

Productive & Happy

- creating better workdays

CPHI, November 27nd 2020
with Jon Kjær Nielsen #jondk

Materials: jon.dk/chpi

Get more on the HappyWays Podcast



Take action

- Decide on 1 or 2 things you will do after today
- Small steps!





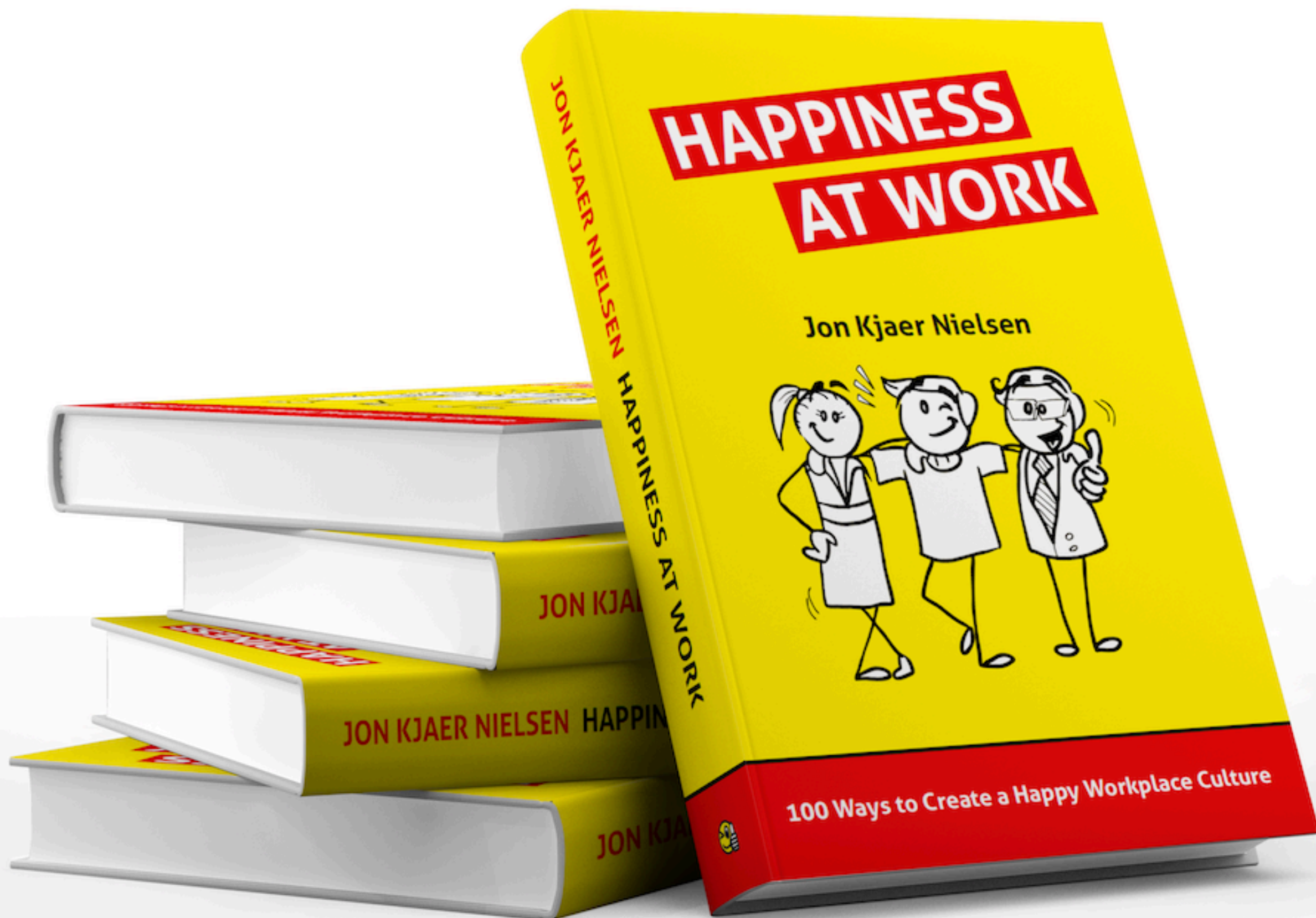


Jon Kjær Nielsen -
Speaker & Author

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

Independent consultant
since 2006.

Biker, book-worm, chef,
podcast host



HAPPINESS AT WORK

Jon Kjaer Nielsen



100 Ways to Create a Happy Workplace Culture

Materials & more tools

Go to: jon.dk/cphi

- Today's presentation
- free ebook: "The Happy Dozen"
- The HappyWays + RevolutJon! Podcasts
- Goal tracking sheet
- Danish only: "Målrettet Mandag" newsletter



Basic question:

Why do anything?



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



Question:

What makes you
happy at work?

Assignment:

Recall a good
day at work or
school





Key to life: Nothing is
ever anybody's fault



Personal productivity:

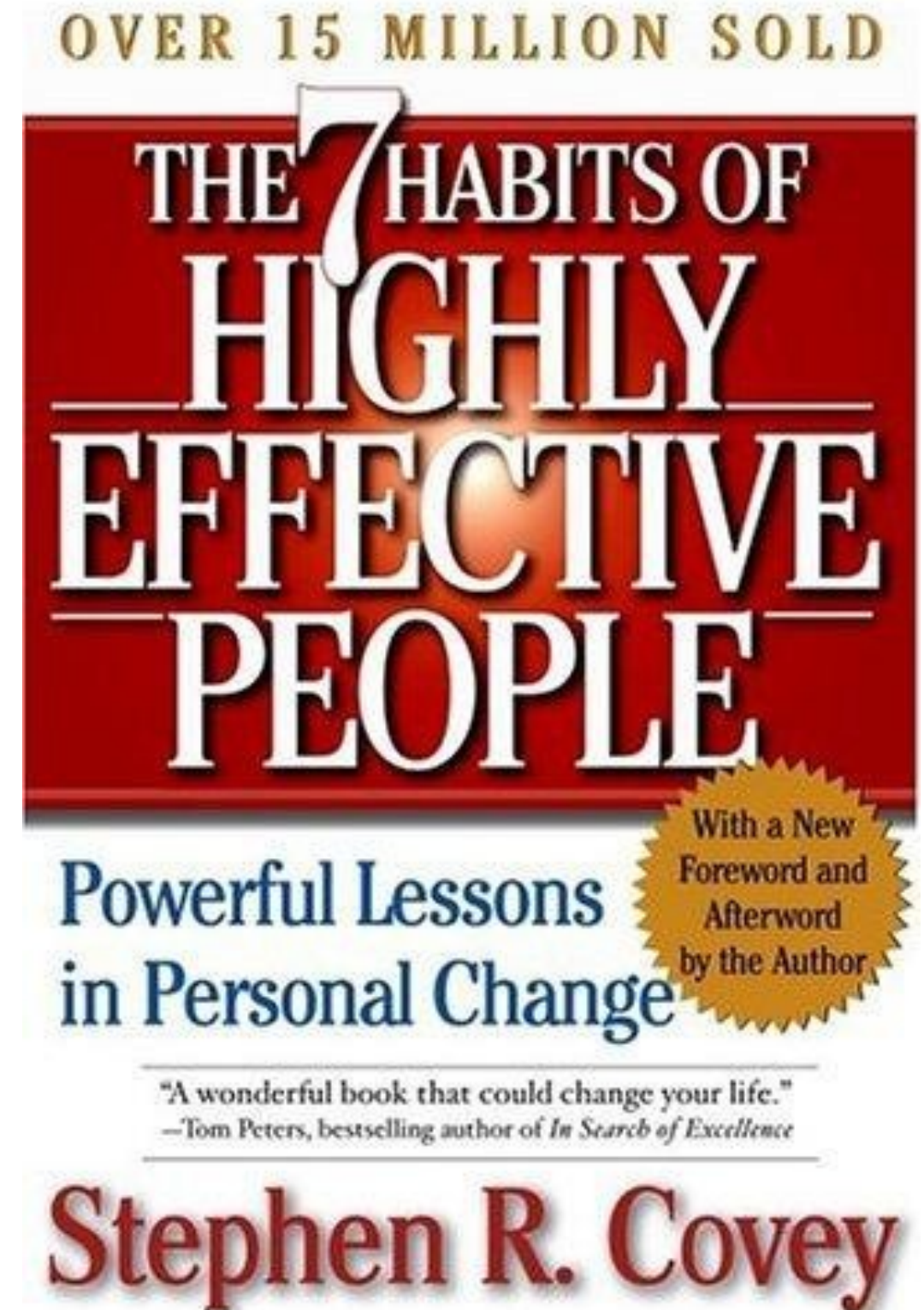
One thing you struggle with?

