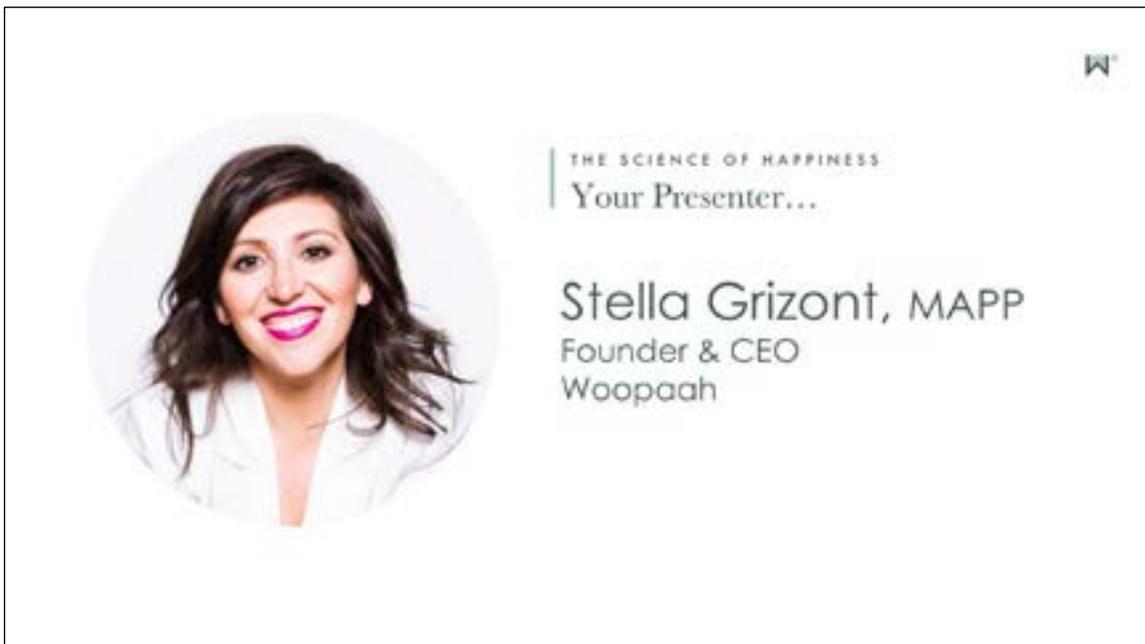


The Science of Happiness: How to Flourish at Work

Stella Grizont, MAPP
Founder & CEO, Woopaah



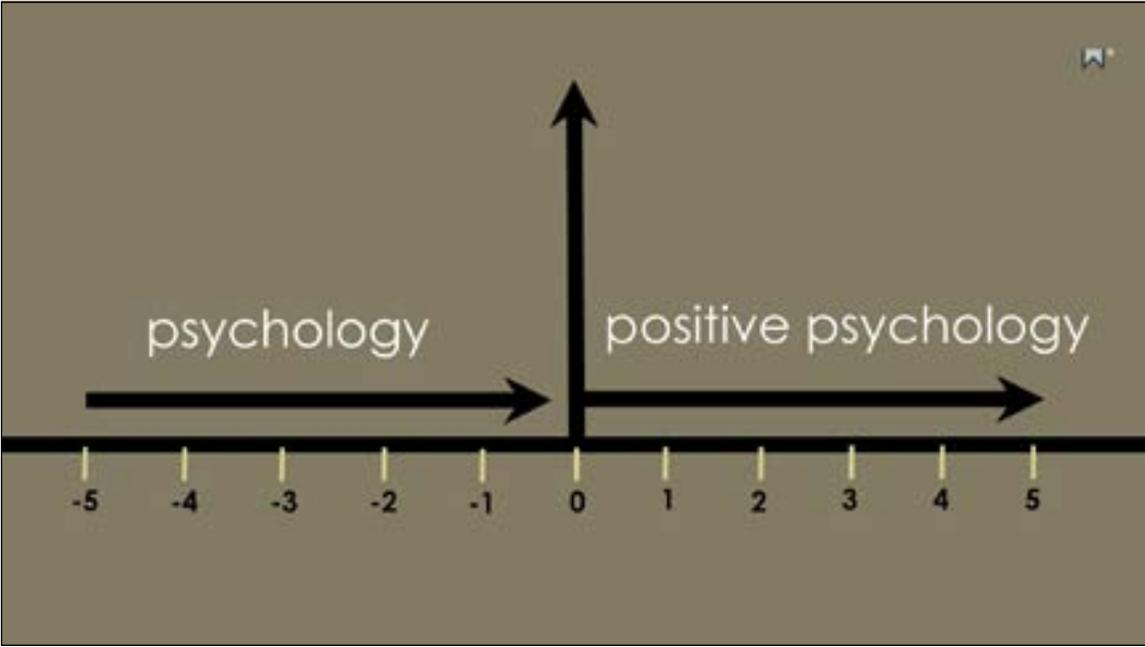
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WOOPAAH
Work Happier and Live Better
Coaching. Speaking. Training.

