A LAUGHOLOGY PROOGRAMME



# ENGAGEMENT & HAPPINESS IN THE WORKPLACE

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Chasing happiness will make you unhappy.

Avoiding challenges and struggle will not make you happy.

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So what?...

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#### WHAT IS HAPPINESS?





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- Understanding what enables happiness in individuals and organisations helps you build a well and happy culture
- Happiness, mental health and wellbeing should be part of a continuous strategy
- Everyone needs to get involved and take responsibility
- Through academic research and
  review as well as research in the
  field, Laughology has developed the
  Happiness Matrix. These five themes
  in the matrix can help us understand
  what organisations can do to
  promote mental health, wellbeing
  and happiness

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### HAPPINESS THEMES

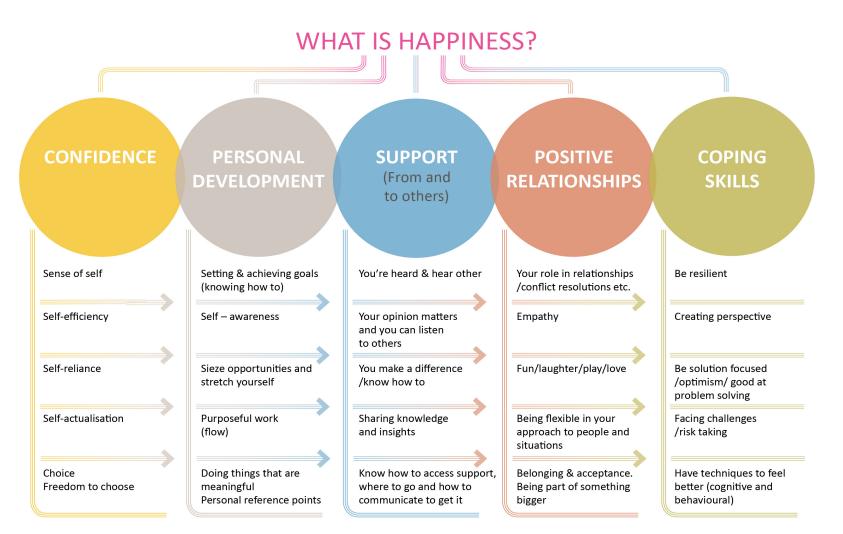




- 1. Coping skills
- 2. Positive relationships
- 3. Support (from & to others)
- 4. Confidence
- 5. Personal development

### WELLBEING & HAPPINESS MATRIX







## THANK YOU. WE HOPE YOU ARE FEELING HAPPIER & MORE ENGAGED.

Find out more about how Laughology programmes can help make you and your organisation happy and productive.

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