One tool/strategy that works for you?

A close-up, angled view of a clock face. The clock is white with black numbers and hands. The text 'OUR MOST PRECIOUS RESOURCE' is written in large, bold, black, sans-serif capital letters across the center of the clock face. The word 'OUR' is on the left, 'MOST' is on the right, 'PRECIOUS' is in the middle, and 'RESOURCE' is at the bottom. The clock hands are visible, and the numbers 2, 3, 4, and 8 are clearly legible. The overall image conveys the idea that time is a valuable resource.

OUR MOST
PRECIOUS
RESOURCE

Got habits?



The planning fallacy vs. Reactive Mode





The main issue:

Focus & energy

Protect the Asset



There is too much work

#1

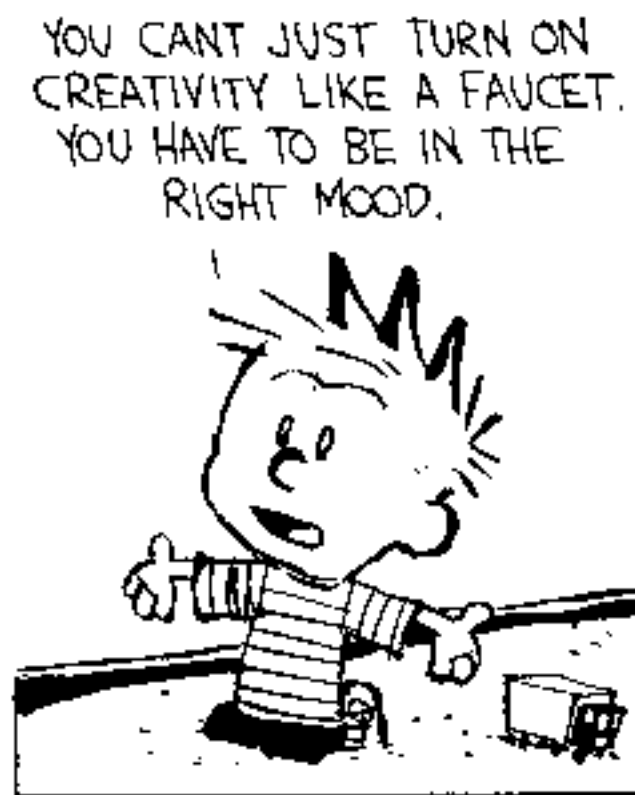
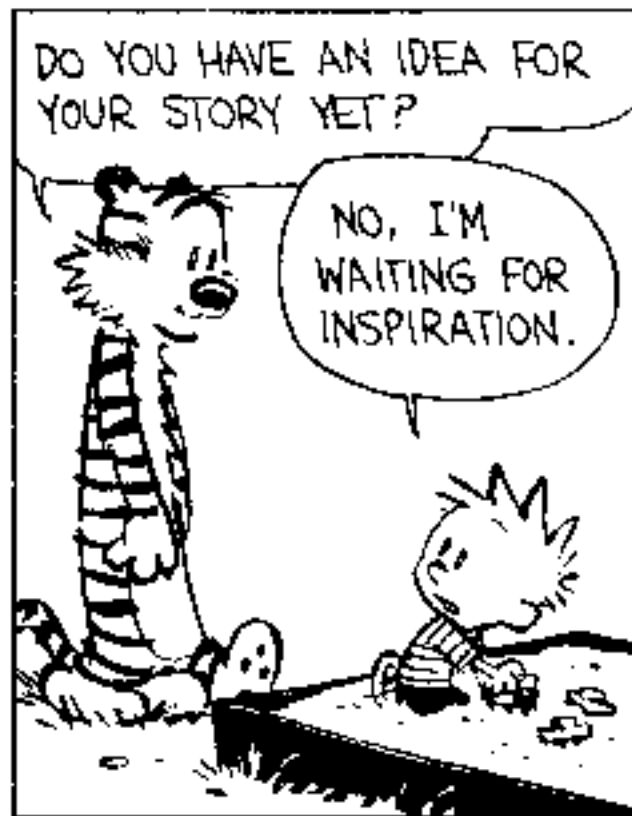


#2

It is possible to be
happy at work, despite
having too much of it



Parkinsons Law

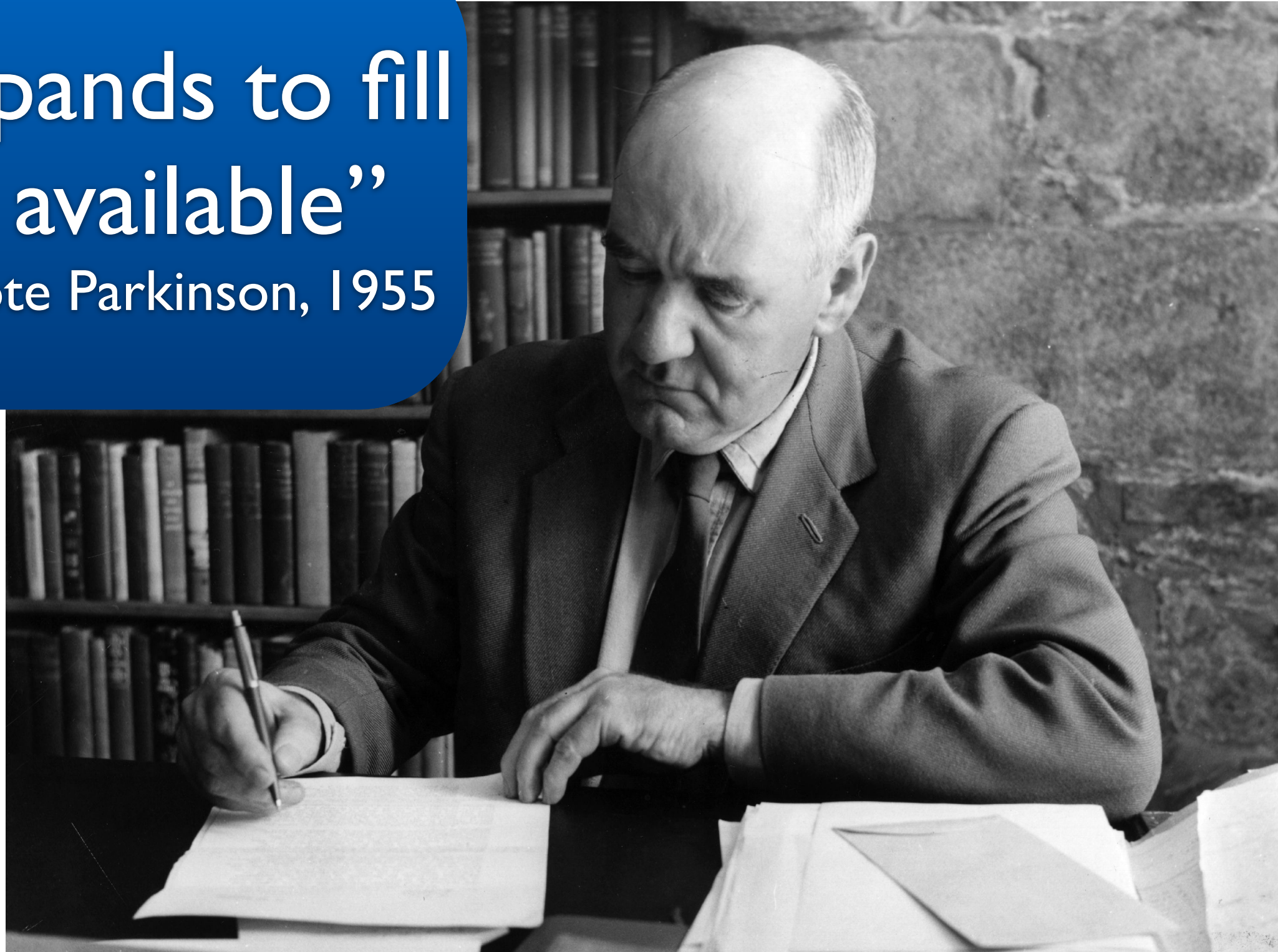


#3

Parkinsons Law

“Work expands to fill
the time available”

