



UAE | Germany | Qatar | Ghana

HAPPINESS AT WORK

**Boost Positivity. Strengthen Connection.
Create a Thriving Workplace.**



Happiness at Work



Happy employees are not only more engaged—they're more creative, more resilient, and more committed to the success of their teams and organizations. A culture of happiness doesn't mean ignoring challenges, but rather fostering emotional wellbeing, connection, and purpose in the workplace.

This Happiness at Work training helps individuals and teams cultivate habits, mindsets, and environments that support joy, engagement, and fulfillment. Drawing from the science of positive psychology, emotional intelligence, and mindful communication, participants will learn how to boost morale, build trust, and contribute to a workplace where people truly want to be.

Objectives / Learning Outcomes:



By the end of this training, participants will be able to:



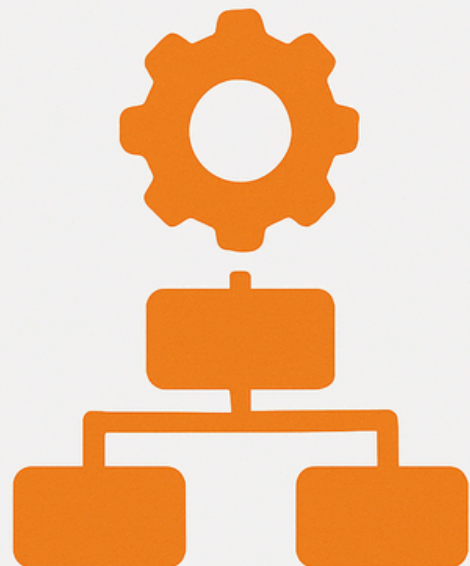
- Understand the impact of happiness on performance and wellbeing
- Apply principles of positive psychology to work and life
- Recognize personal and team-level happiness drivers
- Build habits that increase optimism, gratitude, and resilience
- Strengthen emotional intelligence for deeper workplace connection
- Communicate and collaborate with a spirit of appreciation and trust
- Contribute to a culture of positivity, recognition, and purpose

Course Outline / Key Topics:



- The Science of Happiness: What the Research Says
- The Link Between Happiness, Engagement, and Productivity
- Strength-Based Thinking and Positive Framing
- Emotional Intelligence and Relationship Building at Work
- Acts of Kindness and Appreciation in the Workplace
- Gratitude Practices and Mindset Shifts
- Recognizing Joy Triggers and Energy Boosters
- Creating Rituals That Promote Positivity and Team Spirit

Methodology



- Interactive discussions and storytelling
- Positive psychology and gratitude exercises
- Group sharing and team reflection activities
- Strengths assessments and appreciation games
- Guided visualization and emotional reset techniques
- Action planning for long-term culture improvement

Who should attend



- Teams seeking to boost engagement, trust, and collaboration
- Leaders building a positive organizational culture
- HR and wellbeing champions
- Anyone seeking to create a more joyful and connected workplace

Duration Options



- 1-Day Happiness and Engagement Experience
- Series of Mini-Sessions for Culture Building Over Time

Some of our Clients





Let's Build Together



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