

Happiness at Workplace

HR03

Programme Overview

Most leaders agree that the employees constitute a critical factor when it comes to innovation, organizational performance, competitiveness, and the success of the company. Stimulating happiness and positive emotions in the workplace may therefore enhance individual adaptation and performance, increase creativity and innovation and ensure organizational effectiveness. This program will enable participants to understand the importance of happiness in professional life and learn about happiness enhancing techniques. So a happy workplace leads to greater productivity and tangible business results. Which enables a highly productive team in a positive and supportive work environment?

Objectives

- To Understand how happier workplace will lead to a more pleasant environment all around, and greater productivity
- To give people more ownership over their day-to-day schedule, tasks, and professional development, and build in opportunities to learn and grow
- To strengthen employee resilience at work

Content

- How to be Happy at Work
- Importance Of Happiness At Work
- Science of happiness at work
- Four Approaches To Life

- Happiness and healthy life
- The secret to being happy at work
- Great place to work
- Happiness and Success

Pedagogy

The methodology will be highly interactive and will involve a mix of Lecture, group discussions, case discussion, role play, simulation game, audio-video, and self-assessment through psychometric questionnaires with feedback.

Key takeaways

Being happier at work is tied to better health and well-being, more creative and effective problem solving, more productivity and innovation, and faster career advancement apart from expansion of professional and personal network.

Who should Attend The Program?

This One day programme is for anyone with line management responsibility. It is a unique opportunity to self-reflect, change behaviour and adopt new ways of working.

Programme Director

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