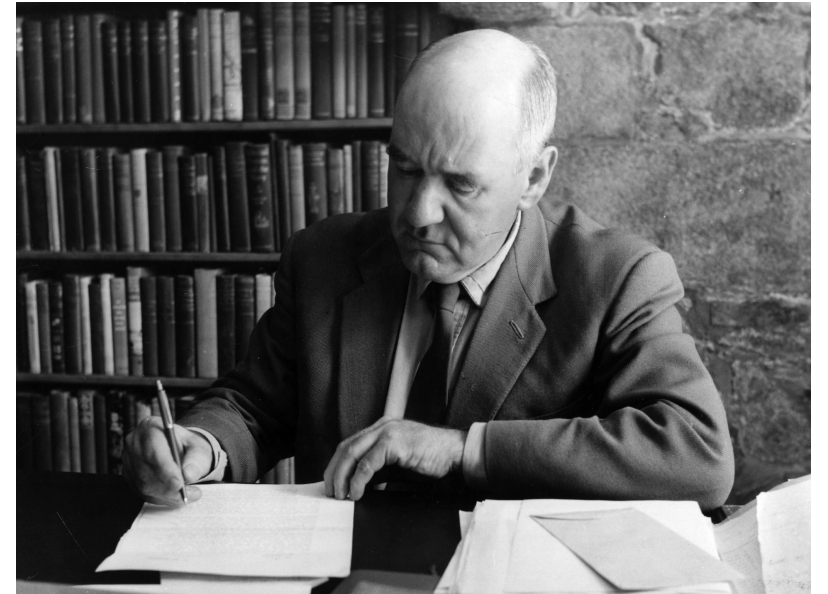
- Cyril Northcote Parkinson, 1955



Parkinsons Law



Tactical use of
deadlines



Ninja approach:
Don't do it

Limited time on
task

App: Pomodoro

For PC: Tomighty

Time Blocks Method

*Instructions:
"Pomodoro Technique"*

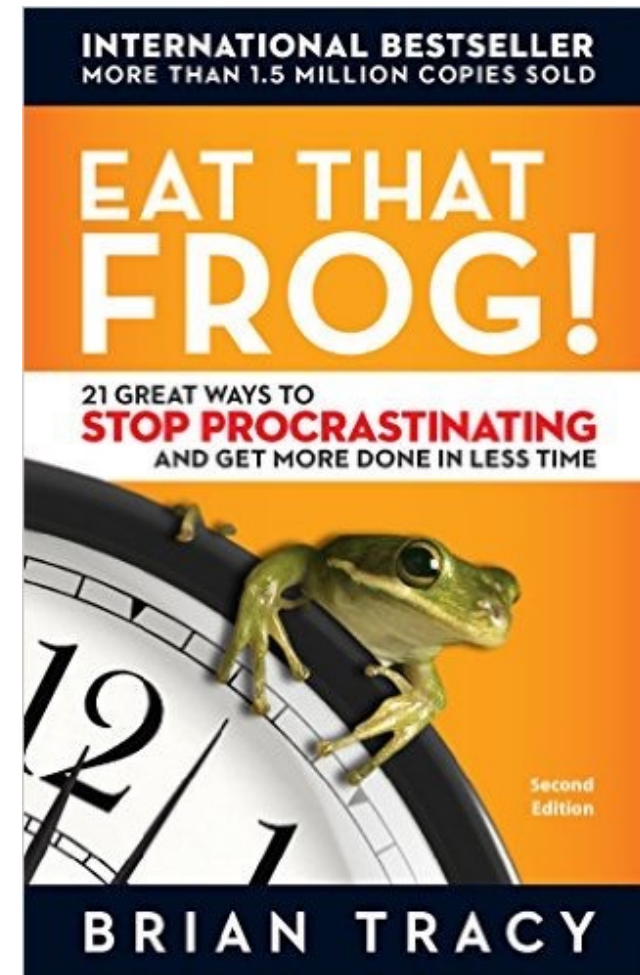


#4

Worries and problems expand over time



Tracy: Do the most unpleasant thing first,
the thing you're most like to put off.




Variation:
Do the one thing that would have the biggest impact.

The Seinfeld method



Bo arbejder som taxachauffør. Efter et langt udløb har han endelig fået fodfæste på arbejdsmarkedet. Han har været på kontant-hjælp i mange år og har uddannet sig i at være vagtmand og webintegrator. Først med taxa-kortkoret åbnede dørene til arbejdsmarkedet sig. Undervejs har han også været hjemløs, men han har haft et stabilt element i tilværelsen: Musikken. "Jeg begyndte at spille trommer som femårig. Da jeg kom på efterskole i 1988 lærte jeg at spille guitar og bas. Jeg spillede i nogle forskellige bands, indtil jeg kom med i Kirkens Korallers Baggrundsbands." Hvad betyder musik for dig? "Det samler folket og bryder alle barrierer. Og det giver et fedt kick, når man lykkes sammen til en koncert. Jeg lytter helst til blues, gerne med Clapton."

SEPTEMBER.

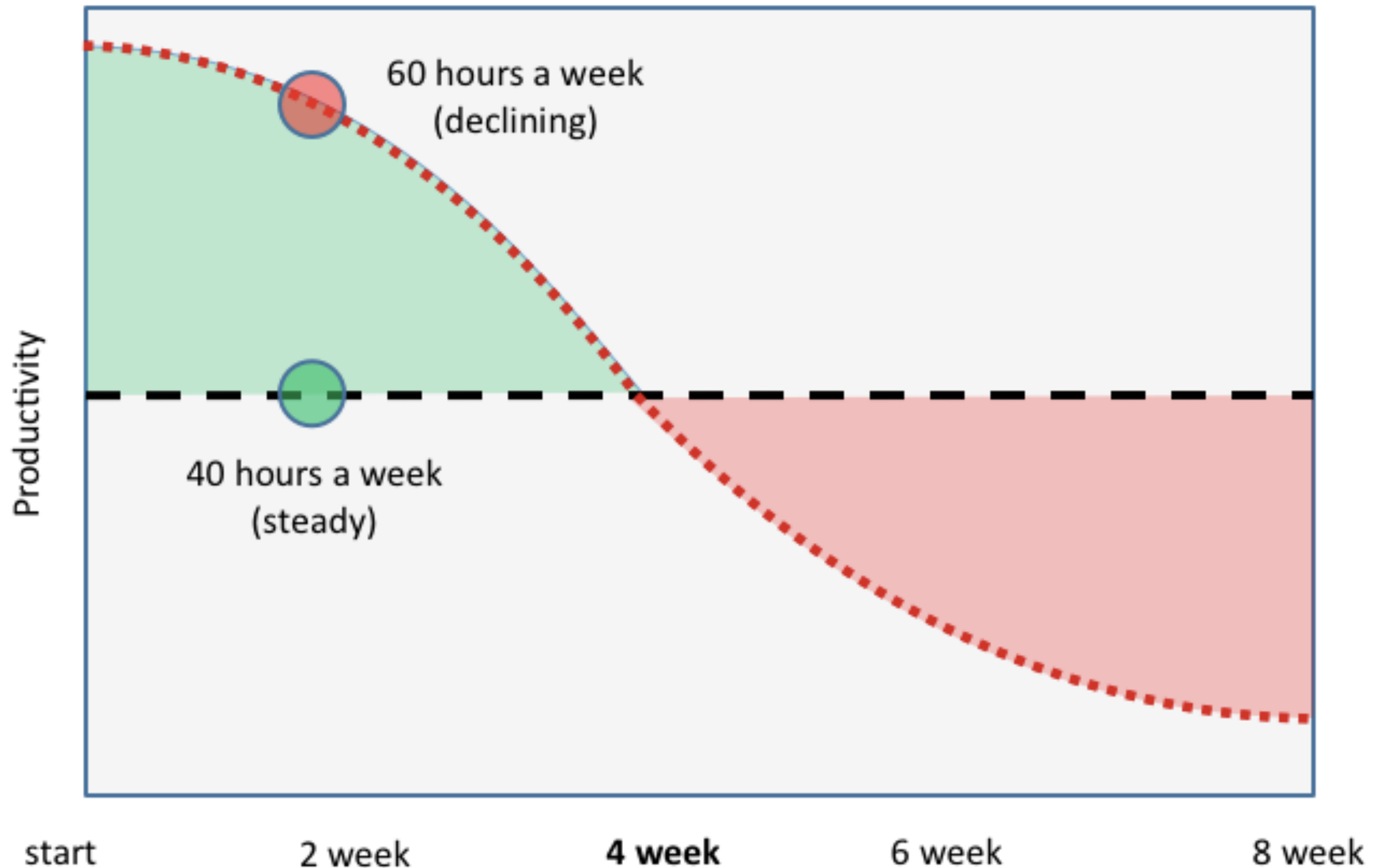
MANDAG	TIRSDAG	ONSDAG	TORSdag	FREDAG	LØRDAG	SØNDAG
35						1
36 Leder af Mødet Ved et god chat	36 Møde af Mødet Mødet af Mødet (billetter og video)	36 Mødet af Mødet Mødet af Mødet (billetter og video)	36 Mødet af Mødet Mødet af Mødet (billetter og video)	36 Mødet af Mødet Mødet af Mødet (billetter og video)	7	8
37 2 timer af go efter! (vibegnet skifter)	37 Solener m. 10.00-14	37 Mødet af Mødet Mødet af Mødet (billetter og video)	37 Mødet af Mødet Mødet af Mødet (billetter og video)	37 Mødet af Mødet Mødet af Mødet (billetter og video)	14	15
38 Cap. 10 Ch. 10 (10.00-14)	38 Sp. 10 Fors. 10 Hil. 10.00-14 (TX)	38 Sp. 10 Fors. 10 Hil. 10.00-14 (TX)	38 Sp. 10 Fors. 10 Hil. 10.00-14 (TX)	38 Sp. 10 Fors. 10 Hil. 10.00-14 (TX)	21	22
39 Ved et god chat (vibegnet skifter)	39 Hil. 10.00-14 Hil. 10.00-14 (TX)	39 Hil. 10.00-14 Hil. 10.00-14 (TX)	39 Hil. 10.00-14 Hil. 10.00-14 (TX)	39 Hil. 10.00-14 Hil. 10.00-14 (TX)	28	29
40 Fors. 10 Bil. 10.00-14 Pine Time 10						