1,400
coaching clients

21
countries

13+
years

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SOME CLIENTS...

Genentech vmware DigitasLBi NYC

Johnson & Johnson Google happify LEARNVEST

COMCAST CONSCIOUS CAPITALISM COLUMBIA UNIVERSITY ARAMARK

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THE SCIENCE OF HAPPINESS

Employees With High Wellbeing

- 3x more creative
- 31% more productive
- 10x more engaged
- 40% more likely to be promoted
- 2x more likely to be alive after 60 years of age

Author, S. The Happiness Dividend, Harvard Business Review, 2011

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Positive Emotion

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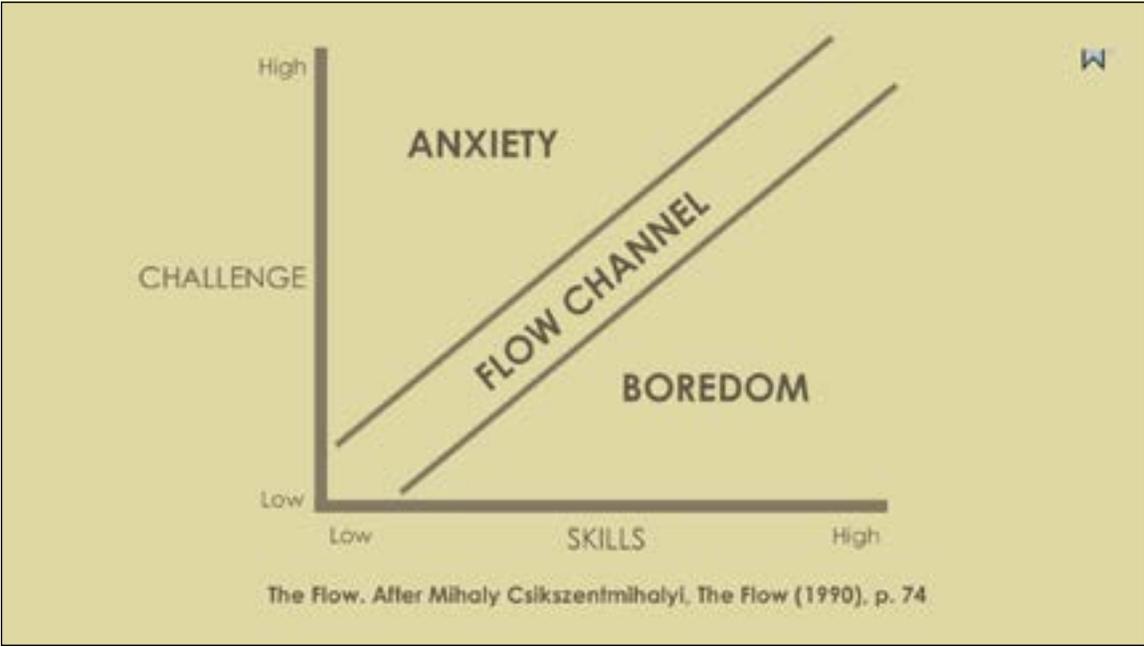
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People who use their strengths every day are 6x as likely to be engaged on the job.

Source: Gallup 2015

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Thought Starters...

1. Get clear on their strengths and challenge them to use them in a new way.
 - Strengthsfinder.com
 - VIA on authentichappiness.org
2. Decrease distraction and amplify time for concentration.

