

HAPPINESS @ WORK!

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Happiness is a competitive advantage

Brooklyn Dicent
Chief Happiness Officer

LEADING WITH
HAPPINESS

THE PURPOSE OF
LEADERSHIP IS
HAPPINESS

LEARN HOW

COMEDIAN TEACHES HOW TO BRING HAPPINESS TO WORK!

Why is Happiness At Work Important?

Studies clearly show that an organization's leaders have a huge influence on happiness at work. Good leadership motivates and energizes employees and creates a level of happiness that makes employees go the extra mile for the workplace and the 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. It doesn't take much. Happiness at work is not about raises, bonuses, perks and promotions – it comes from simple, effective actions that any leader ought to know and do.

Happiness in Corporate Setting

"Happiness in the workplace is a powerful connector of teams and people. When people laugh together as teams, they rekindle good feelings towards the company and each other.

It's 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.

In a Gallup poll it was found that over 67% of employees are disengaged. This does not mean that they don't like 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!**





WHO IS BROOKLYN?

CHIEF HAPPINESS OFFICER

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.

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

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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THE PROGRAM

HAPPINESS @ WORK

There are 3 programs to choose from:

1. Keynote Presentation
2. Happiness Workshop
3. Happiness Coaching

The Keynote of 1-2 hours for any size group. A fun, engaging, inspiring and above all useful presentation that shows participants how they can take responsibility for their own happiness at work. During this keynote presentation I customize and curate it to fit your meeting objectives and inspire your group to consider the Happiness Advantage!

The Workshop is 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.

PEOPLE DO MORE WHEN THEY ARE HAPPY.

Happiness Coaching. I am a certified Happiness Coach and can help employees discover how to increase their happiness at work and in their personal lives. Happy people are smarter, more creative, more giving, and enjoy their lives more. Happy employees can be your secret weapon towards achieving incredible business results.

How Happiness Applies to the workplace:

1. Employee Engagement
2. Managing change
3. Managing productivity
4. Culture Initiatives
5. Boost morale
6. HR Conferences
7. Team Building
8. Increasing creativity
9. Boost Sales
10. Improving feedback and recognition

The list really is endless

Each presentation is unique to the group. I will ensure to learn as much as I can about the group in order to engage and incorporate existing cultural norms and apply the lessons to their daily experiences.

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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:

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