

Happiness and Busyness



Woohoo inc.

Alexander Kjerulf
Chief Happiness Officer

FAMILIES AND WORK INSTITUTE 2005 REPORT

OVERWORK IN AMERICA: When the Way We Work Becomes Too Much

- 26% of employees **were overworked** often or very often in the last month
- 27% **were overwhelmed** by how much work they had to do often or very often in the last month
- 29% often or very often **didn't have time to step back and process or reflect** on the work they were doing during the last month



Bullying
Rumors and gossip
Co-workers who always complain
My boss
Fear of loosing your job
Being too busy
Boredom
Large changes in the workplace
Negative mood between co-workers
Lack of praise
Job is too easy
Job is too hard
Dissatisfied users or clients
Negative colleagues
Dissatisfaction with salary, bonus etc...
Lack of perks
No help from co-workers
No help from manager
Unclear routines or policies
Bad physical work environment



Bullying

Rumors and gossip

Co-workers who always complain (37,1%)

My boss

Fear of loosing your job

Being too busy (28,1%)

Boredom

Large changes in the workplace

Negative mood between co-workers

Lack of praise (30,1 %)

Job is too easy

Job is too hard

Dissatisfied users or clients

Negative colleagues

Dissatisfaction with salary, bonus etc...

Lack of perks

No help from co-workers

No help from manager

Unclear routines or policies

Bad physical work environment





ASK

me anything
in the chat window

You'll get my

SLIDES

Alexander Kjerulf

Founded Woohoo inc. in
2003

M.Sc. in computer science,
1994

Avid reader, film buff,
snowboarder and
CrossFit fanatic



YOUR BEST SELF

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



i n v e n t



MAERSK



Microsoft

ORACLE

ORIFLAME
SWEDEN

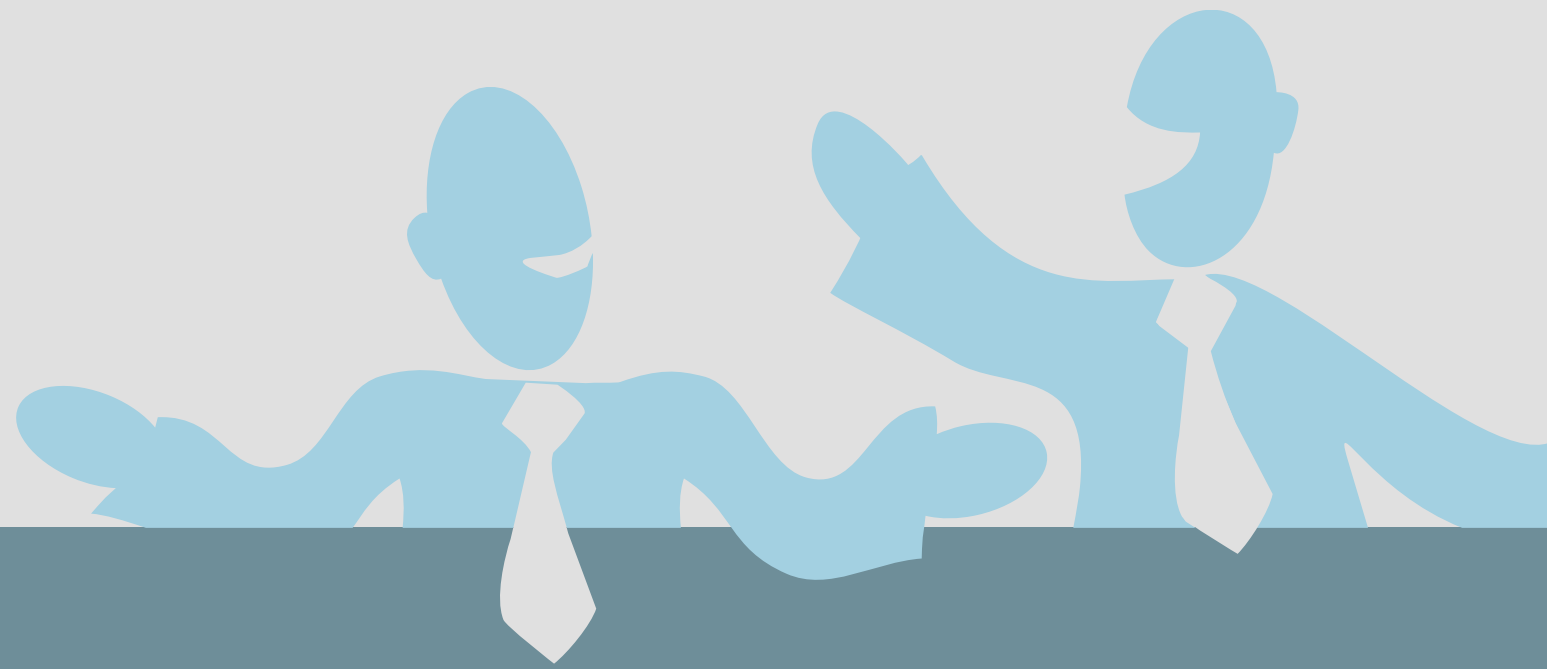


PHILIP MORRIS INTERNATIONAL

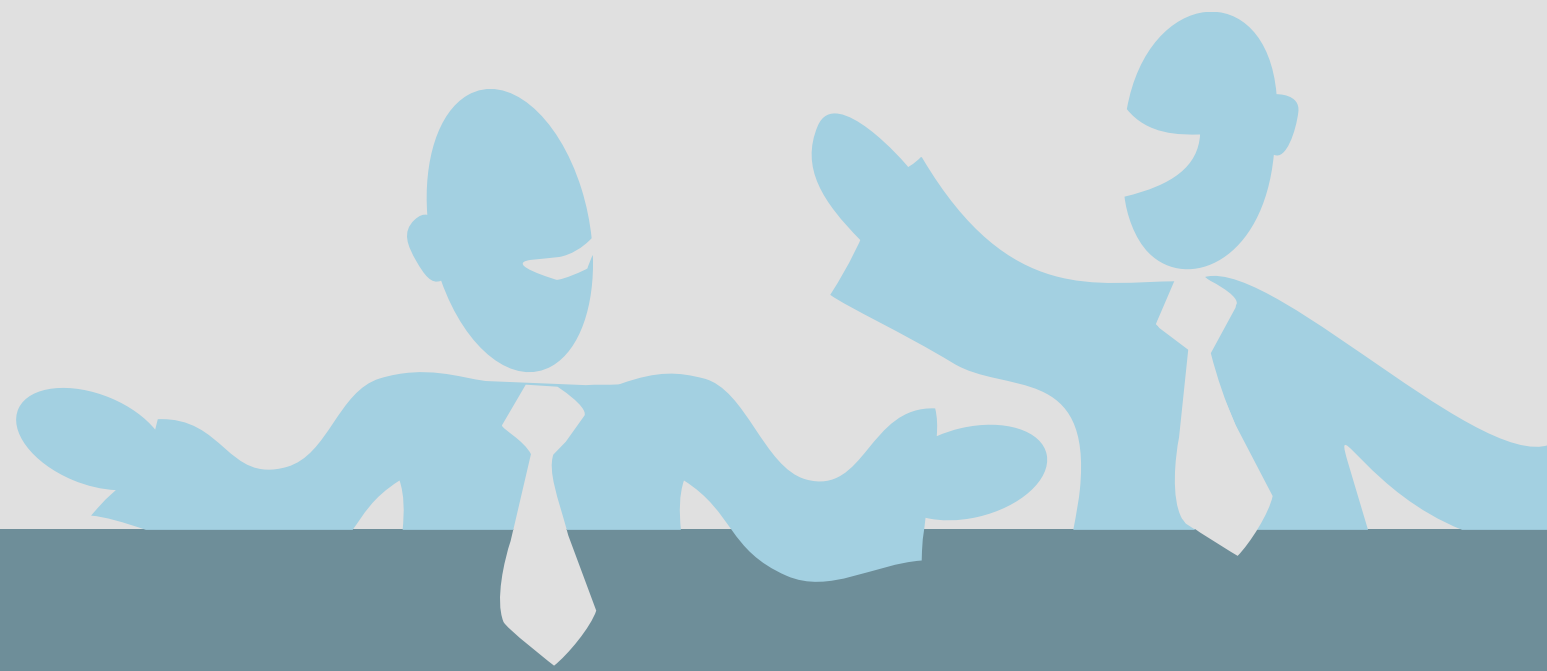




Some people **convince**
themselves they're very busy
when really, they aren't.



Think about a time where you
were very busy and still
happy at work.

