



'THE HAPPINESS PROJECT'

HAPPINESS ENGINEERING

CCG INTRODUCTION

The background is a solid green color. In the four corners, there are decorative white line-art patterns that resemble circuit board traces or neural network connections. These patterns consist of vertical and horizontal lines of varying lengths, ending in small white circles.

TED TALK

SHAWN ACHOR, HARVARD

THE HAPPY SECRET TO BETTER WORK

<https://www.youtube.com/watch?v=fLJsdqxnZb0>

SOME SIMPLE FACTS....

- No hobbies!
- 50 to 80 hours a week
- Stressed and burnt out
- Failed projects
- The brain drain



SOME SIMPLE FACTS



- Productivity and Performance is directly linked to Happiness
 - Happiness led to a 12% spike in productivity¹
 - Unhappy Workers proved 10% less productive¹
 - Only 10% of your long term happiness relies on the External World! 90% is the way your brain processes the world!²
 - 25% Job Success = IQ, 75% = Your ability to see stress as a challenge²

References:

1 University of Warwick

2 Shawn Achor, Harvard University

Why?



THE HAPPINESS ENGINEER'S TOOLBELT!



“Every time employees experience a small burst of happiness, they get primed for creativity and innovation!”

Shawn Achor The Happiness Advantage

Each tool gives a tiny ‘boost’ when you use them!

When your brain releases one of these chemicals, you feel good.



Endorphin



Oxytocin



Dopamine



Serotonin

TOOL 5 – INVOKE YOUR SUPERPOWERS

Integrate these into your daily life – for tiny amounts of time!



1. Smile Tool
2. Mindfulness
3. Gratitude
4. Kindness
- 5. Superpowers**

INVOKE YOUR SUPERPOWERS!

- Check your VIA Survey
- Review your top five!
- EACH ONE GIVES YOU A SUPER BOOST OF HAPPINESS CHEMICAL!
- Write them on a post-it
- Stick it somewhere you will see it everyday
- Review each day – how have you exercised you Superpowers!



WRITE YOUR NAME ON A POST-IT NOTE AND PLACE FOR YOUR TOP 5 SUPERPOWERS – LABEL 1 TO 5 IN ORDER

Super Power Categories

<p>Love of Learning</p> <p>Tim 4 ADW 3</p>	<p>Fairness</p> <p>RR 3</p>	<p>Bravery</p>	<p>Prudence</p> <p>Jo 3</p>	<p>Love</p> <p>Jo 5 Mars 3</p>	<p>Appreciation of Beauty & Excellence</p> <p>ADW 1</p>
<p>Judgment</p> <p>ADW 4 Tim 5</p> <p>Mars 4</p>	<p>Leadership</p> <p>ST 1</p>	<p>Honesty</p> <p>RR 5 Jo 2</p> <p>Mars 2 Tim 1</p>	<p>Forgiveness</p>	<p>Kindness</p> <p>RR 1 ST 3</p>	<p>Gratitude</p> <p>ADW 2 ST 5</p>
<p>Creativity</p> <p>ADW 5</p>	<p>Teamwork</p>	<p>Zest</p> <p>Tim 3 ST 2</p>	<p>Self-Regulation</p>	<p>Social Intelligence</p> <p>RR 2</p>	<p>Hope</p>
<p>Curiosity</p> <p>Tim 2 ST 4</p>	<p>Perspective</p> <p>Mars 5</p>	<p>Persistence</p> <p>RR 4</p>	<p>Humility</p> <p>Jo 4</p>	<p>Spirituality</p>	<p>Humour</p> <p>Jo 1 Mars 1</p>
<p>Wisdom</p>	<p>Justice</p>	<p>Courage</p>	<p>Temperance</p>	<p>Humanity</p>	<p>Transcendence</p>

IN SUMMARY

- Happiness comes before Success!
- You are in control of your own happiness!
- You can boost your happiness by using tools
- The tools release 'Happy Chemical'
- Your 'Set-Point' for Happiness increases with more use of the tools

Thursday 18 October

7:30am to 8:30am

REGISTER 

HAPPINESS DISCOVERY

ST HELIERS, AUCKLAND  [Download](#)

"Who do you think wins the race?"



Friday 16 November

11:00am to 2:30pm

REGISTER 

HAPPINESS RACE SESSION 1

1. FUNDAMENTAL HAPPINESS
2. KINDNESS AND GRATITUDE

Friday 30 November

11:00am to 2:30pm

REGISTER 

HAPPINESS RACE SESSION 2

3. TEAM HAPPINESS - YOUR SUPERPOWERS
4. THE BODY

Friday 14 December

11:00am to 2:30pm

REGISTER 

HAPPINESS RACE SESSION 3

5. MOVING MIND, BODY AND ENERGY
6. BRINGING IT ALL TOGETHER!

Friday 16 November

Friday 30 November

Friday 14 December

REGISTER 

HAPPINESS RACE

Right NOW you can purchase the whole package
DISCOUNTED!



THANK
YOU!

We would love to hear your
feedback!

Now or anytime!

Any questions?