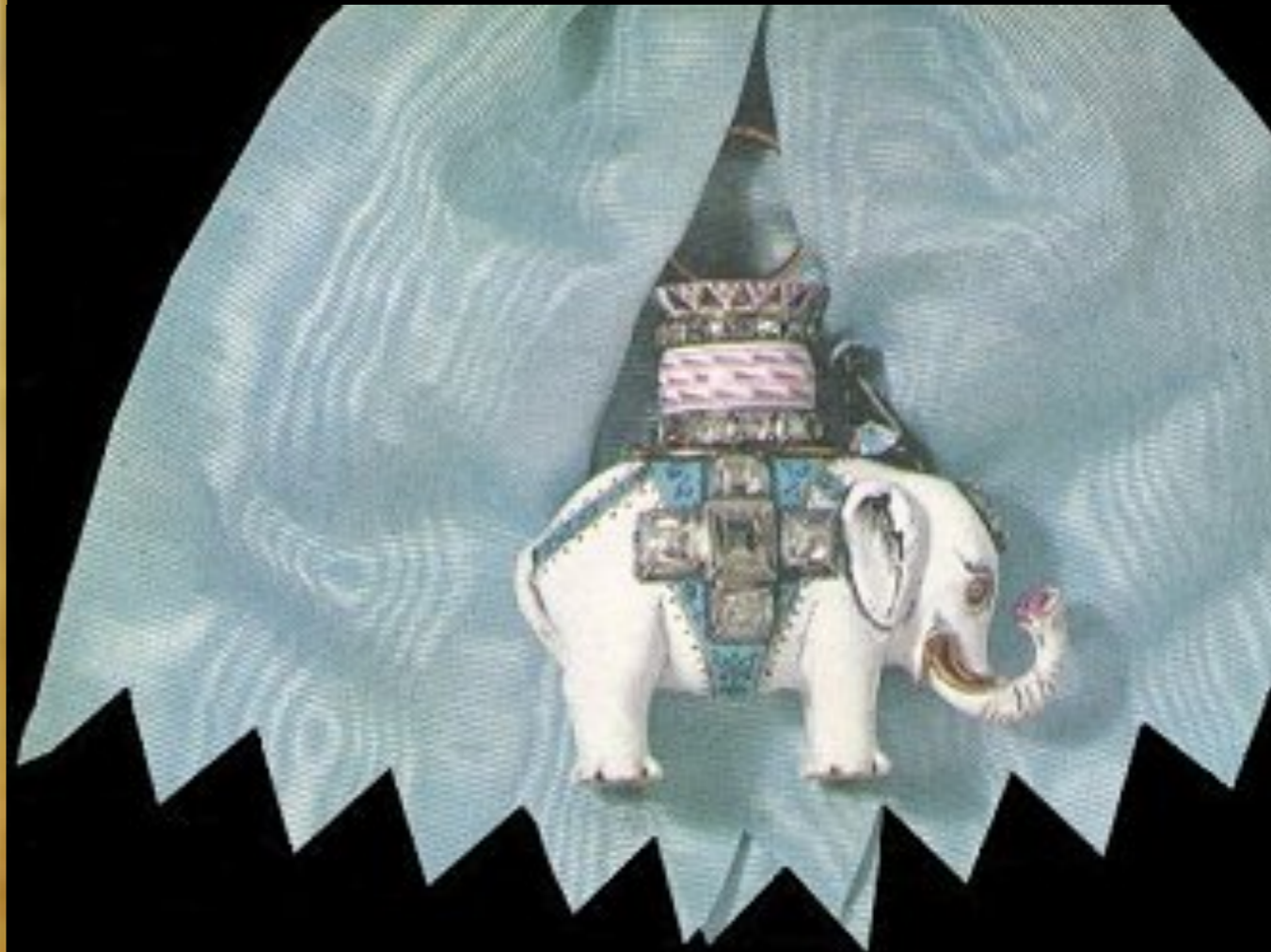


Positive beginnings

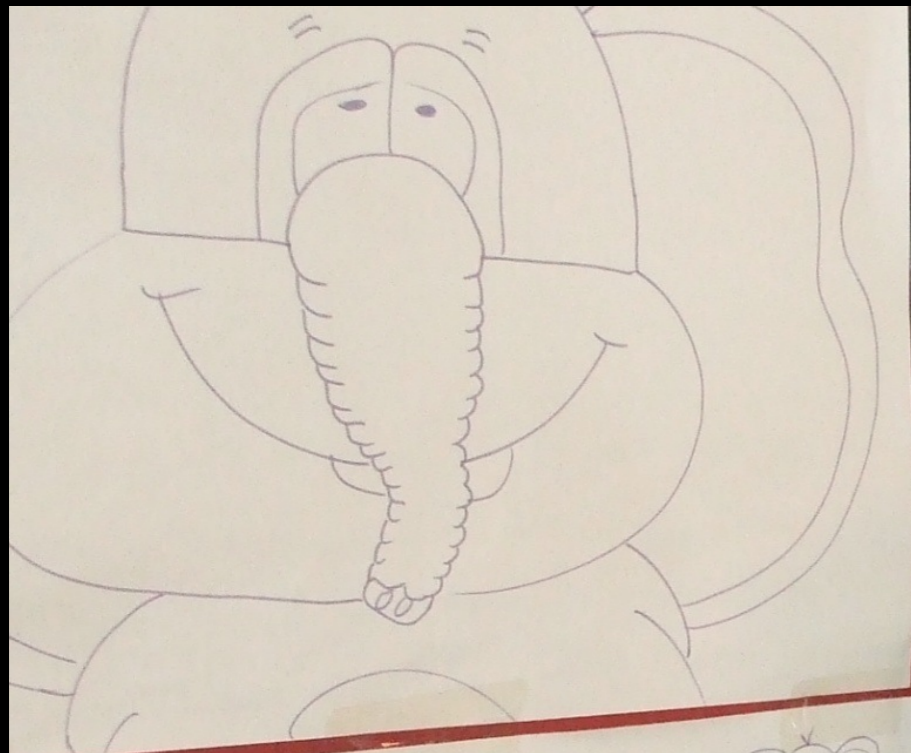



Share wins and achievements





