

Creating Individual Happiness

Building Habits That Boost Your Mood

Research indicates that when employees provide positive social support to others, they:

- Are 40% more likely to receive a promotion in the following year
- Report significantly higher job satisfaction
- Feel 10 times more engaged by their jobs than people who score in the lowest quartile

These numbers show that happiness can fuel success. People can learn to boost and sustain their happiness through researched strategies, helping raise their levels of happiness and success in every aspect of their lives.

In this course, learners will:

- Assess their current level of happiness
- Train the brain to think differently about challenges
- Practice happiness strategies that can be implemented daily
- Create an action plan to increase levels of optimism

Developed in Partnership with



Learners will:

- Achieve a more positive mindset
- Create a 21-day action plan to build positive habits
- Develop a framework to improve energy, emotional and physical health, job performance, and optimism levels

Author



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Course Outline

DAY 1

Reframing Happiness

- The Impact of Happiness
- The Greatest Predictor of Happiness
- Reconnecting With a Friend From Work
- Share a Best Practice

DAY 2

Raising Your Happiness Levels

- Evaluating Your Current Happiness Level
- Neuroplasticity Makes Change Possible
- Changing Performance by Changing Your Mindset
- Creating New Brain Patterns
- The Gratitude Experiment

DAY 3

Training Your Brain

- Becoming More Resilient
- Getting Our Brains to Make Better Decisions
- How the Dueling Brain Impacts Our Work
- Applying the Zorro Circle Principles
- Establishing Your Locus of Control

DAY 4

Developing New Life Habits

- Happiness Is a Choice
- How Has Your Thinking Evolved?
- Why Willpower is Not the Way
- Taking Action

DAY 5

Interactive Capstone

- Cohort members, faculty and a moderator synthesize learnings from the week and develop insights for next steps.