

### Training and Workshop Topics

#### Topic 1: Happiness@Work

- Benefits of enhancing employee well-being for both employees and for firms (including lower turnover and sick days, improved collegiality and increased productivity and profits).
- The 5 main determinants of employee happiness: Getting the basics right, Enabling growth and mastery, Providing sense of belonging, Employee empowerment and “Abundance” culture.
- How each employee can contribute to enhancing not just their own happiness in the workplace, but also the happiness of their colleagues.



**YOU BELONG  
HERE**

#### Topic 2: Organizational Belonging

- Gallup’s most important takeaway after 50 years of research across over 120 countries is this: “People don’t leave organizations; people leave people”.
- In this workshop, Prof. Raj Raghunathan will help you assess the health of your (and your team’s) relationships at work, and what impact this might have on your (and the team’s) satisfaction, engagement and morale at work.
- Participants can expect to gain an improved understanding of some simple and effective research-based ways of improving the health of workplace relationships.

#### BOOK NOW

 +359878997998 or +359885049557

 [office@happinessacademy.eu](mailto:office@happinessacademy.eu)

 [www.happinessacademy.eu](http://www.happinessacademy.eu)

#### Event Formats:

- Happiness@Work Simulation – 4 hours
- Motivational presentation – 2 hours
- Half-day workshop

# PROF. RAJ RAGHUNATHAN IN BULGARIA

27 & 28 MAY 2024

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### Topic 3: Atomic Happiness

- We all want to be happy, and most recommendations for increasing happiness focus on longer-term happiness.
- But short-term - moment-to-moment - happiness is important too; after all, as John Lennon said, “Life is what happens to you when you are busy making other plans”.
- In this workshop, Prof. Raj Raghunathan will discuss 7 actionable strategies for expanding the set of “likes” (things we enjoy) and shrinking the set of “dislikes” (things we do not enjoy), thereby enhancing “moment-to-moment” happiness.



### Topic 4: Happiness self-sabotage: How smartness & success come in the way of happiness

- The 3 ways in which happiness promotes success.
- The 5 ways by which smartness & success come in the way of happiness.
- How to avoid the “happiness self-sabotage”?

### Topic 5: The new leadership style that enhances workplace engagement and productivity

- Not micromanaging.
- Increasing belonging.
- Achieving mastery.
- Adopting abundance-mindset.
- Conducting stress-free yearly appraisals.

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