




# ENGAGEMENT & HAPPINESS IN THE WORKPLACE

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A horizontal row of 15 small, light red, four-petaled floral icons.

Chasing happiness will make you  
unhappy.

Avoiding challenges and struggle  
will not make you happy.

So what?...

# WHAT IS HAPPINESS?

LAUGHOL<sup>OGY</sup>



- 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

# HAPPINESS THEMES



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

# WELLBEING & HAPPINESS MATRIX



## WHAT IS HAPPINESS?



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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