#5

Productivity and time
are not connected



Productivity and time





Productivity and time are not connected

Take
breaks

HappyWays Podcast 14:
Digital Stress and Detox

Use time off to
recharge

Limit work
hours

Diet &
exercise

~~20~~

~~80~~

80

20



PRIME TIME

#6

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



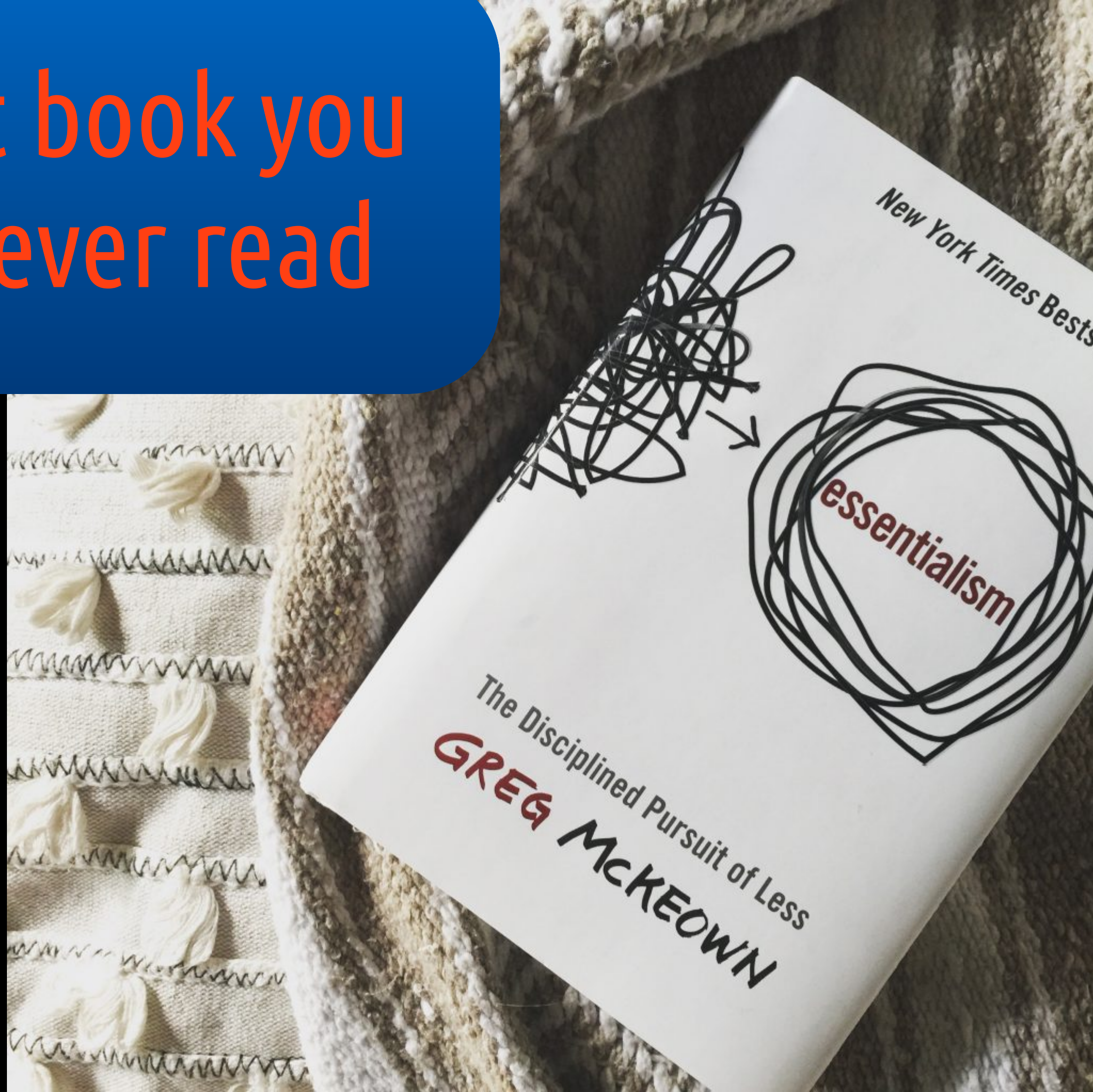
	URGENT	NOT URGENT
IMPORTANT		
NOT IMPORTANT		

	URGENT	NOT URGENT
IMPORTANT	<p><u>Priority 1</u></p> <p>Important calls/emails Appointments Emergencies Projects with deadlines</p>	<p><u>Priority 2</u></p> <p>Career growth Relationships Preventative tasks Maintenance Exercise</p>
NOT IMPORTANT	<p><u>Priority 3</u></p> <p>Some calls/emails Some meetings Shallow relationships Some phone alerts</p>	<p><u>Priority 4</u></p> <p>Social media TV/Movies Gossip Trivial tasks</p>

