

Keynote Outline:

Happiness in the Workplace

Delivery Format

Live online or live in-person.

Who Should Attend

General.

Duration

1 hour.

Keynote Aim

Research today has shown that happy employees are on average 31% more productive, deliver 37% higher sales and are three times more creative. Moreover, happy employees tend also be happier people in general. Can we learn to be happy? Is there truly a science to creating happy experiences? This interesting, inspiring presentation will give you practical insights and take-aways on what affects your level of happiness and how to create habits that help you find greater joy in your work and life!

Benefits of Attending

Participants from this presentation will benefit from the following:

- Feel inspired that happiness can be learned and practised
- Able to immediately apply practical strategies for creating and experiencing greater happiness at work and in life

What It Covers

- Emotional intelligence and happiness
- Understanding and influencing emotional drivers
- Habits for sustaining happiness at work and in life

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