

Happiness at Work Matters

The new rule

So much time is spent looking at where things need to improve in the workplace. What if we flipped the switch? We know that when employees are happy, they thrive. Productivity goes up. Absences go down. Employees become loyal to the organisations that value their happiness. In this session, we will look at what it means to be happy in the workplace. We will wander through childlike experiences of happiness to remember how to experience it in its purest form. We will explore the many ways to recognise happiness in our lives. We will also talk about how happiness at work is a shared responsibility. No one should expect happiness all of the time. But, wouldn't it be great for happiness to be the norm? If we can choose our feelings, why not happiness?

Session Outline

- Redefining happiness
- Childishness isn't just for children
- The natural ebb and flow of emotions
- Bio-Psycho-Social benefits of happiness
- Somatic responses to happiness
- Partnering for happiness at work
- Developing healthy habits for a lifetime

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.