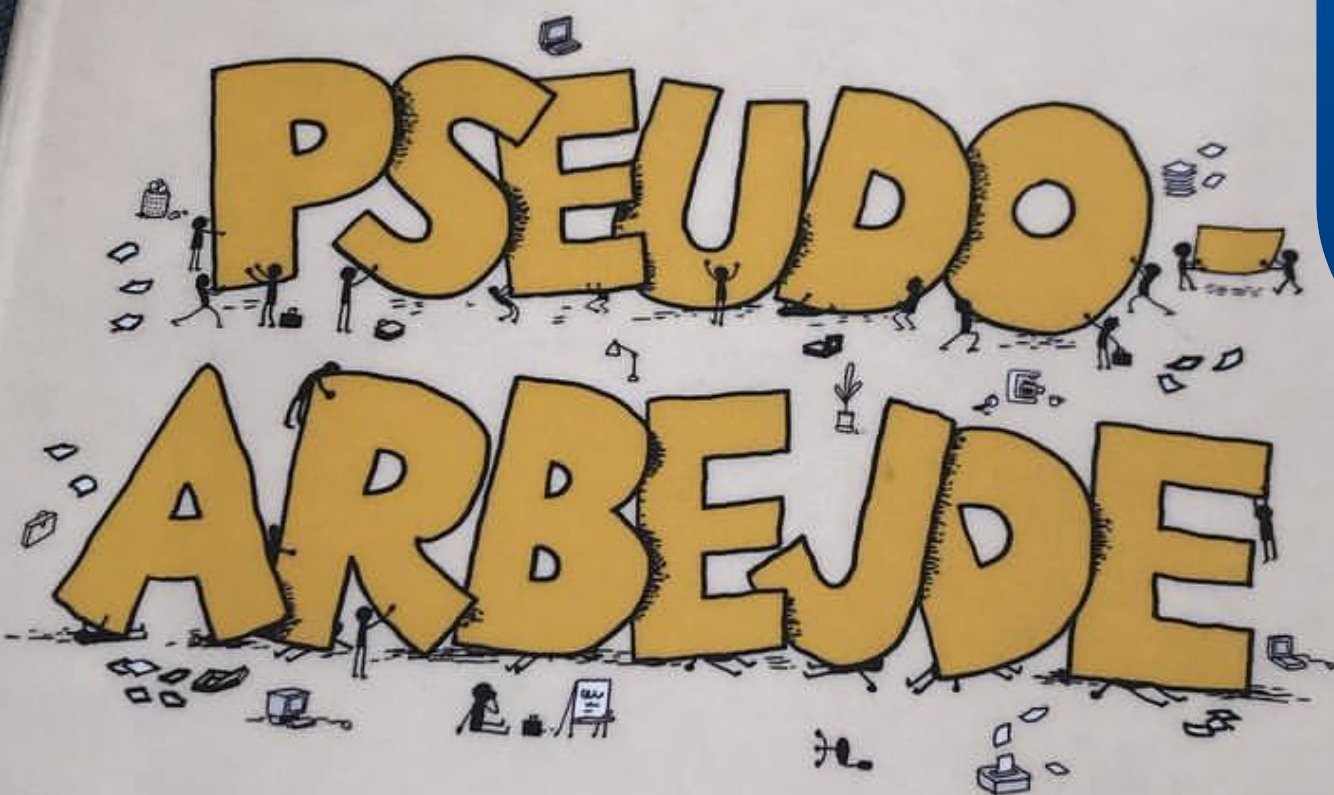
Solution: Focusing on the essentials



The last book you
might ever read



DENNIS NØRMARK &
ANDERS FOGH JENSEN



HVORDAN VI FIK TRAVLT MED
AT LAVE INGENTING

The other
last book you
might ever
read

Personal Summit



Personal Summit (weekly)

Define what you are aiming at:

- How was last week?
- What is my Could Do for this week?
- Bonus: Share this list with someone

My Morning Ritual



My Morning Ritual



1

What is one thing that would have a big impact?

My Morning Ritual



1

What is one thing that would have a big impact?

2

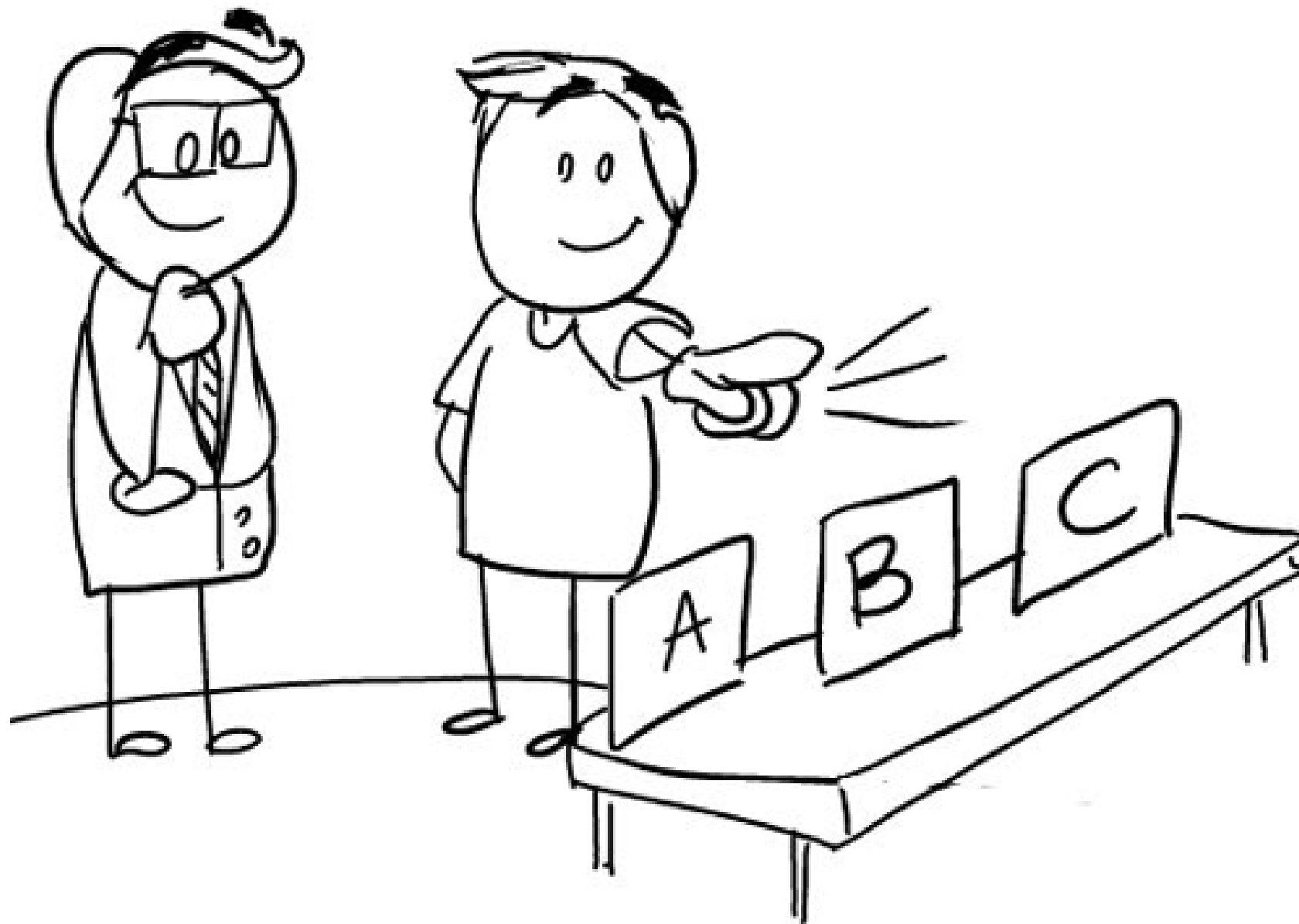
What will I do today?

Measure progress



#7

Decision making is a limited ability





isaacson

biography

walter isaacson

ashton kutcher

advice

wikipedia

success

tim cook

job application

entrepreneur

lisa brennan

daughter

truly rotten

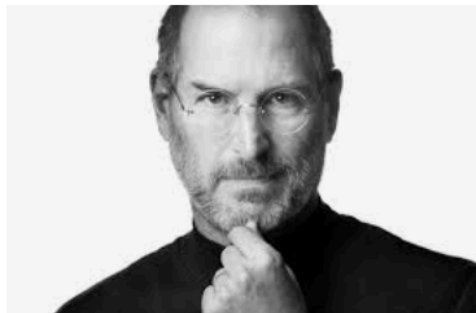
auction

life

steve



Steve Jobs - Wikipedia, den frie encyklopædi
da.wikipedia.org



Steve Jobs, 1955-2011 - The Verge
theverge.com



Steve Jobs
forbes.com



Steve Jobs Biography - Biogr...
biography.com



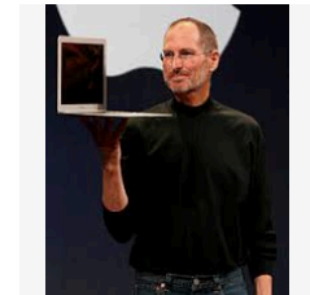
Steve Jobs: Walter Isaacs...
amazon.ca



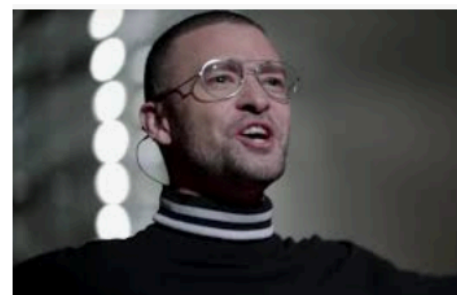
Steve Jobs
entrepreneur.com



Steve Jobs Biography - Biography
biography.com



Steve Jobs - Simple Englis...
simple.wikipedia.org



Justin Timberlake is Steve Jobs in 'Filthy' vi...
cnet.com



An Intimate Glimpse at Steve Jobs'...
wired.com



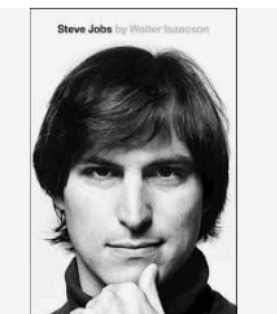
Here's What Steve Jobs Had to Say Ab...
recode.net



