

# Inspiring Performance Through Positive Action

## The Happiness Advantage

In 225 studies on positivity, researchers found that happy employees have on average 31% higher productivity, 37% higher sales, and 3 times greater creativity. The numbers clearly tell us that happiness fuels success.

This course explains why this is true and how to use positivity to inspire great performance. Activities present the “Happiness Advantage” and the science behind it. Learners will explore their current happiness level and how to make improvements to better manage health and stress. Coming out of this course, learners will be able to apply happiness principles in the workplace to make themselves and those around them more effective, productive and successful.

### The key ideas in this course include:

- Understanding the benefits of The Happiness Advantage
- Raising the level of self-awareness and regaining control of happiness to achieve a more positive mindset
- Evaluating current habits and developing new ones that will improve energy, emotional and physical health, job performance and optimism levels
- Identifying behavioral patterns and negative stressors that need attention so that learners can rewrite their social script to improve happiness, both personally and professionally

Developed in Partnership with



### Learners will:

- Explore the scientific benefits of The Happiness Advantage
- Discover their current happiness level and learn how to improve it
- Develop habits to improve energy, health, and performance
- Understand the impact of happiness principles in the workplace

### Author



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 Founder of Good Think, Inc. and author of The Happiness Advantage

## Course Outline

### WEEK 1

#### The Happiness Advantage

- Exploring The Happiness Advantage
- Examining the Science of Happiness
- Discovering the Greatest Predictor of Happiness

### WEEK 2

#### Know Yourself: The Pathways to Happiness

- Raising Your Happiness Levels
- Getting Your Brain to Make Better Decisions
- Becoming More Resilient by Regaining Control

### WEEK 3

#### Managing Your Energy & Stress

- Happiness & Your Health
- Making Stress Work for You
- Supercharging Your Brain

### WEEK 4

#### Happiness at Work

- Connecting With Others to Strengthen Ourselves
- Improving Happiness & Success at Work

### WEEK 5

#### Happiness for Life

- The Ripple Effect Spreading Happiness
- Synthesizing Your Learning
- Action Planning