

## Using the science of happiness: increasing contribution, motivation and productivity

### Aim

Developing tools for increased productivity

### What's it all about?

Happiness at work is fundamental to success. If you're happy at work you're more productive, stay longer in your job, take less time off sick amongst a host of other business benefits. This workshop is designed to enhance your happiness by showing you the tools to get the best out of yourself and others - especially when working under pressure.

### Why iOpener?

We are the only consultancy who specialises in workplace happiness. We base what we do on our unique and ground breaking research which we piloted and developed in-house over 5 years - and which our CEO, Jessica Pryce-Jones's book '[Happiness at work](#)' is based on. Our unique assessment tool is a core part of what we do and all participants with an in-depth starting point from which to work.

### How?

Participants are asked to do awareness-raising exercises and should be prepared to give and receive feedback on their interactions. This is a workshop that encourages serious self-reflection in an interactive and fast-paced manner.

### Participants?

A maximum of eight participants allows us to focus and ensure that we meet individual needs. Participants need to be prepared to think about some profound issues they may face as leaders.

### Outcomes:

Participants will:

- Analyse and understand the elements of happiness at work
- Develop their ability to influence and manage one-to-one and team working situations
- Apply different tools in their appropriate settings
- Grow self-belief to implement new skills.

### Participants cover:

- Understanding the structure of happiness at work
- Analysing the personal and business benefits
- Achieving your potential: what this for individual leaders
- Working with the 5Cs:
  - Contribution
  - Conviction
  - Culture
  - Commitment
  - Confidence

Main traps and tools to avoid them

- Pride, Trust and Recognition

### Target group

Anyone who wants to feel happier in what they do or is concerned about productivity in others.

### Options

This can be divided into a 2 +1 day format, so that leaders get a chance to implement some of the learning. We can also add phone coaching for everyone to support leaders as they try to develop their skills both for themselves and their team.

### Duration

2-3 days