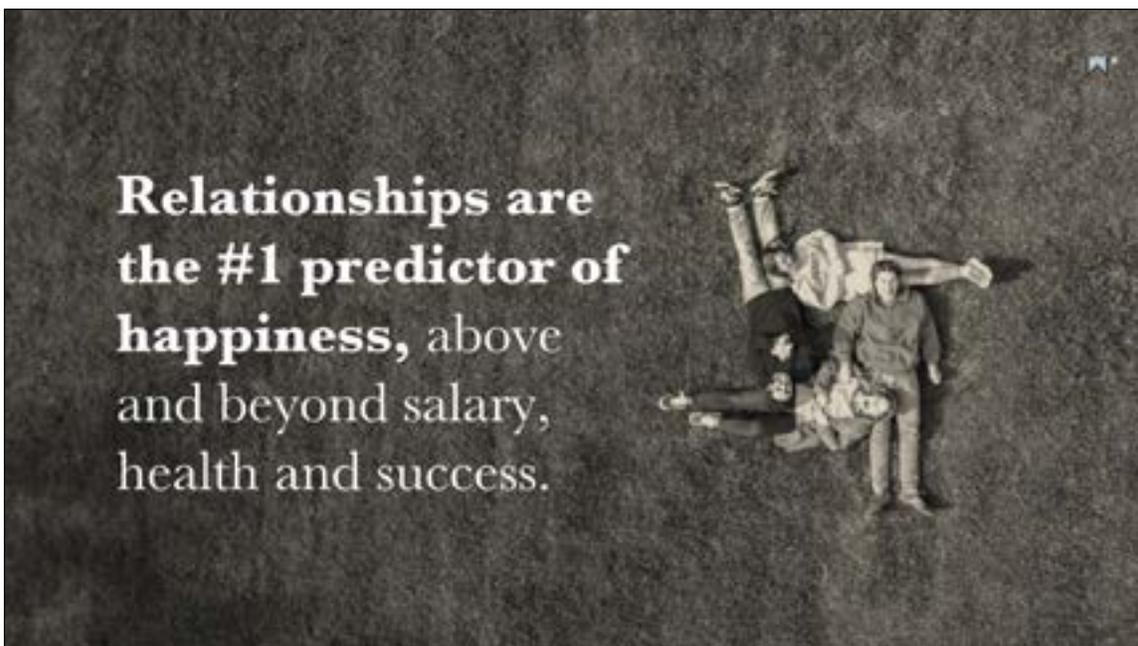
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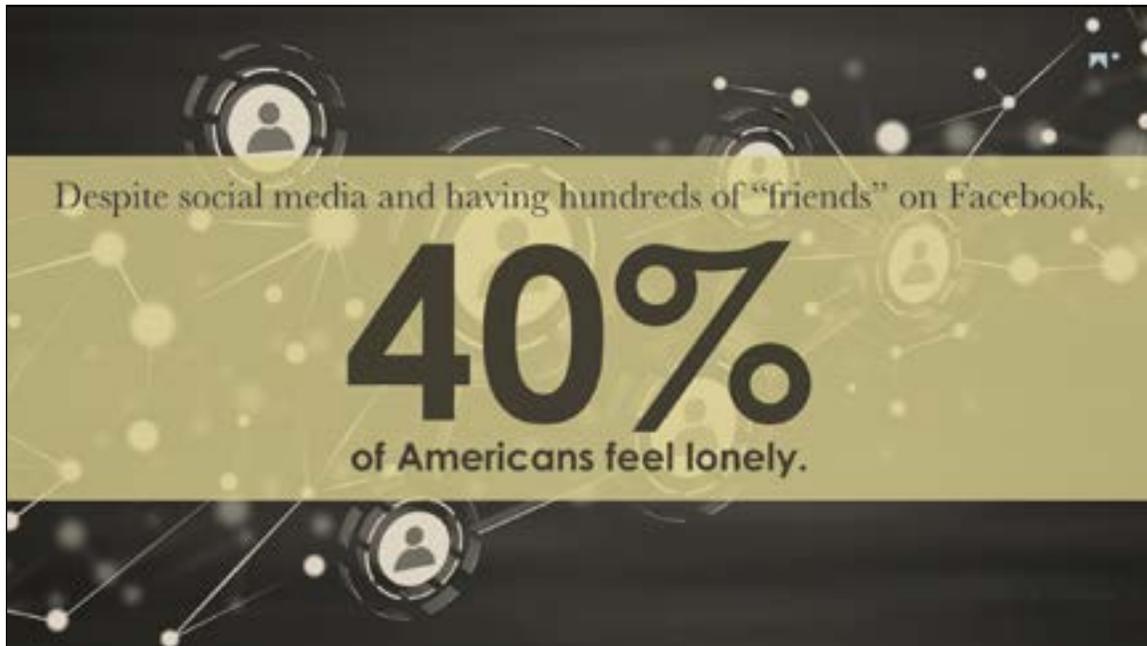
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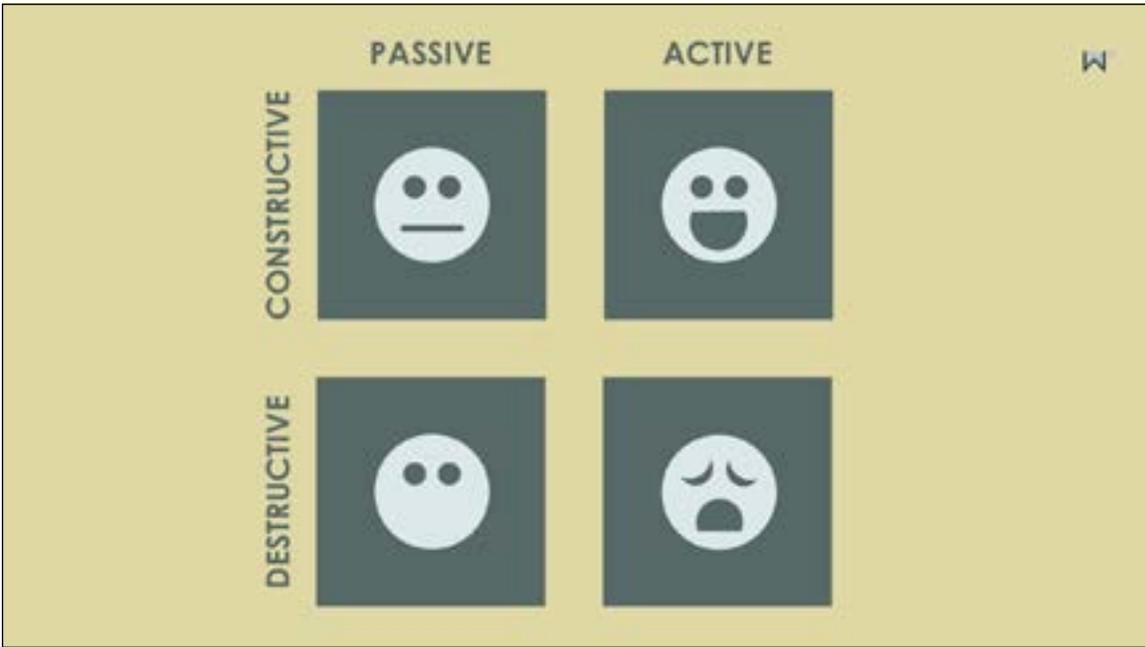
