

## **Agenda Chief Happiness Officer Training**

*(The agenda is subject to slight changes for the day the topics are covered)*

### **EVENING BEFORE THE START: MEET-AND-GREET AND DINNER**

**6:00 PM:** We start the night before the actual training for a meet-and-greet, fun and dinner. We do some team building and to get to know each other. If at all possible, try and make it for this – it adds a lot of value to the training itself. Venue to be announced.

### **DAY 1: THEORY AND CONCEPTS**

**8:30 AM:** Come early if you want a light breakfast before we start.

**9:00 AM:** A thorough introduction to the theory and practice of happiness at work:

- Why all our work is (and must be) evidence-based
- An introduction to the latest research into happiness at work
- Kahneman's hybrid model of happiness - the best model so far
- The most important lessons from positive psychology and other disciplines that apply to workplaces
- What makes people happy at work
- Why raises, bonuses, perks and promotions have a **very** limited effect

**Noon:** Lunch

**1:00 PM:** Introduction continues:

- Why happy workplaces are more profitable
- How happiness at work affects the individual
- The role of managers in creating happy workplaces
- How to measure happiness at work
- Examples of happy workplaces and what they do
- There will be something sweet around 3 PM

**5:00 PM:** Training ends for the day.

**6:00 PM:** Sightseeing and dinner. Details to be announced.

### **DAY 2: TEACHING HAPPINESS**

**8:30 AM:** Come early if you want a light breakfast before we start.

**9:00 AM:** How to teach happiness at work:

- Our best exercises and tools
- How to set the right mood and get participants actively involved
- How to structure a happiness process for optimal impact

**Noon:** Lunch

**1:00 PM:** How to teach happiness at work continued: How happiness projects fail – common pitfalls to avoid.

**1:30 PM:** Visit to a happy workplace: A tour of one of the happiest workplaces we know.

**4:00 PM:** Walk and talk + wrap-up of the day.

**5:00 PM:** The End – free night.

### **DAY 3: SELLING HAPPINESS**

**8:30 AM:** Come early if you want a light breakfast before we start.

**9:00 AM:** How do you sell this? We'll split into two groups – those who want to be consultants and sell it to clients and those who want to use this internally inside their own organizations:

- Common objections to happiness at work and how to counter them
- How to get management buy-in
- How to get employees involved
- How to show companies the business advantages of happy staff

**Noon:** Lunch.

**1:00 PM:** Exams. Take the exam to test the knowledge and skills you've acquired and for a chance to become a Certified Woohoo inc Partner.

**3:00 PM:** Closing ceremony – putting this into action.

**5:00 PM:** Formal program ends.

**7:00 PM:** Afterparty + dinner. Details to be announced.