#33 Order of the Elephant



LEFANT-ORDENEN 

SADAN GØR DU:

⇒ ALLE KAN UDDELE

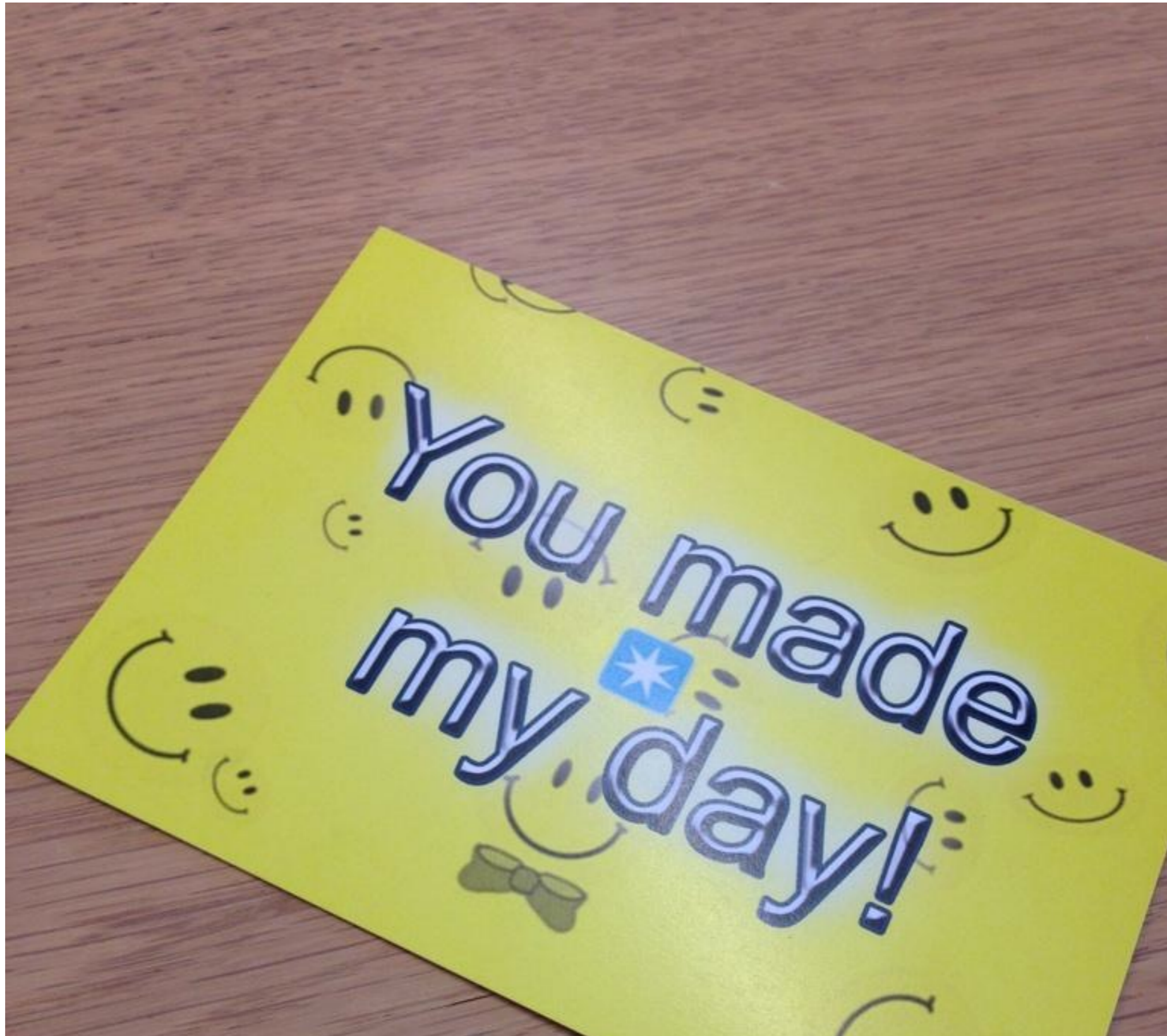
⇒ GIV TIL EN KOLLEGA, F.EKS:

