

Say WOW to Work!

Happiness 101 – The Science Behind Happiness
Proven Steps To Creating Happiness at Work and in Life

No matter what CEO, COO, or CHRO you ask, she/he will tell you that the success of their company depends on their employees' attitudes and commitment. Keeping them focused, creative, productive and engaged is the key. But these happy employees don't just happen.

Because of budget cutbacks, layoffs, stress and more, your employees may be walking the halls, stressed and mumbling under their breath, "This place is nuts!" Many employees feel work should be a utopia and expect work to make them happy. When that doesn't happen, they blame the company and search endlessly for that perfect job that will bring them happiness.

But it's not the company that's nuts, it's how employees handle the everyday typical challenges in the workplace that's crazy. Now there's a way to beat the crazies!

Companies all over the country are utilizing new and different tools to help their employees become happier, more positive, more resilient, handle change and live a more fulfilling life – both at work and at home. This program brings these tools to your employees.

Yes, your employees can learn how to be happier and say "WOW" to work!

This isn't just a lecture – it's interactive, giving your employees tools they can use right away to become happier, more fulfilled and more resilient.

Just some of the things your employees will learn and incorporate into your culture ...

What is Happiness?

We'll introduce the science behind positivity and happiness. This isn't just "woo-woo," but true research and science that shows how changing your mindset can change the way your employees relate to themselves and others. This isn't about becoming "happy" but about becoming happier.

What Makes Them Happy?

We'll take a first look at some of the tools available to help your employees grow and discover what will help them become more fulfilled at work, including learning the Three Question Process, to help them identify what makes them happy and identify their path, no matter what age.

Getting in the Flow

How do employees get peak experiences as well as peak performance at work? We'll show them how to live in the "zone" and tap into the best time for them to be in the flow and stay motivated to achieve the goals they want at work and in life.

Lasting Change

Have you ever tried to change a habit or something that no longer serves you? Most change-efforts fail. A great deal of money and effort is spent by individuals attempting to bring about change, and yet what we mostly witness is the "honeymoon effect"—the intervention having only a temporary, short-lived effect. We'll show your employees the techniques to learn how to bring about personal (and organizational) change that lasts.

Tools for Happiness

From mindfulness to creating the "ideal" self and more, we'll teach the tools that will help your employees focus on the present while at the same time creating happiness and helping them meet their future goals and the company's future goals. They'll be able to embrace change, manage stress and create happiness and peace in their work and home life.

And so much more. This program will bring positivity to the workplace. Employees will discover how to be happier from within, use their minds and emotions effectively, and help you create a more positive, resilient, creative and fun working environment.

This is a full-day program that can be done in one full-day session or two half-day sessions. It includes a follow-up webinar and tool kit to help practice the tools long after the session is over. If you need a shorter happiness "fix," the program can be tailored to your needs.

"Say 'WOW' to Work" is just one of many experiences/programs offered.

POSITIVITY
PURPOSE
RESILIENCE
INSPIRATION
HAPPINESS

LisaBaileySullivan 
The Happiness Element

Creating More Happiness
in Life and At Work



LisaBaileySullivan.com

info@lisabaileysullivan.com

941-218-2118

The Happiness Element, LLC