

Happiness at work



Woohoo inc.

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Chief Happiness Officer
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Arbejdsglæde

(ah-bites-gleh-the)

Workhappiness



Arbeitsfreude

Happiness at work

Usage: *Very rare*





過勞死 (karoshi)

Death from overwork



WHAT THE HECK IS ARBEJDSGLAEDE!?

LEARN MORE ABOUT THIS WEIRD SCANDINAVIAN WORD (TOTALLY NOT A THROAT DISEASE)

WATCH THE VIDEO



LEARN MORE



www.whattheheckisarbejdsglaede.com

Alexander Kjerulf

Founded Woohoo inc. in
2003

M.Sc. in computer science,
1994

Avid reader, film buff,
snowboarder and
CrossFit fanatic



ALEXANDER KJERULF



ALEXANDER KJERULF

HAPPY HOUR IS 9 TO 5

HOW TO LOVE YOUR **JOB**,
LOVE YOUR **LIFE**, AND
KICK BUTT AT **WORK**



 PINETRIBES

ALEXANDER KJERULF
HAPPY HOUR IS 9 TO 5



accenture



Deloitte.



ESTÉE LAUDER



Group 4 Securicor



invent



MAERSK



Microsoft

ORACLE

ORIFLAME
SWEDEN



PHILIP MORRIS INTERNATIONAL





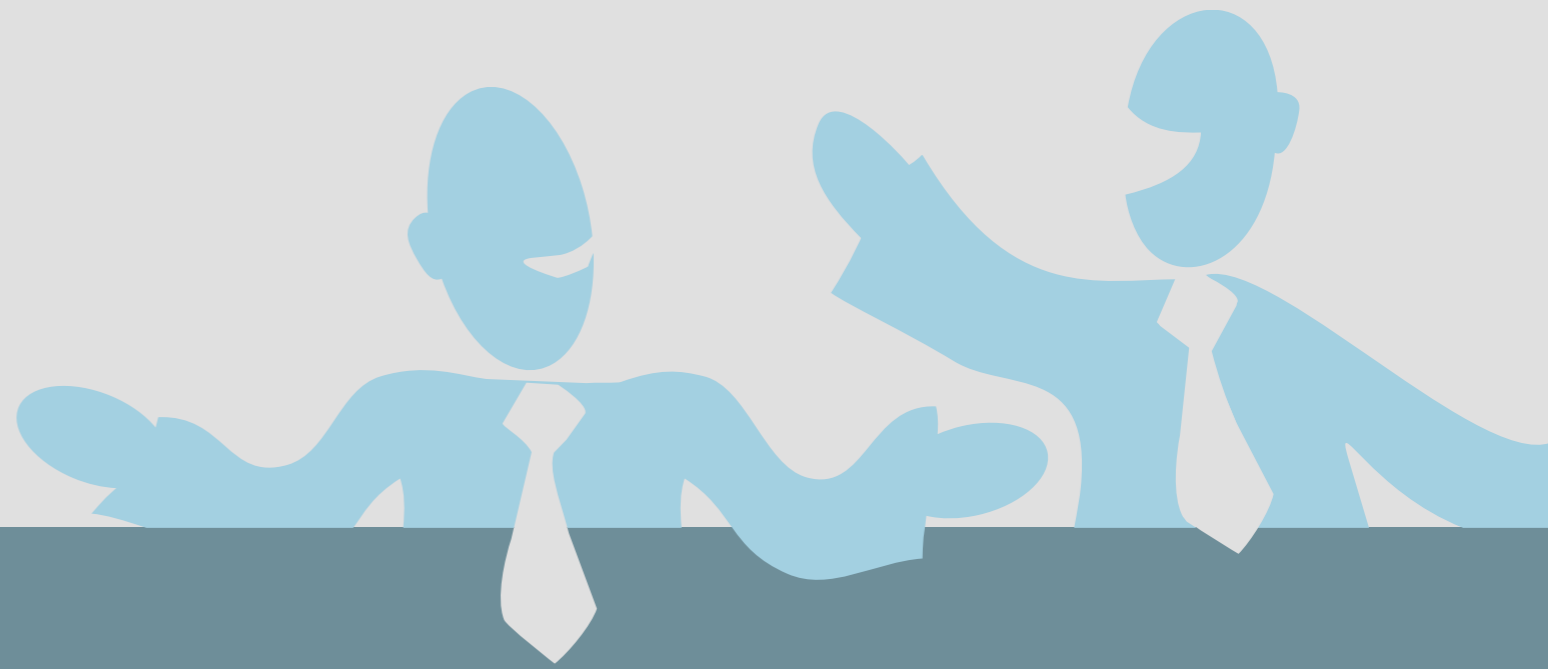


ANYONE

can be happy at work

What makes you
happy at work?