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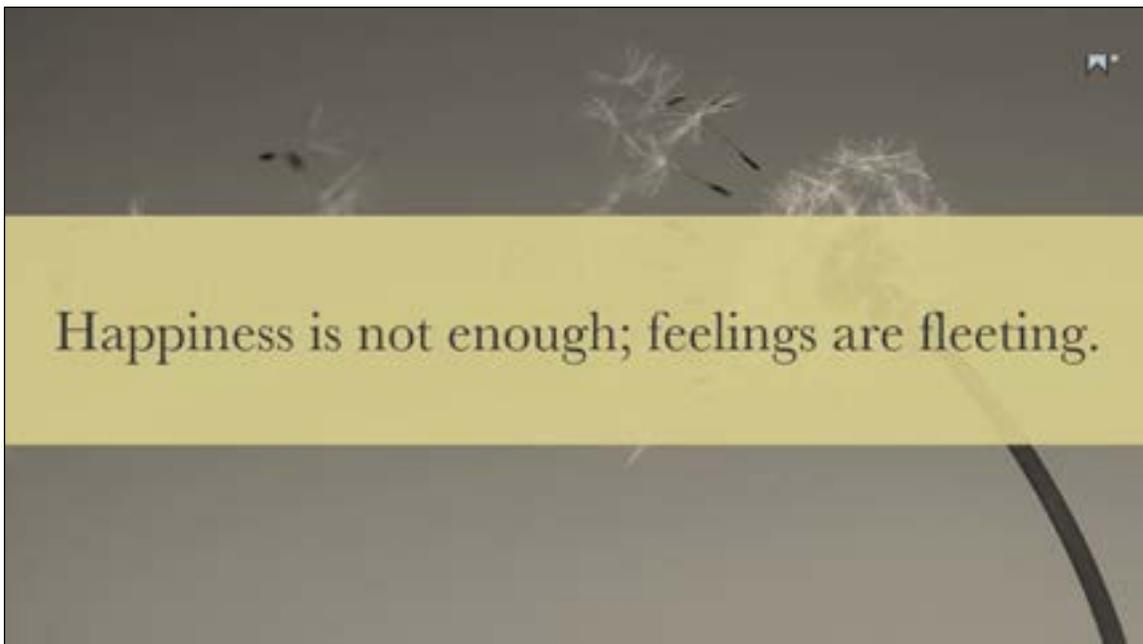
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THE SCIENCE OF HAPPINESS
Meaning