- 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



Relationships



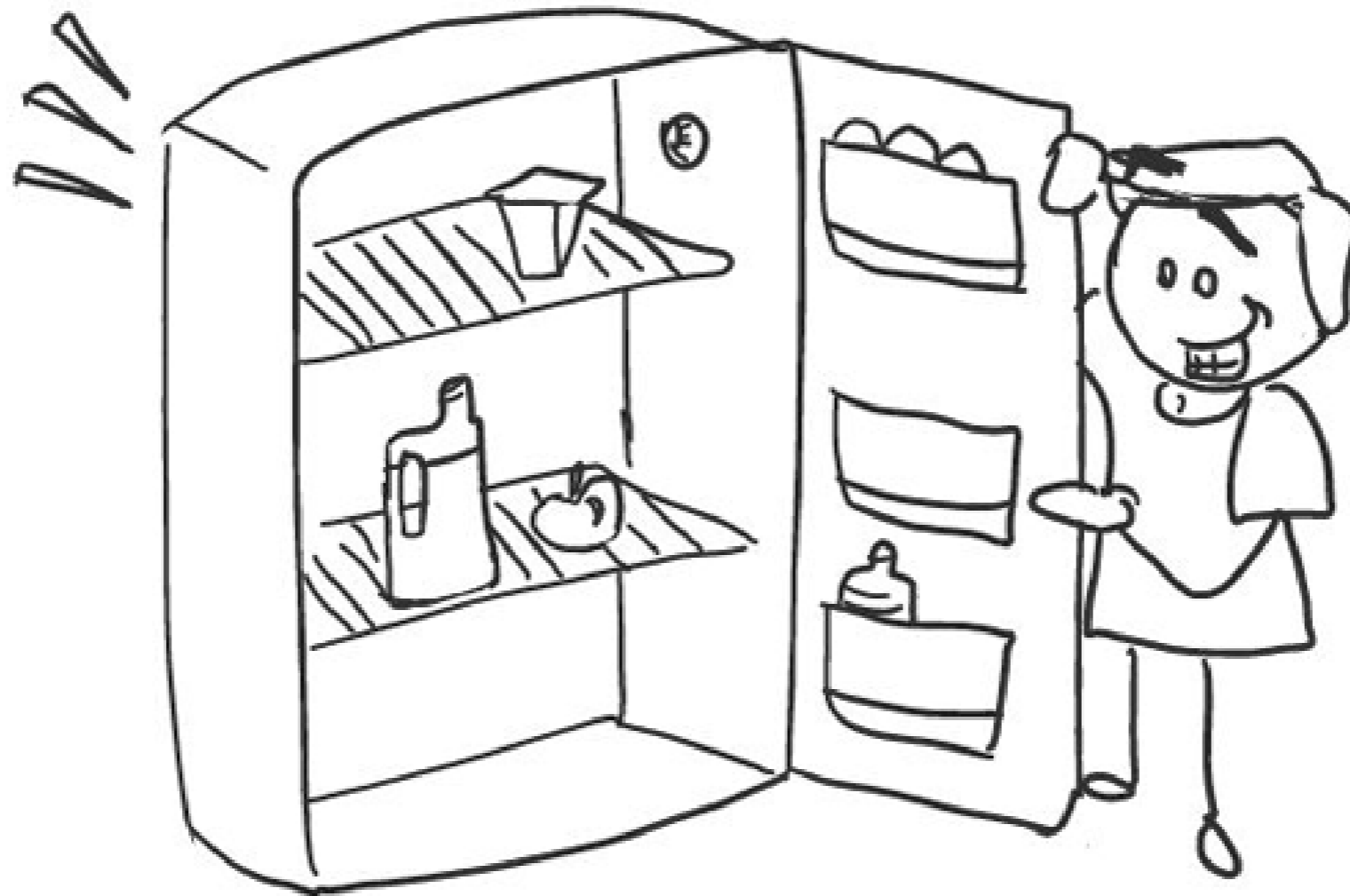
#2 Ask someone on a DATE



Coffee on the phone



Show your fridge



#26 Costume day



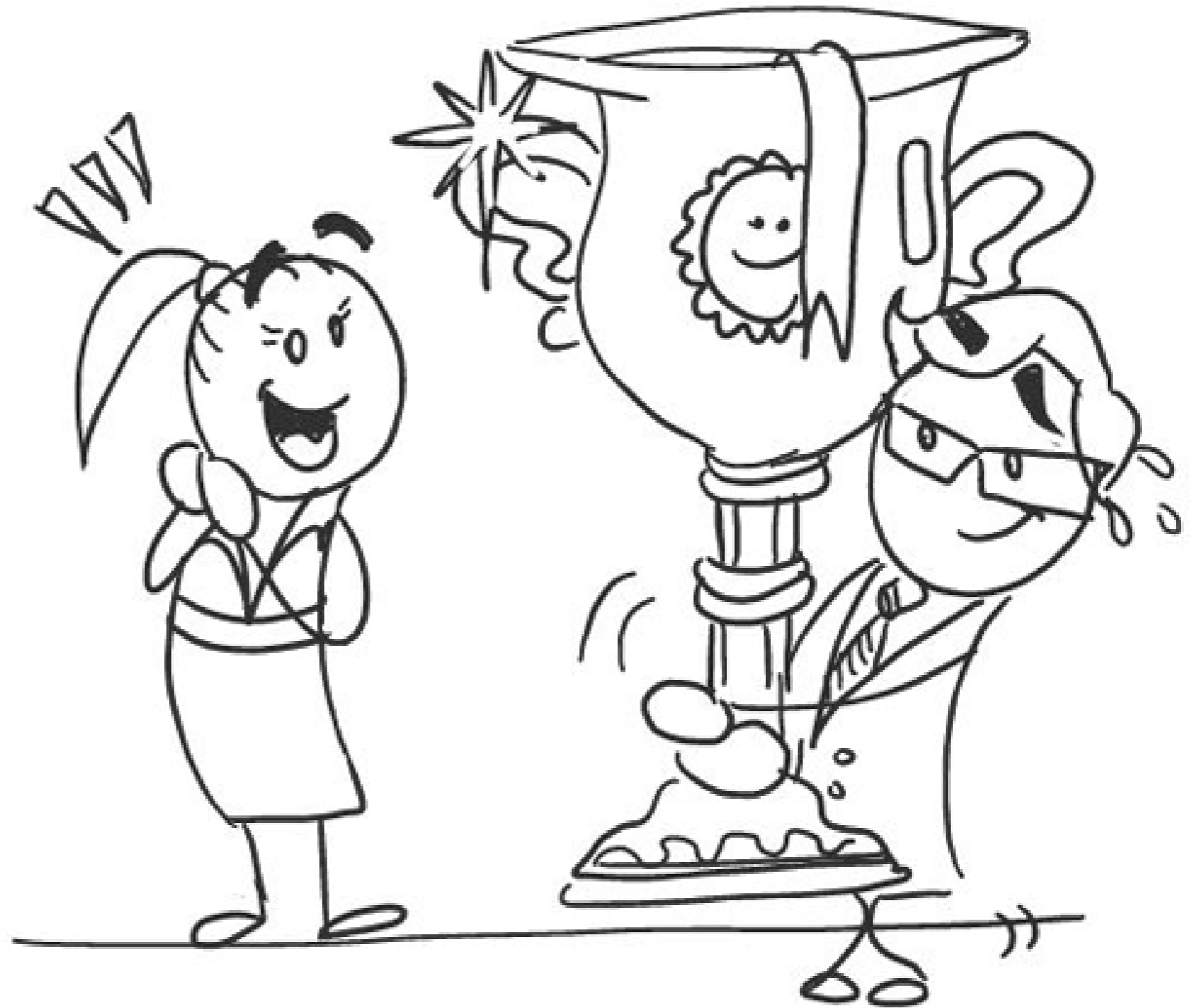
