

The Happiness Advantage

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

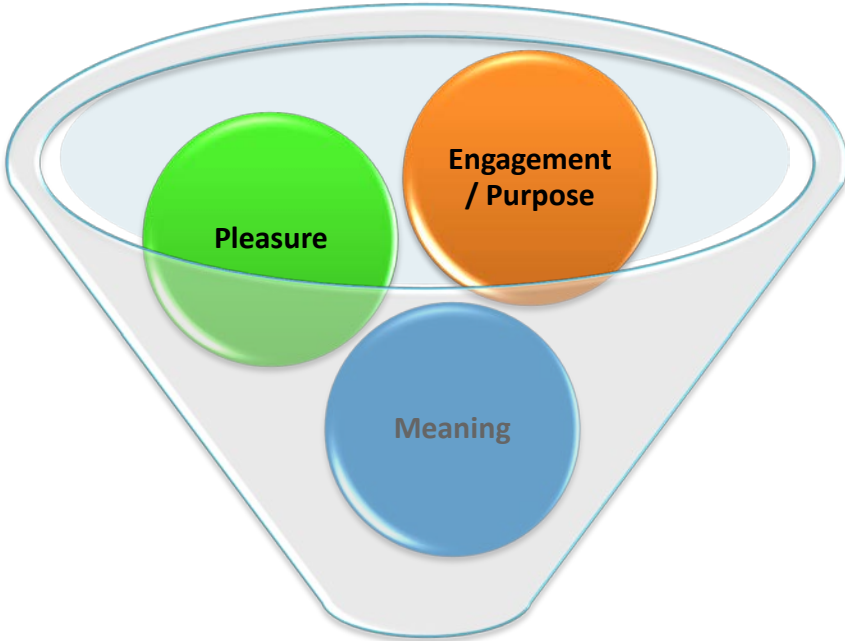
Seven Principles

Shawn Achor (2010)





✓ Positive mood in the PRESENT
✓ Positive outlook for the FUTURE

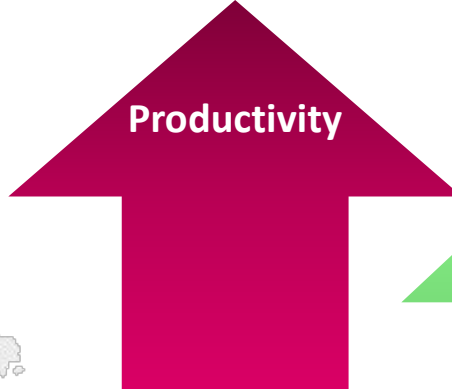
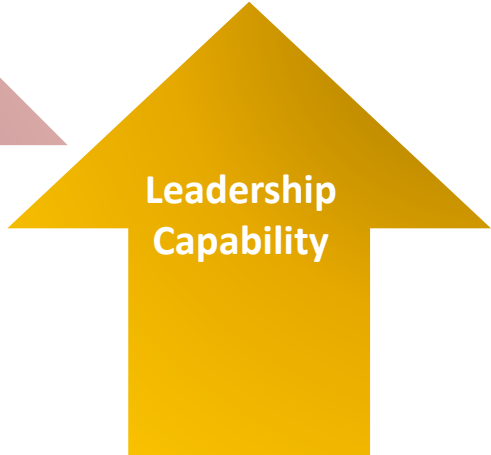


Happiness

(Psychologist, Martin Seligman)



**Happy & Satisfied
Workforce**





Activity	How? Why?
1. Meditate	Most powerful happiness intervention <ul style="list-style-type: none">• Take 5 minutes each day to watch your breath go in and out attentively.• Remain patient and keep your mind focused on the practice.
2. Find something to look forward to	The most enjoyable part of an activity is the <i>anticipation</i>. <ul style="list-style-type: none">• Plan a pleasurable activity and mark it down in the calendar.• Anticipating future rewards lights up the pleasure centres in the brain as much as the actual reward will.
3. Commit conscious acts of kindness	Acts of altruism decrease stress. <ul style="list-style-type: none">• Pick one day a week and commit 5 acts of kindness deliberately and consciously. They need not be grand gestures.



Activity	How? Why?
4. Infuse positivity into your surroundings	The smartest bosses encourage employees to get a breath of fresh air at least once a day. <ul style="list-style-type: none">• Change our surroundings to keep negative emotions at bay.• Escape from the hectic work environment for a brief while per day and your brain will become refreshed.• The less negative TV we watch, the happier we are and the more accurate we are in judging life's risks and rewards.
5. Exercise	Physical activity is not just a powerful mood lifter, but a long-lasting one. <ul style="list-style-type: none">• Physical exercise such as walk, bike, run, play, stretch, jump rope... anything as long as you get moving.



Activity	How? Why?
6. Spend money	Money can buy happiness, but only if used to DO things as opposed to simply HAVE things. <ul style="list-style-type: none">• Spending \$\$ on meaningful experiences bring far more pleasure than material purchases.• <i>‘Prosocial spending’</i>: spending \$\$ on others
7. Exercise a signature strength	Exercise a strength of character or revisit a talent to boost happiness. <ul style="list-style-type: none">• Pick one of your signature strengths and use it in a new way each day for a week. <p><i>Learn your top five signature strengths at www.viasurvey.org for free survey.</i></p>

This Slide Presentation is inspired by:

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

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Website : www.LRT.com.hk

e-Mail : assess@LRT.com.hk