

## Launch parties in London and Oxford herald the publication of 'Happiness at Work'

On Friday 26 February and Friday 5 March 2010, launch parties took place in Dartmouth House, Mayfair, London and Saïd Business School, Oxford, respectively, to celebrate the publication of Jess Pryce-Jones' book, 'Happiness at Work. Maximizing Your Psychological Capital for Success', published by Wiley Blackwell.

The book reveals a direct link between happiness in the workplace and the productivity levels of employees, with those happy in their roles doing effectively an extra day's work per week.

The research results are a product of a five year study carried out by iOpener's in-house research team who gathered data from over 3,000 people across 68 countries to analyse the structure of happiness at work.

In the book, Jess highlights the key elements to achieving workplace happiness, finding that high levels of contribution, conviction, culture, commitment and confidence, aligned with a good degree of pride, trust and recognition will result in a productive, motivated and engaged workforce.

Jess also advocates the importance of taking personal responsibility for happiness levels and she set about testing the research results for her book by interviewing 85 people across many different types of job role and seniority, ranging from politicians and CEOs, to cab drivers and sheep farmers – all of which makes for fascinating reading.

Asked to explain his concept of happiness at work and the personal motivations that drive him in his day to day work, **Mark Thompson, Director General of the BBC** explained, "If you are energetic, you'll make more effort; then you'll stand out and get noticed. You can't plan everything in your career – but you can decide to put more in – whatever comes along".

**Marut Sikka, Celebrity Chef, Delhi, India** explained "Work isn't work for me. The hours I do are fun because I'm really in the present.....I lose track of time when I am in the kitchen and creating. That's when I experience real happiness".

When asked about working with Sir Frank Williams, Owner and Manager of Williams Formula 1 - a man renowned for his work rate and ambition, **Adam Parr, CEO, Williams Formula 1** said, "One of the things Frank has in common with our drivers is that he loves what he does so much. Sometimes I'll say when we've had a really tough day or tough meeting, 'That was hard work.' And he'll say. 'Yes, it was fantastic wasn't it?' He loves the bad bits when you have to get down and dirty just as much as he loves the good bits".

Jess commented, "Work makes up approximately 100,000 hours of your life, so why wouldn't you want to make the best of them? Your work happiness levels should matter to you personally as you will get promoted faster, earn more, interact better with your colleagues and be healthier – it is well known that the higher your happiness levels, the stronger your immune system.....And for employers, every organisation knows that people are their most important assets and getting the most out of those assets is vital."

-Ends-

**Praise for Happiness at Work:**

"We all want to be happy in every area of our lives, including of course work. This book 'Happiness at Work - Maximizing your Psychological Capital for Success' offers the secret to finding happiness at work for us all, which in turn helps us experience a more meaningful and healthy life".

**Lynne Franks, founder of SEED**

"Jessica Pryce-Jones establishes happiness as more than a fleeting feeling; she argues that it is a critical resource for successful work and a good life. She brings her years of experience to bear on this important topic and provides practical tools for achieving more happiness at work. The book is wonderfully written".

**Robert Biswas-Diener, author of *Positive Psychology Coaching***

"Illustrated with fascinating and diverse interviews this book is understandable and easy to read. Jess Pryce-Jones definitely created a great guide for anyone who wants to improve their working life".

**Cathy L. Greenberg, PhD New York Times Best Selling author, *What Happy Working Mothers Know*, Managing Partner, h2c, LLC, Happy Companies/ Healthy People [www.h2cleadership.com](http://www.h2cleadership.com)**

**Notes to Editors:****About the author:**

Jessica Pryce-Jones is CEO and founder of the Oxford-based consultancy iOpener. A regular speaker and media commentator, she featured in the BBC series *Making Slough Happy* and CNN's special on happiness at work. Pryce-Jones teaches and coaches leaders at London Business School, Chicago Booth, Saïd Business School in Oxford, and Judge Business School in Cambridge. Clients include multinationals in banking, IT, health, publishing and engineering as well as the public and not-for-profit sectors.

**About iOpener:**

iOpener is a consultancy based in Oxford, that enables people to improve their performance and organizations to develop sustainably. iOpener specialises in enabling organisations, teams and individuals to deliver on their objectives and strategy and increase happiness levels in the workplace through research-based leadership development, coaching, and consultancy services

**Jessica Pryce-Jones' book, 'Happiness at Work – Maximising your Psychological Capital for Success' is published by Wiley-Blackwell.**

To order 'Happiness at Work, Maximising your Psychological Capital for Success' at a price of £14.99 plus p&p to UK mainland addresses, call 0800 243407 or email [cs-books@wiley.co.uk](mailto:cs-books@wiley.co.uk) or visit [www.wiley.com](http://www.wiley.com)

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