



Arabian Institute For Training

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# Happiness Sustaining a Motivating Work Culture

## Why Attend

- The ultimate aim of any person is to be happy. In this course, we will discuss how to be happier specifically at your work place which in turn will increase your motivation, productivity, and job satisfaction. This course also develops the necessary skills for employees to improve their self-confidence and self-esteem which are very important for career success.

## Course Methodology

- This course uses several self-evaluation questionnaires aimed at helping participants discover themselves. The course also features the use of a number of case studies, practical team exercises, practical individual exercises, and roundtable discussions.

## Course Objectives

By the end of the course, participants will be able to:

- Explain the science and art of being happy
- Shift to a happy attitude at work and solidify employee/manager relations
- Increase work productivity and motivation on the job
- Capitalize on the benefits of a happy work culture
- Reduce personal anger and increase personal happiness

## Target Audience

- All professional employees at all levels who want to understand how happiness can increase work productivity, job satisfaction, and motivation. Also, all Individuals who need to improve their relations with others at both the personal and work level.

## Target Competencies

- Work productivity
  - Employee motivation
  - Happy attitude
  - Self confidence
  - Self esteem
  - Building happier work relations
  - Anger management
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## The science and art of happiness

- Definition of happiness
- Internal sources of happiness
- External sources of happiness
- Positive thinking
- The ten negative styles of behaving
- How negativism can harm your health
- Secrets of happy employees

## Shifting to a happy attitude at work

- The 7 steps approach to changing attitudes
- Deciding to change today
- Shifting your focus
- Being curious
- Developing an attitude of gratitude
- Deciding not to be perfect
- Believing in yourself
- Taking action
- Improving self confidence
- Improving self esteem
- Characteristics of high self-esteem people

## Increasing work productivity with happiness

- The right physical environment and work atmosphere
- The appreciation system
- Happy work protocols for different occasions
- Motivating management styles
- Happy employee/manager relationship
- The reward system
- The carrot and stick approach does not increase work happiness
- Sources of positive energy at work

## Benefits of a happy work culture

- Happy employees are more productive and motivated
  - Happy employees fix work problems rather than complain about them
  - Happy employees have more energy and optimism
  - Happy employees are better decision makers
  - Happy employees are more loyal to their company
  - Happy employees learn faster
  - Happy employees have more courage/initiative to do new tasks
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## Reducing anger at work while increasing happiness

- Definition of anger
- Triggers of anger
- Proper techniques to control anger
- Tips to stay cool, calm, and collected
- Effective strategies for anger management
- Ways to reduce personal anger and increase happiness



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