

The Happiness Advantage

**The Seven Principles of Positive Psychology That
Fuel Success and Performance at Work**

Positive Psychology At Work

Shawn Achor (2010)



A meta-analysis of over 200 studies of 275,000 people worldwide revealed: **Happiness leads to success in every domain of life!**

- ✓ **Work**
- ✓ **Health**
- ✓ **Friendship**
- ✓ **Sociability**
- ✓ **Creativity**
- ✓ **Energy**



*Why
Maximise
Happiness?*



Happiness & optimism actually FUEL
performance & achievement



competitive advantage: **Happiness Advantage**



Passively waiting to be
happy & opportunities
limits our brain's
potential for success.



Cultivating **positive brains**
makes us more:

- 👉 motivated
- 👉 efficient
- 👉 resilient
- 👉 creative
- 👉 productive

... drive performance upward!

Unhappiness Rising Across United States

“Why study happiness at Harvard?
What does a Harvard student possibly have to
be *unhappy* about?”

Unhappiness is on the rise... &
affecting younger populations.

Harvard Crimson Poll (2004)

- As many as 4 in 5 Harvard students suffer from depression at least once during the school year.
- Nearly half of all students suffer from depression, the condition was so debilitating that they can't function.



Conference Board Survey (2010)

- Only 45% of workers surveyed were happy at their jobs, the lowest in 22 years of polling.
- Depression rates today are 10 times higher than in 1960.
- Age threshold of unhappiness sinks lower across the United States. (29.5 → 14.5 years old).

7 Happiness Principles (1)

Specific, actionable, proven patterns that predict success and achievement!

The Happiness Advantage

- Positive brains have a biological advantage over brains that are neutral or negative.
- Learn to retrain brain to capitalize on positivity.



The Fulcrum and Lever

- How we experience the world and our ability to succeed within it, constantly changes based on our mindset.
- Learn to adjust our mindset (fulcrum) in a way that gives us the power (lever) to be more fulfilled.



The Tetris Effect

- When our brains get stuck in a pattern that focuses on stress, negativity and failure, we set ourselves up to fail.
- Learn to retrain our brains to spot patterns of possibility so we can realize and embrace opportunity wherever we look.



Falling Up

- In the midst of defeat, stress and crisis, our brains map different paths to help us cope.
- Learn to find the mental path that not only leads us out of failure or suffering, but teaches us to be happier because of it.



7 Happiness Principles (2)

Specific, actionable, proven patterns that predict success and achievement!

The Zorro Circle

- When overwhelmed by challenges, our rational brains can get hijacked by emotions
- Learn to regain control by focusing first on small, manageable goals then gradually expanding our circle to achieve larger goals.



The 20-Second Rule

- With limited willpower, lasting change to change bad habits seems impossible to sustain.
- Learn to reroute the path of least resistance and replace bad habits with good ones.... by making small energy adjustments.



Social Investment

- In the midst of challenges, some people choose to retreat within themselves. The most successful people invest in friends, peers and family.
- Learn to invest more in one of the greatest predictors of success and excellence- social support network- to propel ourselves forward.



The 7 principles helped thousands of people overcome obstacles, reverse bad habits, conquer their most ambitious goals and reach their fullest potential!

This Slide Presentation is inspired by:

The Happiness Advantage:

The Seven Principles of Positive Psychology That Fuel Success and Performance at Work
by Shawn Achor (2010)

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