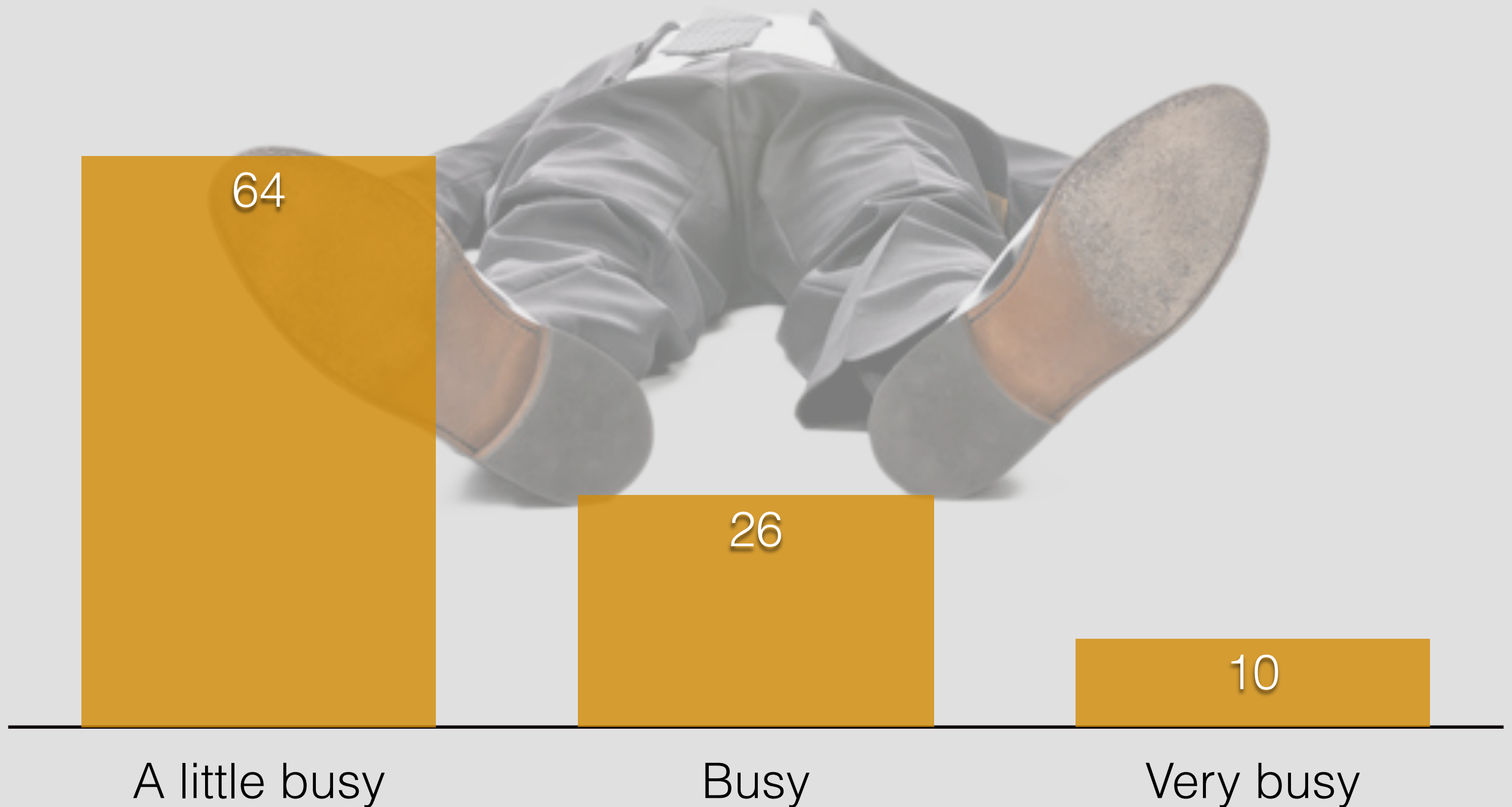


Results

Relationships



How many helped?



Article:

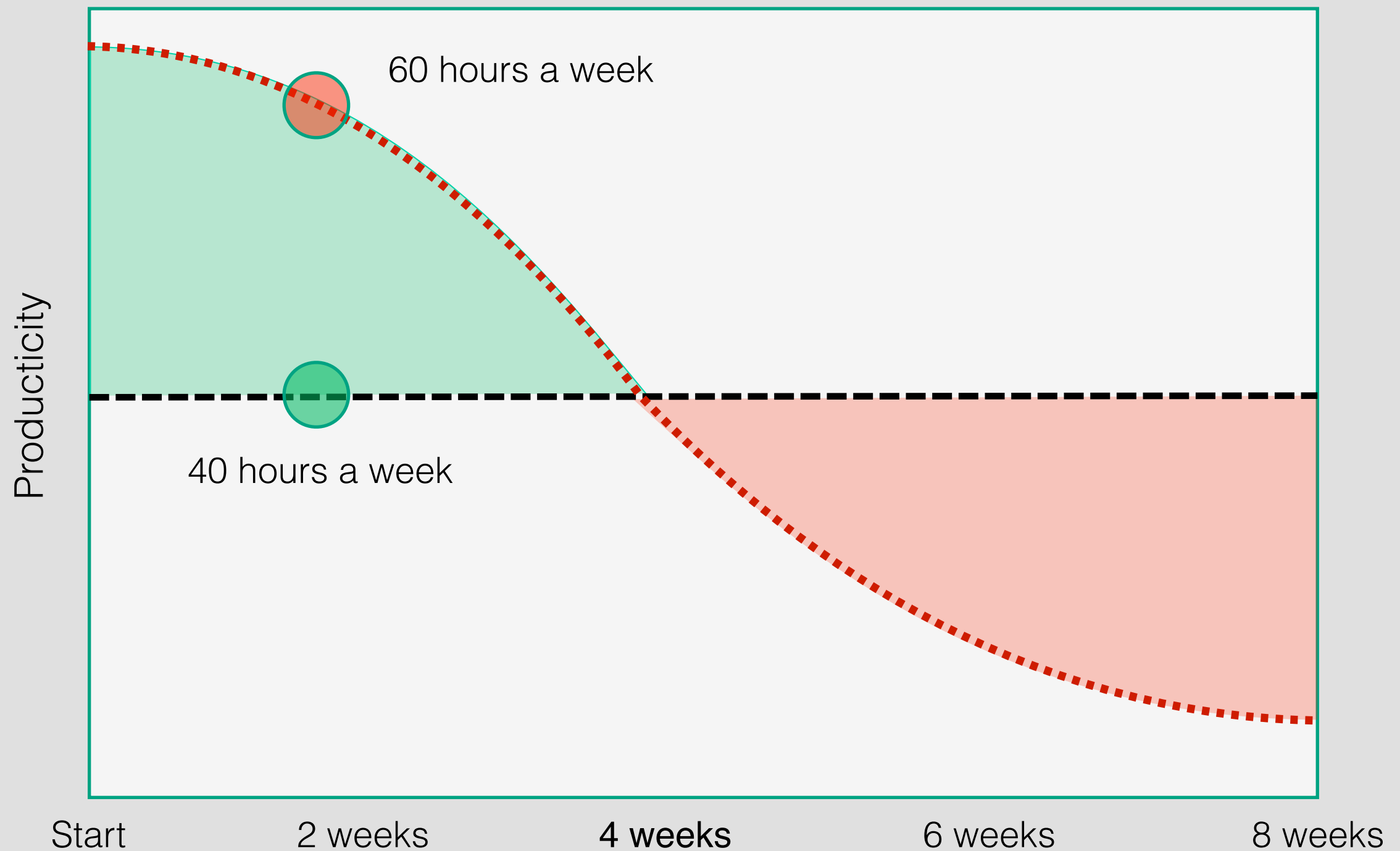
From Jerusalem to Jericho: A study of situational and dispositional variables in helping behavior.

Darley, John M.; Batson, C. Daniel

Journal of Personality and Social Psychology, Vol 27(1), Jul 1973, 100-108. doi: 10.1037/h0034449



Productivity and overwork



Source: lostgarden.com

Tip #1
Focus on
what you get done



17. marts
kl. 11.07

1.000
sager!

BEHANDLEDE
DP-SAGER

17/3	171	1000
16/3	44	
15/3	38	900
14/3	71	800
13/3	79	
12/3	7	700
10/3	161	600
9/3	145	500
8/3	56	400
7/3	56	300
6/3	224	200
6/3	53	100

MARTS
MÅL
1000 sager^{dp-}

M & M:
132

19/3 SUMMEN LIGENU:

POST TIL TEAMS

Tip #2

Create meaning
and purpose



Tip #3

Make time for relationships



Tip #4

Make time for slack



Tip #5

Help each other





HAPPINESS AT WORK



Feedback

Got a couple of minutes? You can help me out by filling out this form and share your thoughts about the session. It's a very simple survey with only 6 questions. Thanks :)

[TELL ME WHAT YOU THINK](#)

Slides

Click here to get my slides (pdf-file).

[OPEN PDF](#)

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My first name is

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And my email is

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H A P P I N E S S A T W O R K

Thanks