

# Happiness at Work

**This course is intended for** any staff who wish to explore how they can gain greater satisfaction from their work. Managers can use the course to look at ways they can help their staff to do so.

The course draws on concepts, tools and techniques from **positive psychology** – the growing 'science of well-being'. While many organisations *are* concerned about their employees' job satisfaction, this concern is often directed towards fixing the negative rather than building on the positive. This course is about enabling people to give more and make greater demands of their jobs.

## **The course will cover:**

- What do we mean by happiness? Different levels: pleasure, subjective well-being, and fulfilment
- Reflecting on and sharing our own experiences of happiness at work and elsewhere
- Maintaining a positive state of mind: learning optimism; different ways of interpreting the same experiences
- Flow experiences: finding opportunities at work for experiencing and deepening the experience of 'flow'
- Giving meaning to our work: values, motivation and life goals.

All participants will come away from the course with an action plan for things they can do and things they can suggest as a result of the course.