The sense of deep significance we feel when belonging to or serving something broader than ourselves.

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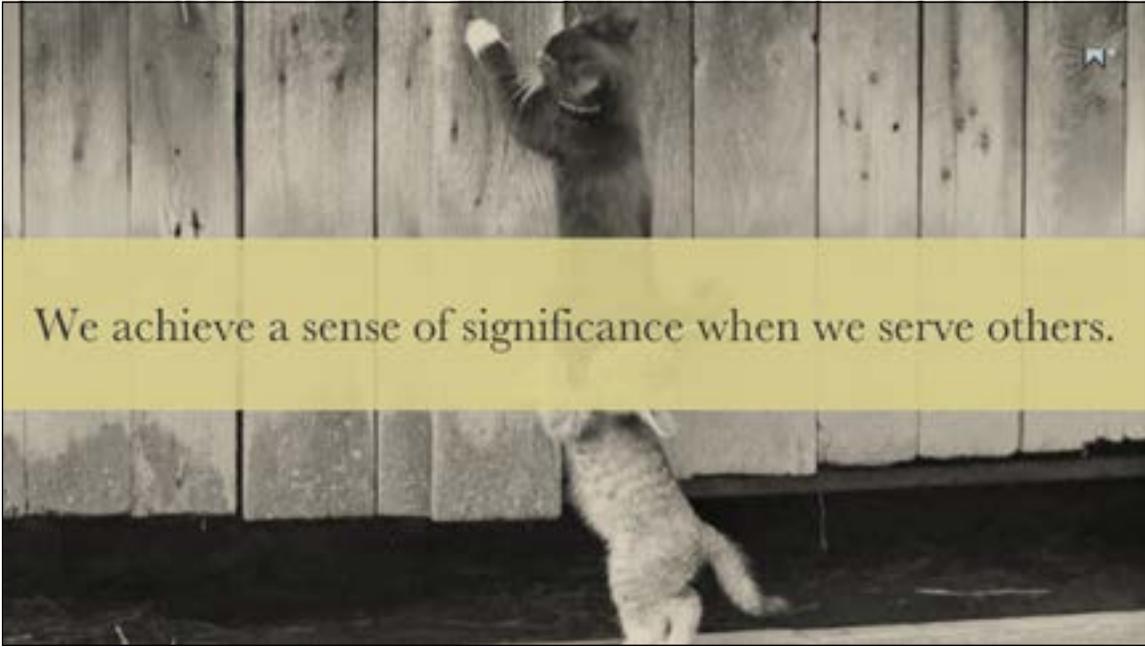


Happiness is not enough; feelings are fleeting.

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A slide titled "Thought Starters..." with a large yellow exclamation point on the left. The background is a grayscale image of people in a meeting. A small "W" logo is in the top right corner.

Thought Starters...

1. Get clear on the big picture and how your impact matters
2. Share stories with coworkers.
3. Keep a folder of meaningful moments and start it now by logging three meaningful moments you've had this year at work.

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A slide with a large yellow number "5" in the center and the word "Achievement" below it. The background is a grayscale image of people in a meeting. A small "W" logo is in the top right corner.