Steve Jobs missed every day, says Tim Cook - 9to...
9to5mac.com



Steve Jobs Biographies Duel Over Soul ...
time.com



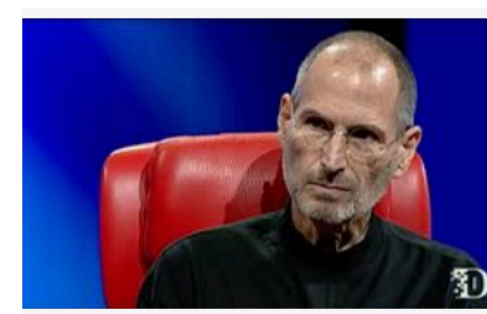
Steve Jobs af Walter Isaac...
saxo.com



20 Interesting Facts About Steve Jobs
factsninja.com



Steve Jobs looks like terrible human i...
uk.businessinsider.com



The memoir by Steve Jobs' daughter makes cl...
finance.yahoo.com



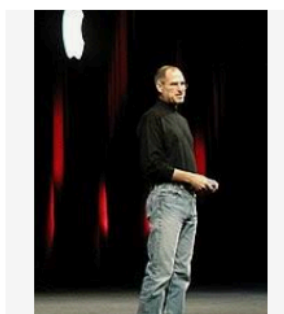
Steve Jobs Wax Figure | Madame Tu...
madametussauds.com



