

Executive Training Seminar

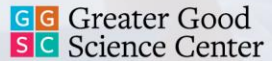
## The Science of Happiness at Work:

Boost Commitment, Performance,  
Teamwork, and the  
Bottom Line

Οργάνωση



Σε συνεργασία με



# AGENDA

THURSDAY, NOVEMBER 2, 2023 @ ATHENS LAWN TENNIS CLUB

- 9.30 – 10.00 **Registration – Welcome Coffee**
- 10.00 – 10.15 **Welcome Remarks by the Organizers**  
**Instructor introduction**
- 10.15 – 10.30 **Seminar participants short introduction**
- 10.30 – 12.00 **SESSION I ► The scientific perspectives on human happiness and the crucial role of work activities**
- ◆ *What is happiness at work, what gets in the way/challenges to happiness at work?*
  - ◆ *Evidence for personal advantages of happiness at work*
  - ◆ *Evidence for organizational benefits of happiness at work (e.g. greater innovation and productivity)*
  - ◆ *Assessing, and developing a strategy to strengthen happiness at work individually, amongst teams, and organization-wide*
- 12.00 – 12.30 **Coffee Break**
- 12.30 – 14.00 **SESSION II ► Introducing the PERK (Purpose, Engagement, Resilience, and Kindness) framework for strengthening happiness at work**
- ◆ *Finding shared purpose: core values, meaning, and mattering at work*
  - ◆ *Enhancing engagement: flow, enjoyment, creativity, and progress at work*
  - ◆ *Strengthening resilience with authenticity, awareness, and emotional intelligence*
  - ◆ *Creating kindness through trust, friendliness, and mutually support at work*
- 14.00 – 15.00 **Luncheon Break**
- 15.00 – 17.00 **SESSION III ► Addressing barriers and applying PERK to create an effective, tailored plan for increasing happiness at work**
- ◆ *Identifying and addressing barriers and challenges to happiness at work for individuals, amongst teams, and in the culture of attendees' organizations*
  - ◆ *Creating an effective strategic roadmap for sustainably increasing workplace happiness at attendees' organizations; weaving happiness at work analytics into typical workplace performance indicators*
  - ◆ *Implementing that happiness at work strategy in attendees' own work lives, within teams, and across the culture of organizations, with special tips for leaders*
- 17.00 – 17.30 **Certificate of Attendance and seminar handouts distribution**  
End of Seminar

Organizer



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