

# HAPPINESS @ WORK!

Develop a  
Happiness  
Mindset

LEADING WITH  
HAPPINESS

CULTURE IS THE NEW  
CURRENCY!

Brooklyn Dicent  
Chief Happiness Officer

LEARN HOW

# CHIEF HAPPINESS OFFICER TEACHES HOW TO BRING HAPPINESS TO WORK!

## Why is Happiness At Work Important?

In a Gallup poll it was found that over 67% of employees are disengaged. This does not mean that they don't their job. It means that they only do the bare minimum. What would it be like if they put all their energy and effort to their jobs. Just imagine! That is what happiness can help with!

Good leadership motivates and energizes employees and creates a level of happiness that makes employees go the extra mile for the business and its customers. Bad managers on the other hand spread frustration and stress all around them.

When leaders have the knowledge and tools they need to create a happy workplace they can get unstoppable results.

## Results Through Relationships

There are 3 keys to creating a powerful work culture: Your boss, your team, your work.

Great leaders understand that **THEY** are at the center of employee happiness including their own. When people work for people they respect and admire, enjoy the teams they are on, and are passionate about the work they do, there's no stopping them on the quest to excel.

It's also important for leaders themselves to be happy at work. Unhappy managers make their employees miserable, have a harder time reaching their goals and are more prone to stress and illness.

Unfortunately, most workplaces have a cultural bias that work must be miserable. The good news is that this limiting belief can and **MUST** be changed.





# THE HAPPINESS WORKSHOP

If you experienced the Happiness Keynote, you will love ***The Leading with Happiness Workshop***. It's designed to go deeper into understanding both theory and application of how to create happiness at work, the benefits, and design a collaborative action plan that works.

## Part 1 Happy Teams

The sessions gives executives and managers everything they need to start creating a happier and more productive workplace, right away including:

- The latest research that supports happiness at work
- Exact tools they can use to improve happiness immediately
- Experience several tools in the workshop
- The energy and knowhow to make changes right away
- Strategies for dealing with resistance to changes

**LEADING WITH  
HAPPINESS  
YIELDS  
UNCOMMON  
RESULTS**



**Booking.com**



## Workshop Design

Some of the content is customized to include your group's specific goals. We will go through the most important points about happiness at work and give participants a solid grounding on the topic. As well as giving them an opportunity to grow awareness about importance of developing their own happiness skills.

## Part 2 Happy Leader

- Participants will learn how to ignite their inner happiness
- How to instantly create happiness for yourself
- How to overcome limiting beliefs that create undo stress
- How to improve their own wellbeing and be inspired to unleash greater potential.



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A close-up portrait of a woman with short, dark, curly hair, smiling warmly at the camera. She is wearing a dark blue collared shirt. The background is a blurred outdoor setting with greenery and a stone wall.

# WHO IS BROOKLYN?

CHIEF HAPPINESS OFFICER

## HR PRO & COMEDIAN TEACHES YOU HOW TO GET RESULTS THRU HAPPINESS

Brooklyn has been an L&D professional for over 15 years. She's also a trained stand up comedian. Brooklyn now combines the power of happiness with positive psychology to help leaders create a happier workplace. A place where people want to come to everyday to give their best. She's a certified Happiness Coach, Core Energy Leadership Coach thru iPec, and trained at the International Chief Happiness Officer Academy.

**Brooklyn is a L&D pro who has worked for companies like T-Mobile, Microsoft, and Booking.com for 10 years.** So yes, she's keenly aware of how to create interactive learning experiences.

Brooklyn specializes in using humor, interactivity, and audience interaction as they learn how to use happiness as a tool to improve their lives and their jobs.

**Think of Brooklyn as AN EVENT** v. just a keynote. Her performance is a live show that serves both the need for education and entertainment.

Meeting planners love working with Brooklyn. They describe Brooklyn as highly approachable, fun to work with, flexible, and sensitive to the needs and goals of the meeting.

Brooklyn works tirelessly to ensure the event meets and exceeds expectations. She will go the extra extra mile to ensure both the client and audience feels like celebrities. She will even do group selfies!!

When other speakers drone on and on about happiness. **Brooklyn delivers a happiness EXPERIENCE.** She shows them how to harness the power of happiness in hands-on experiences that they'll remember and implement.

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# For Meeting Planners

# EASY TO WORK WITH!

## EXPERIENCED SPEAKER

### AUDIENCE PARTICIPATE

Perfect speaker with entertainment background as a comedian. Participants are part of the show. Refreshing fun and safe use of humor to bring home key points.

### BEST EVENTS

- HR Conferences
- Women's conferences
- Wellness Conferences
- Healthcare Conferences
- Association member appreciation day
- Sales kickoff
- Meeting Energizer
- Sales and Customer Service Conferences
- Break out sessions

### THE PROCESS

Customized experiences to focus on the goal of the meeting. Meet with planning committee to ensure we focus on helping the team achieve success.

### HOW TO BOOK

Contact me today to discuss your event:

Brooklyn Dient  
206.390.6818  
[www.TheHappinessConsultingCompany.com](http://www.TheHappinessConsultingCompany.com)  
[jointheparty@TheHappinessConsultingCompany.com](mailto:jointheparty@TheHappinessConsultingCompany.com)



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# Meeting Prep

## PHOTOS



# Meeting Prep

## LOGOS



**BROOKLYN**



BROOKLYN



# Meeting Prep

## INTRODUCTION

**Stage Introduction.** For the EMCEE introducing Brooklyn please use this statement:

Joy is a great multiplier with a tremendous impact. Our Speaker is and Neuro-humorist and author of *Happy Humans*, *The Happy Workplace; How to create a Culture of Joy and fulfillment*, and *The Positively Happy Journal*. She teaches organizations how to become culture curators and facilitators of growth by embracing joy at work.

She's appeared on ABC, NBC, CBS and dozens of podcasts championing the power of positive mindset as a critical component for health and wellness. As you will experience in a moment, her talks are full of energy with a single mission: to change the lives of everyone in the room.

As she likes to say, Shift Happens... Please welcome Chief Happiness Officer,  
Brooklyn Dient (pronounced Dee-Cent)

# Meeting Prep

## BIO FOR MARKETING MATERIALS

### **Speaker Bio: To be used in marketing materials**

Brooklyn Dicient, M.Ed. aka the Chief Happiness Officer, is a happiness and mindset expert. She's worked with companies such as Microsoft, Bob's Red Mill, and Yale University to help create positive workplace culture. A highly sought-after speaker in the area of happiness at work, she infuses humor with brain science. She teaches how to tap into your personal reservoir of joy to create a happier life regardless of external circumstances.

### **Social Media Links**

<https://www.linkedin.com/in/brooklyndicent/>

<https://www.instagram.com/yesiambrooklyn/>

Email:

[jointheparty@thehappinessconsultingcompany.com](mailto:jointheparty@thehappinessconsultingcompany.com)

Phone: 206.390.6818

# Meeting Prep

## AV NEEDS

One of the keys to a great event is that people are able to see and hear Brooklyn as best as possible:

**Sound:** Lavalier mic and/or wireless hand help mic

External speakers recommended v. "house" or hotel sound for groups over 50 people

**Stage:** Whenever possible recommend a 5 foot riser with stairs on either side. If no stage is avail, recommend setting chairs in theater format with "stage" area.