Steve Jobs
entrepreneur.com



20 years ago, Steve Jobs made these eerily a...
thegentlemansjournal.com



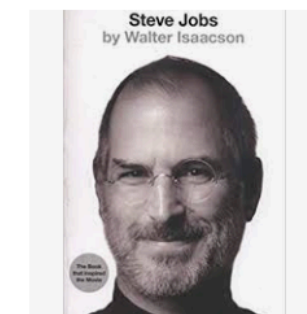
Steve Jobs - Wikipedia
en.wikipedia.org



Steve Jobs warned about privacy issues in 2010...
money.cnn.com

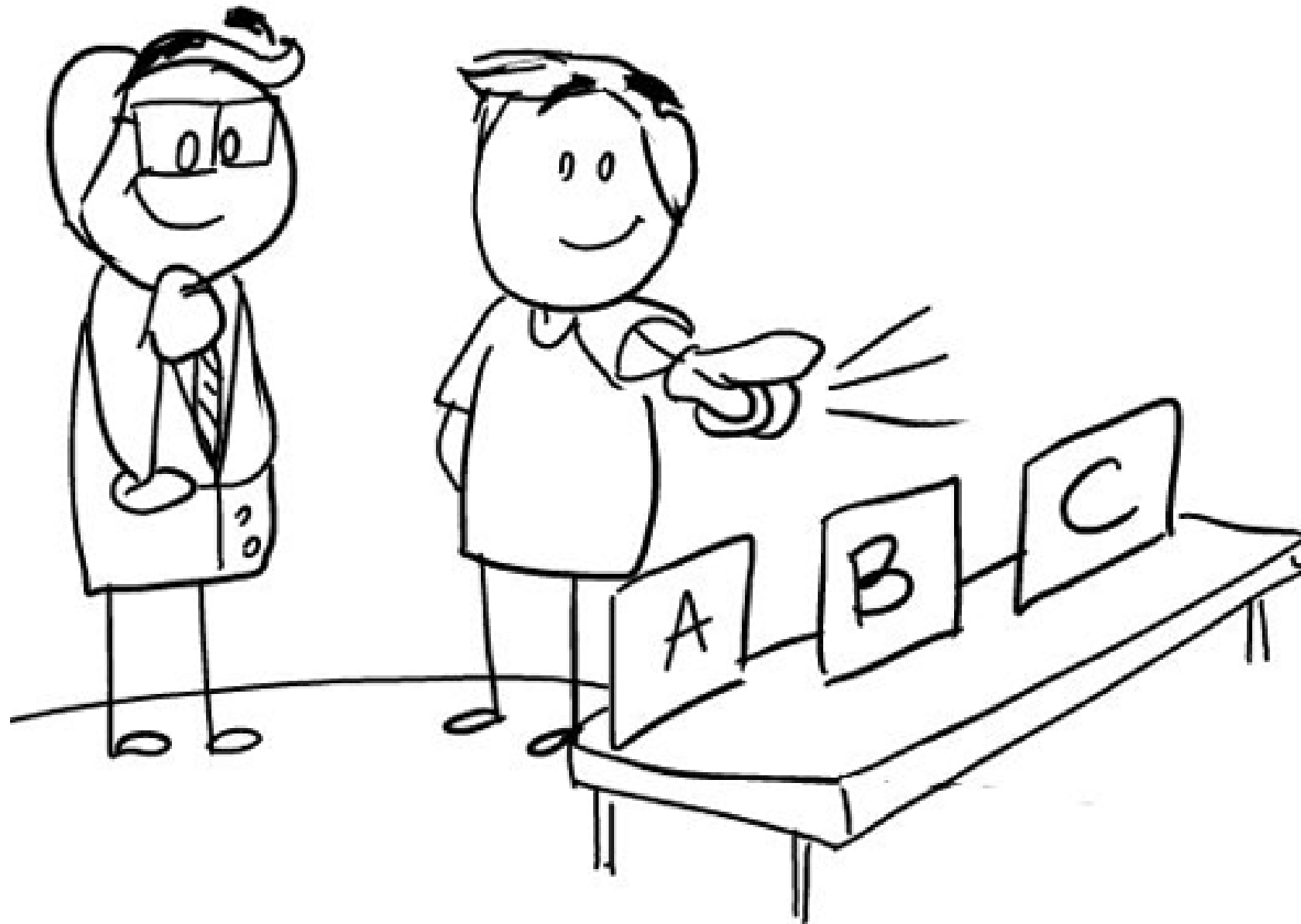


16 Pieces of Advice From Steve Jobs | Gra...
grammarly.com



Steve Jobs: The Exclusive ...
amazon.co.uk

Make fewer decisions



#8

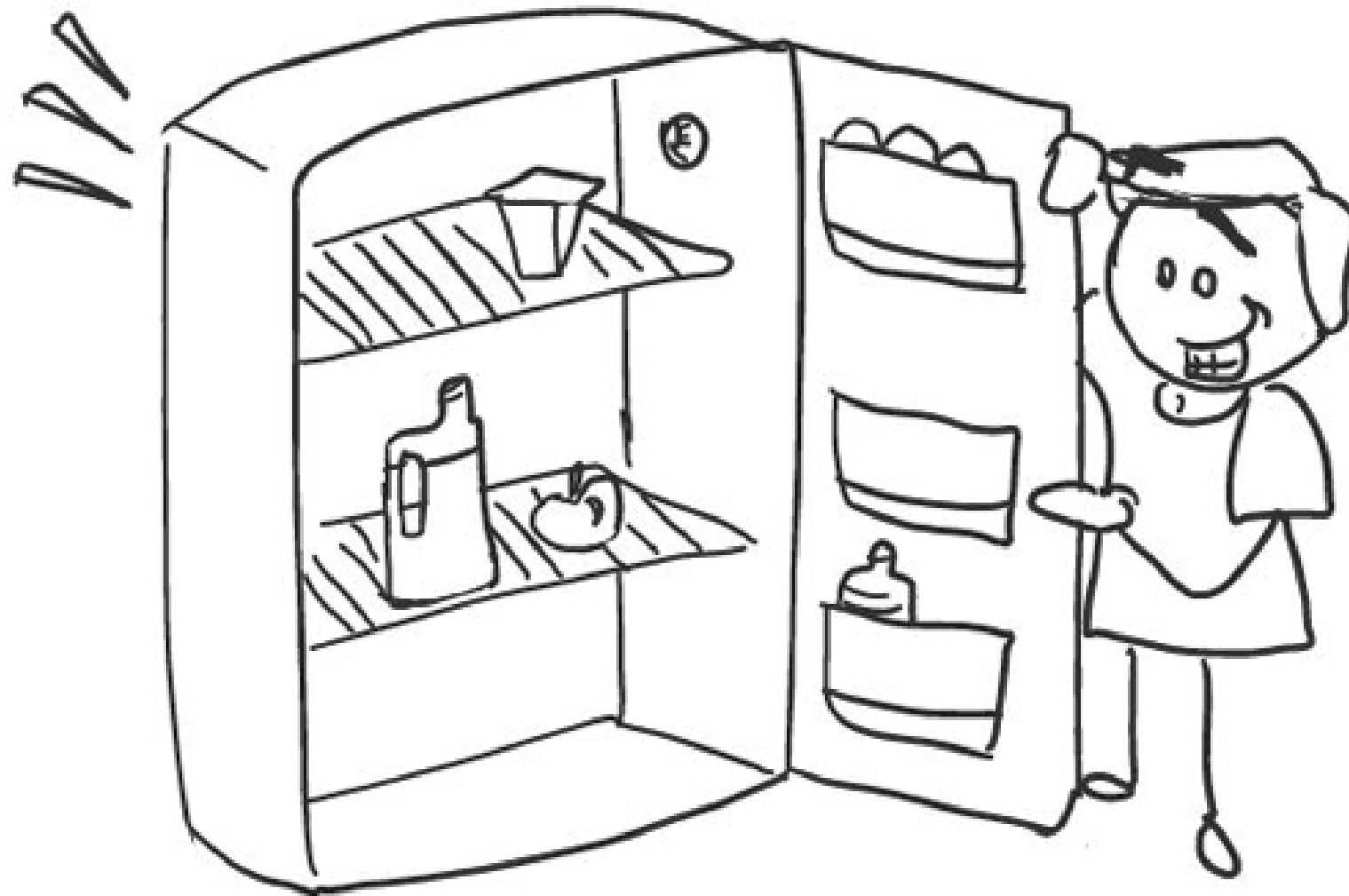
The Google Effect:

We cannot recall information
we know we can find.



Distractions are unavoidable

#9



Distractions

»The best minds of my generation are thinking about how to make people click ads. That sucks.«



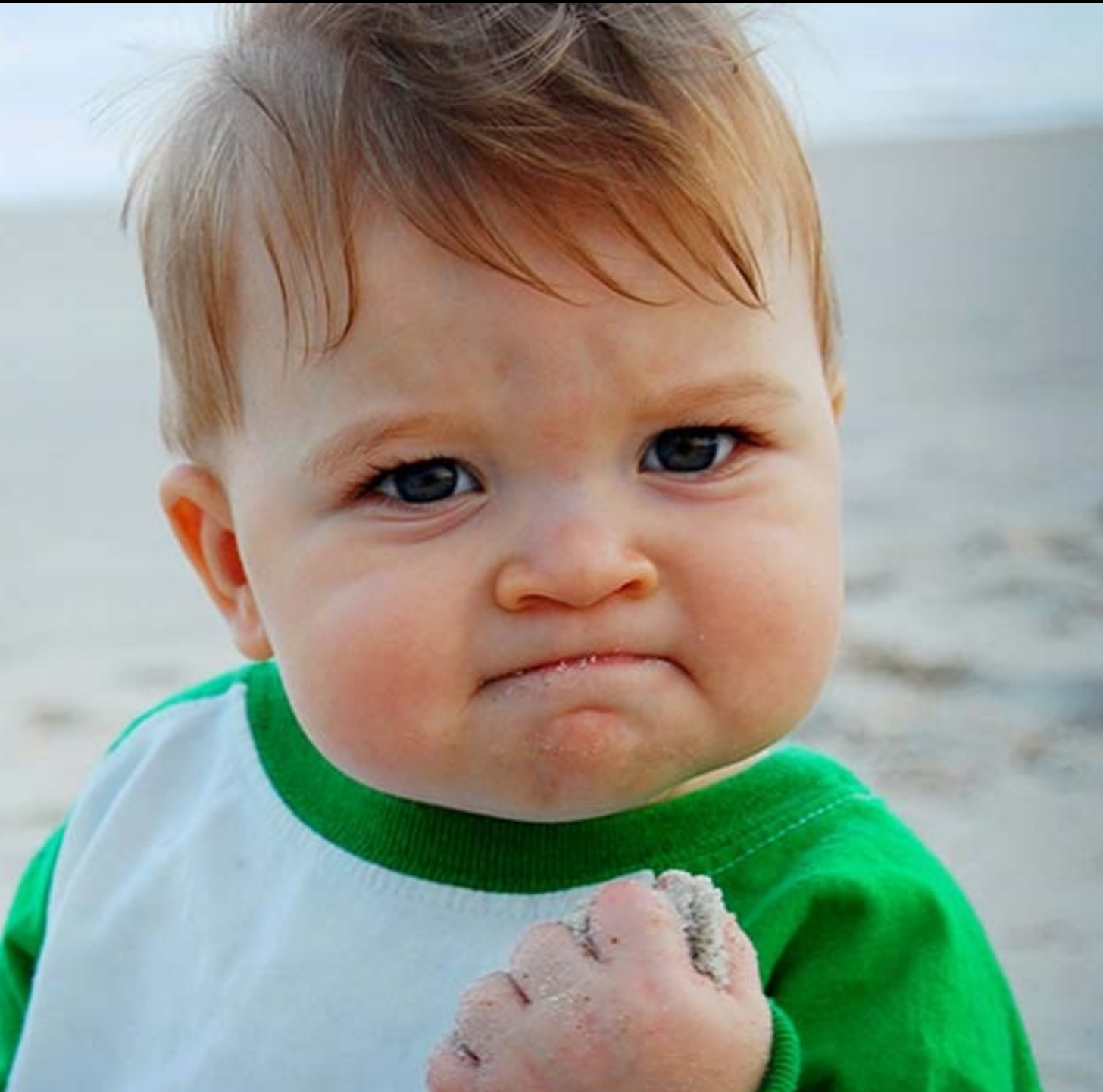
JEFF HAMMERBACHER

FOUNDER & CHIEF SCIENTIST, CLOUDERA (2011)

Question:

**What interrupts your
flow?**

So, next week:



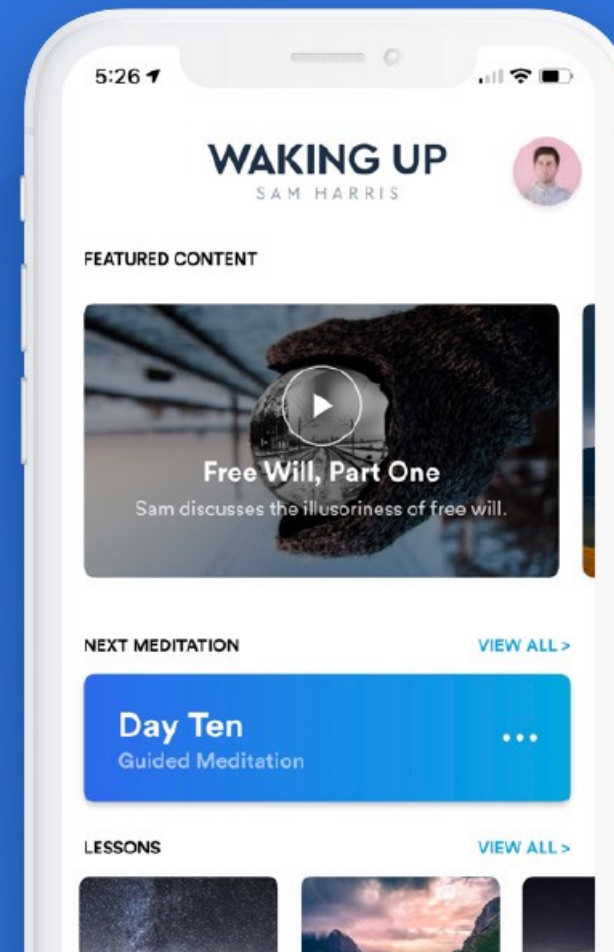
- “I promise to try out a weekly Could Do”
- “I swear I will use daily To Do lists”