Tell me about one
of your **best**
experiences at work.
One that made you
very happy!



Results

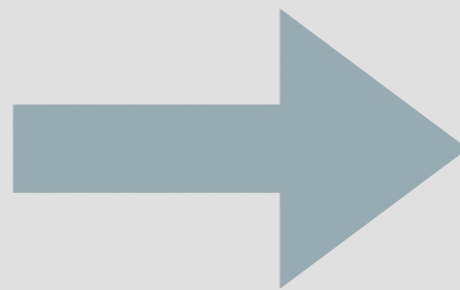
Relationships

Results

Relationships

Where is
your focus?

Salary, bonuses,
perks, pension,
promotions,
physical work
environment etc...



Make us
unhappy
when they are
not fair.

Make us satisfied
(not **happy**)
when fair.

WHY

does it matter

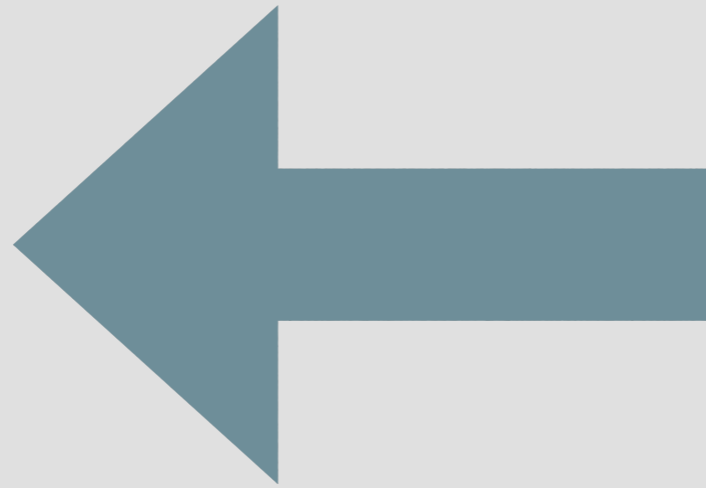
Happiness at work
is good for **you**



Time
Health
Life



Success



Happiness

Happy people do **a better job**

- More productive
- More creative
- More helpful
- Better at service
- More focused on quality
- Better team-players
- More open
- More likable
- Show more empathy
- More resilient
- Sell more
- More optimistic
- More motivated
- More engaged
- More energetic
- Learn faster
- Better leaders



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If people are in a good mood on a given day, they're more likely to have creative ideas that day.

There seems to be a cognitive process that gets set up when people are feeling good that leads to **more flexible, fluent, and original thinking.**

- Teresa Amabile

Source: <http://hbswk.hbs.edu/item/5492.html>





Happy companies
make more money!



- 1: Employees
- 2: Customers
- 3: Stockholders

Happiness at work
is something we do!

Praise and recognition



Random
acts of workplace
kindness



Remember
3 good things



Celebrate your results
- both big and small





ECONOMIC CRUNCH
 A delightful treat,
 This flavor was remembered
 for the stock market crash
 on the sixth of November.
 1997



TUSKEEGEE CHUNK
 Lost flavor so melted.
 Who could have foreseen it?
 Perhaps we misspelt it?
 Adieu, precious peanut.
 1989-1990



BOVINITY DIVINITY
 Where do all the cows go
 when heaven gives the word?
 This flavor kicked the bucket
 when angels took the herd.
 1998-2001



R.I.P.
COFFEE COFFEE BUZZBUZZBUZZ!
 The lovely treat made us all so excited
 because of the wild like a coffee drink
 Now the sippy flavor's gone,
 but we'll be here to give it a drink up.
 1996-1999



OH PEAR
 Oh Pear, Oh Pear,
 A mixture of mirth
 All nannies did weep
 When you left of this earth.
 1997-1997

Celebrate your
mistakes!



Thanks