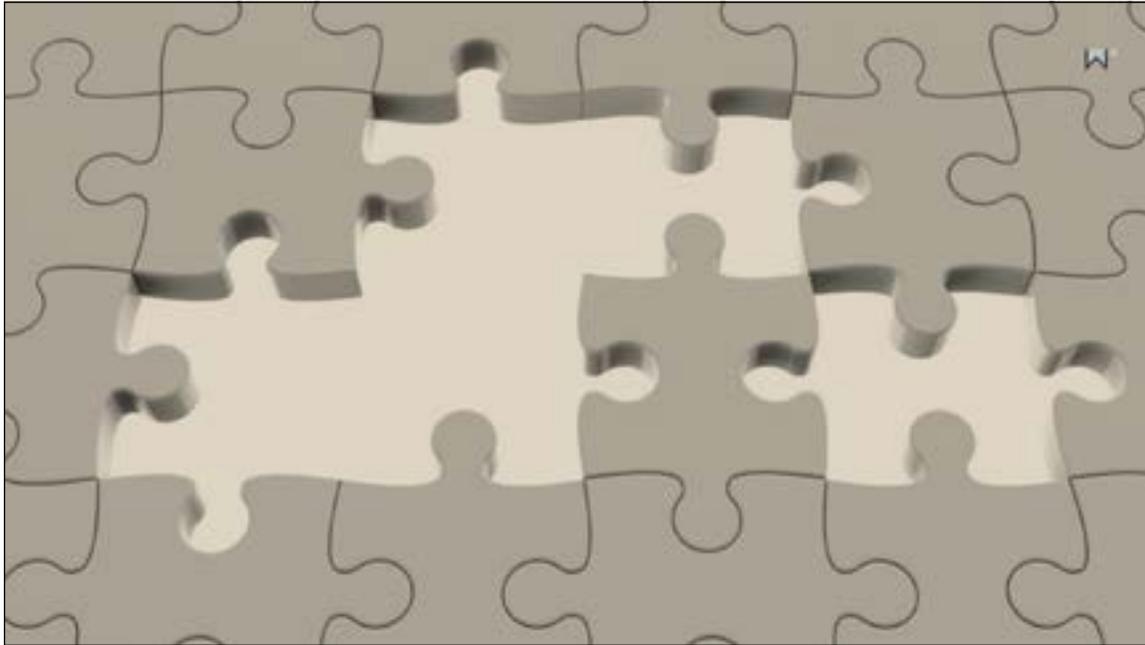
5

Achievement

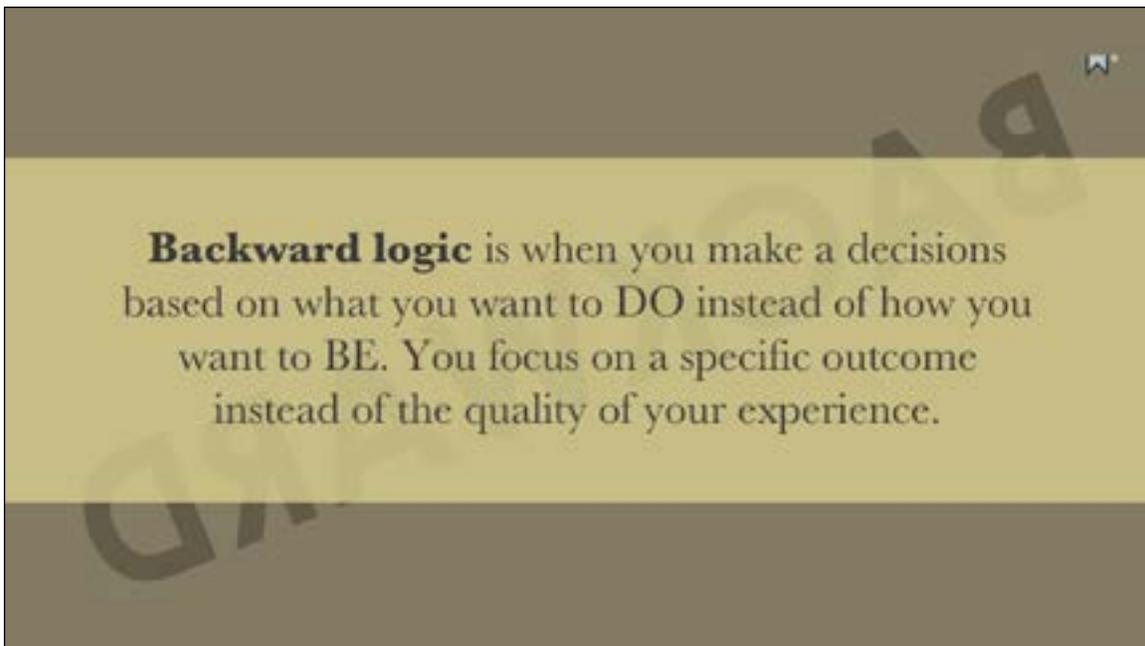
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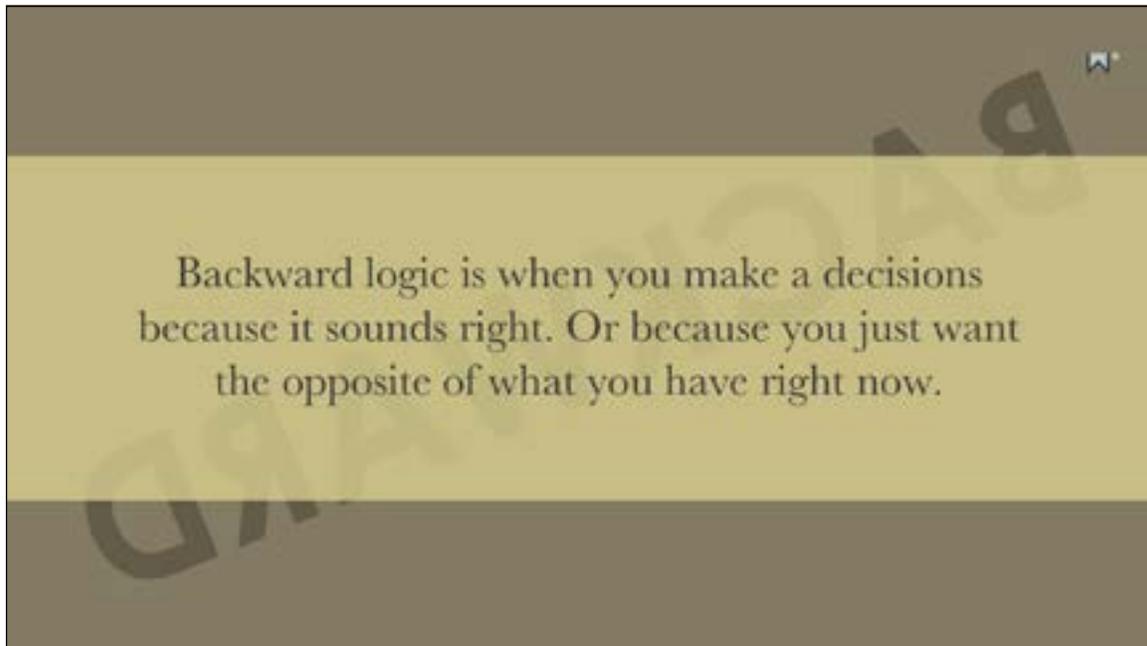
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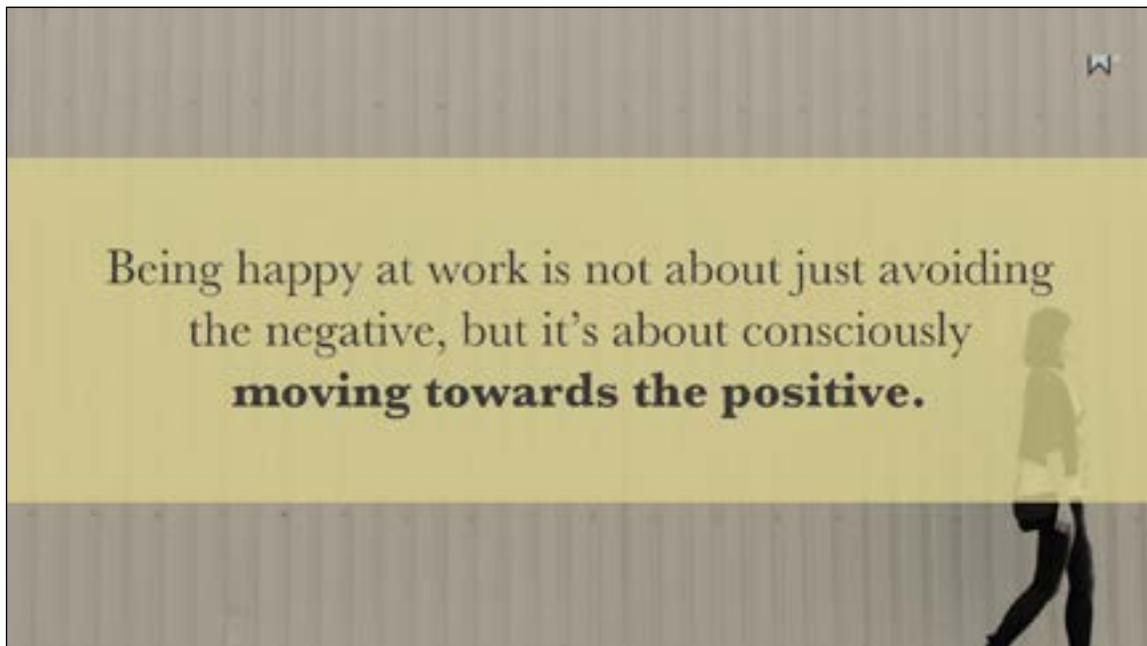
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The Job	The Experience
A great salary	I wake up with enthusiasm for my day
Reputable company	I'm financially secure
I have the right skills	I use my strengths in challenging ways
It's interesting	My work is meaningful
Nice people	I'm of service
Growth potential	I get to be creative
Decent hours	I collaborate well with others
	Mutual respect and admiration
	I have control over my schedule

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How can you encourage healthy achievement?