#18 Help me out



#31 Appreciation Day

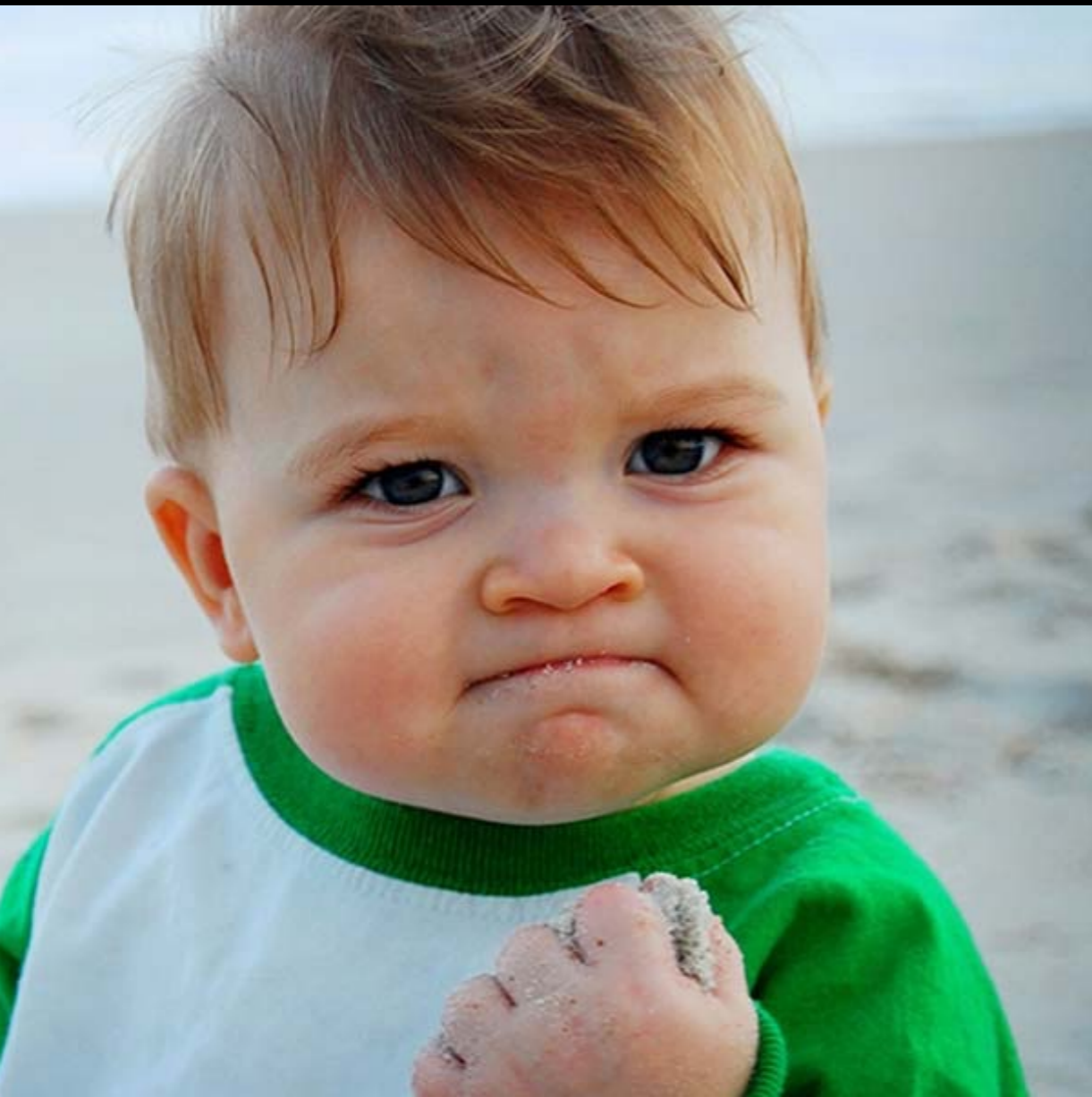


Celebrate Success





Take action for better days



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

#58 Ambassadors



Materials after today:

jon.dk/itwgse

Go and get:

- Today's presentation
- free ebook: "The Happy Dozen"
- The HappyWays Podcast (ENG)
- RevolutJon! podcast (DK)

- Goodies: "Målrettet Mandag" newsletter (danish only)
- Jon Kjær Nielsen on YouTube (DK)



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