Key to life:
There are no
new problems

WAKING UP

SAM HARRIS





The to-hell-with-it-effect

I GIVE UP



Measure progress

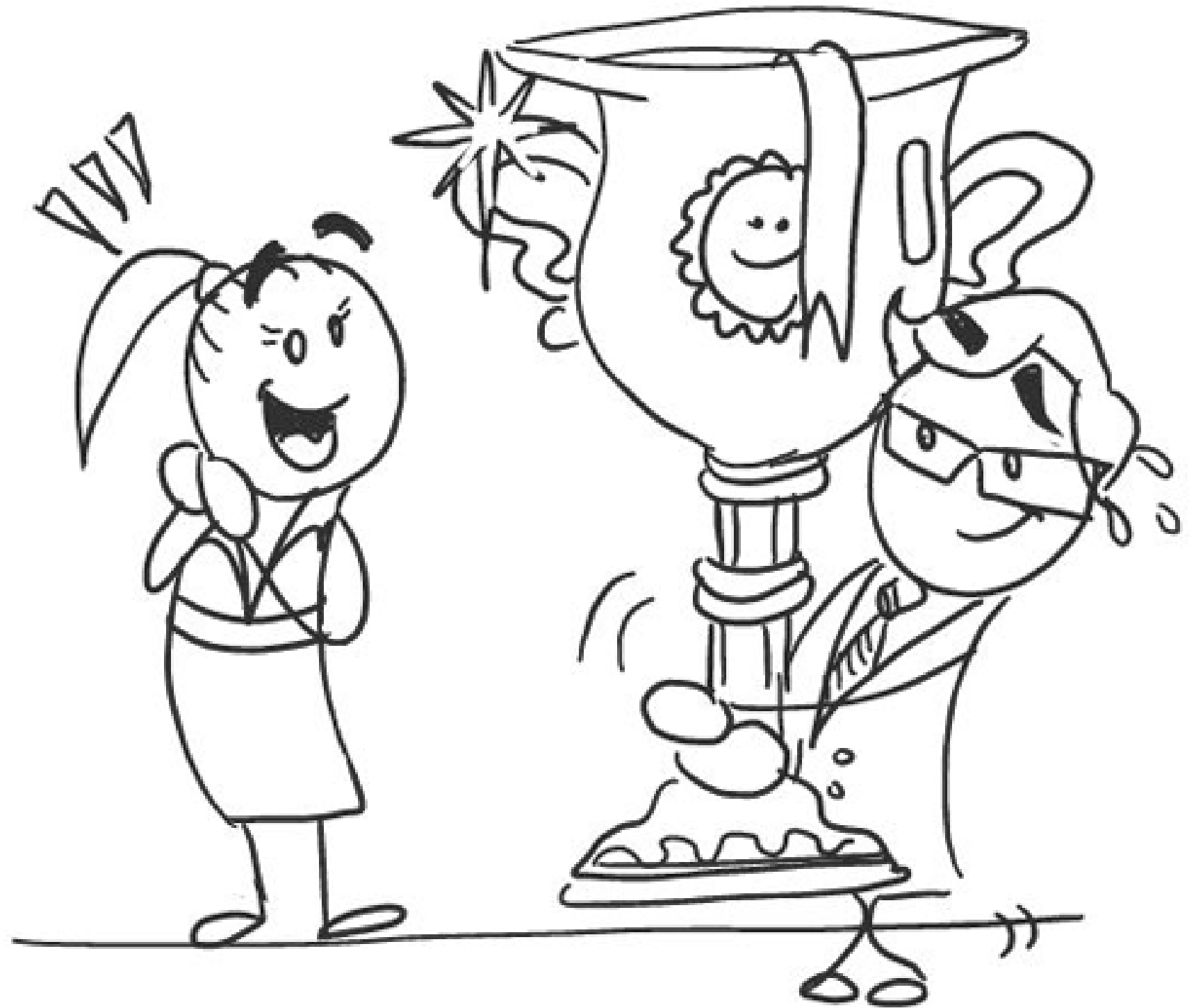
10 vindende vager

Maj '18		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
		Ti	O	To	F	L	S	M	Ti	O	To	F	L	S	M	Ti	O	To	F	L	S	M	Ti	O	To	F	L	S	M	Ti	O	
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Den Effektive Hverdag - læs om kurset på Jon.dk

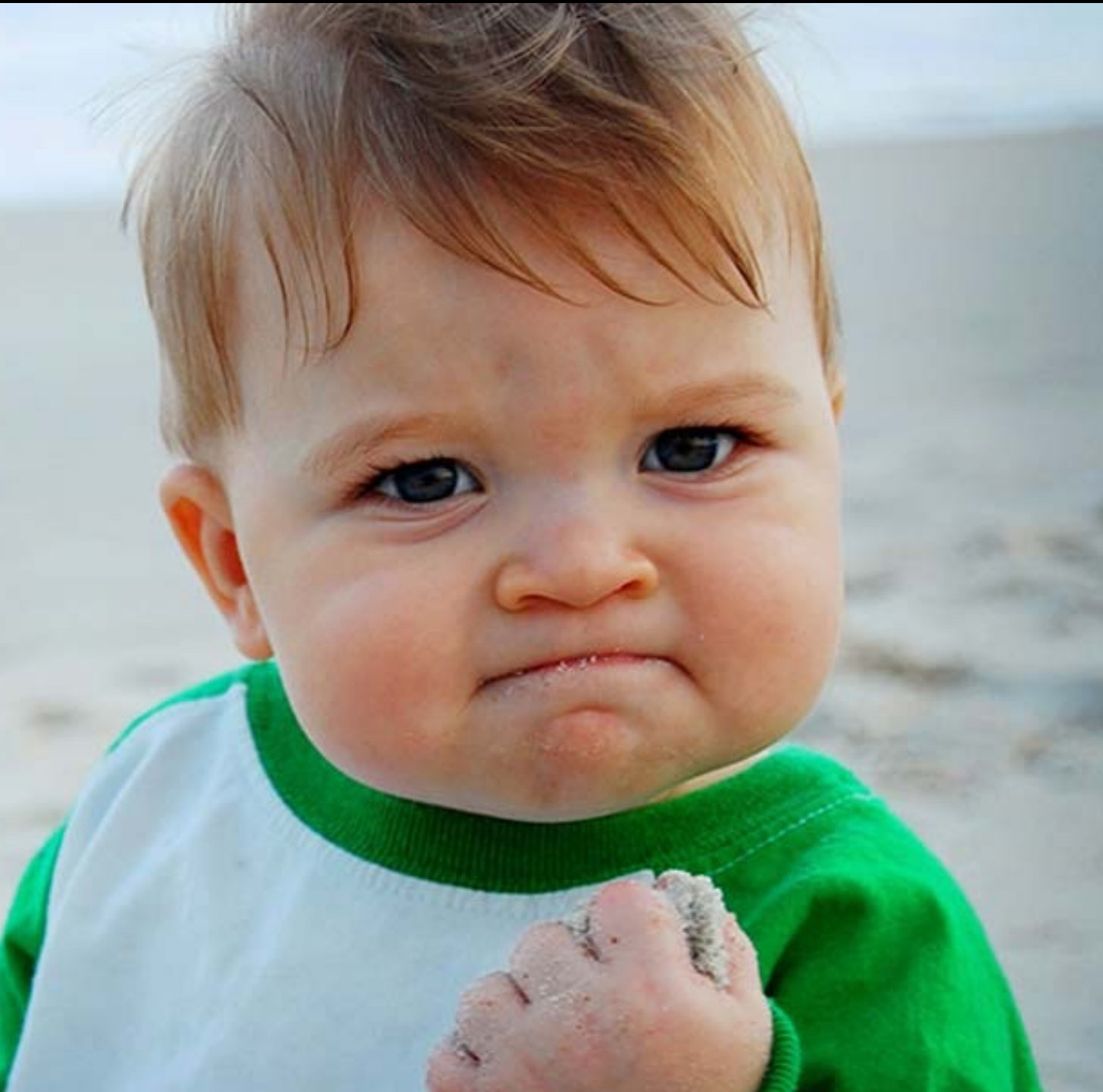
Download:
jon.dk/cphi

Celebrate success





Take action



- Do something today if you can
- Get going Monday!
- Check in with your buddy in 1-2 weeks

Materials & more tools

Go to: jon.dk/cphi

- Today's presentation
- free ebook: "The Happy Dozen"
- The HappyWays + RevolutJon! Podcasts
- Goal tracking sheet
- Danish only: "Målrettet Mandag" newsletter



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