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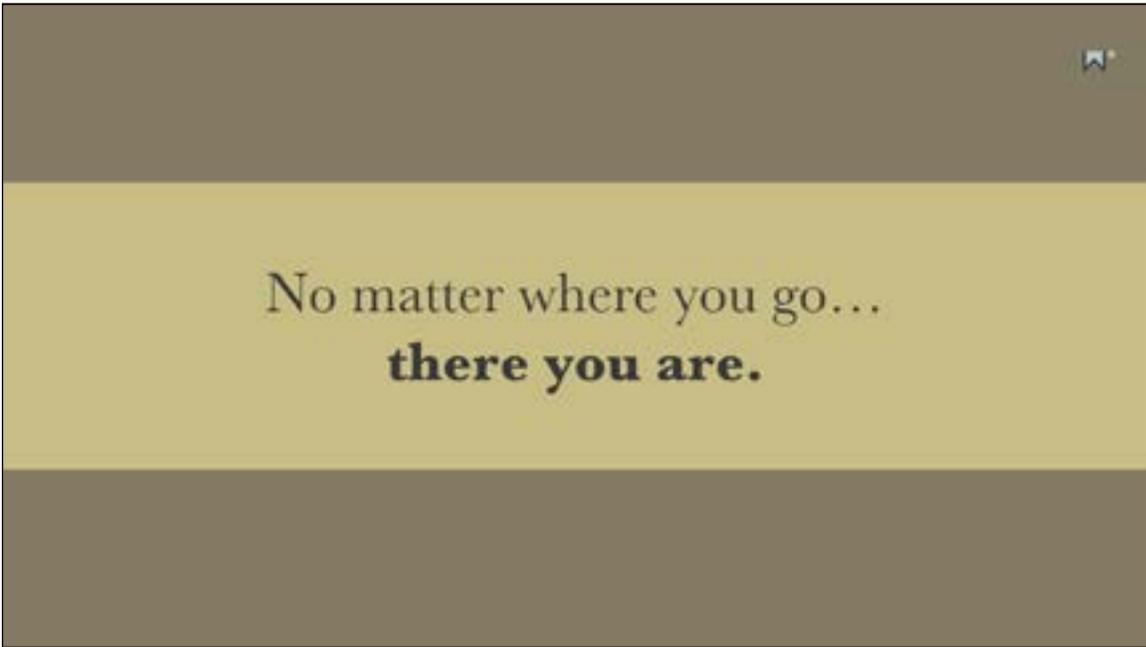
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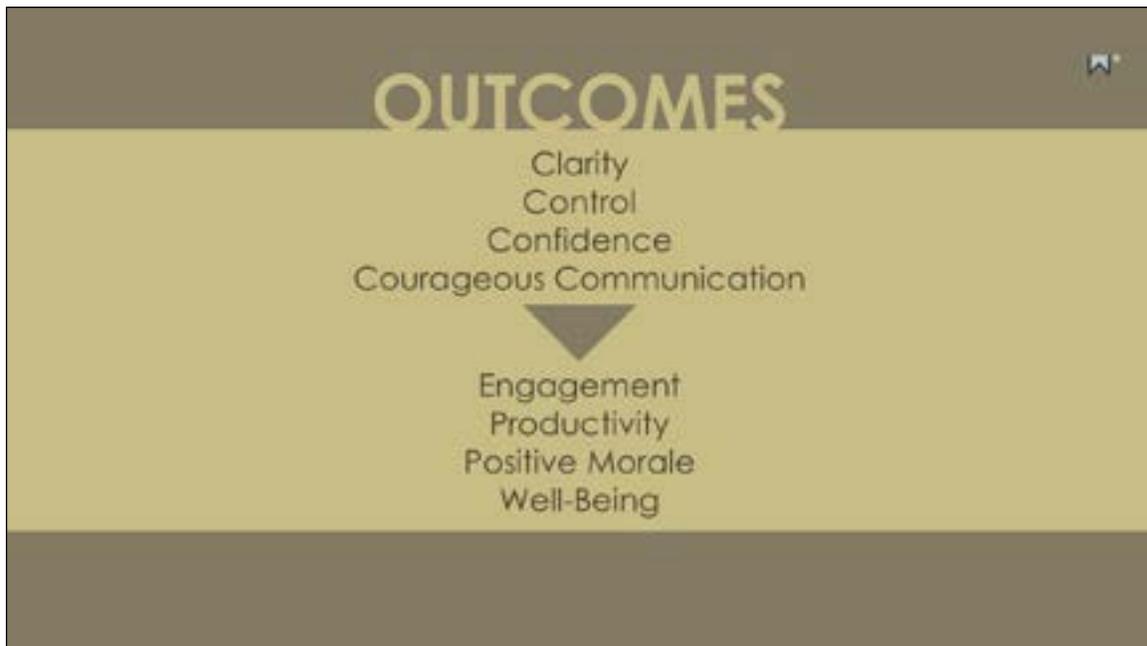
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