***The Foundations of Happiness at Work***

***Learn why happiness at work matters and how to increase it within yourself and across your organization.***

***What You'll Learn:***

The personal, social, and professional advantages of happiness at work

How to identify barriers and pitfalls to achieving happiness at work

A series of research-backed, practical ways to boost happiness at work

Strategies for evaluating levels of happiness within an organization

***Instructor:***

***Dacher Keltner*** - Director, Greater Good Science Center
• UC Berkeley

***Emiliana Simon-Thomas*** - Science Director, Greater Good
Science Center • UC Berkeley

***Course contents:***

**What is Happiness at Work and Why Does It Matter?**

What is Happiness at Work?

How Happy are You at Work?

Why Happiness at Work?

Progress Check 01

**How Can We Increase Our Own Happiness at Work?**

Finding Your Purpose, and Bringing It to Work

Keys to Engagement at Work I

Learning by Doing 01

Keys to Engagement at Work II

Becoming More Resilient at Work

Learning by Doing 02

**How to Be Happy With Others at Work**

Making Kindness Work at Work

Learning by Doing 03

The Role of Empathy and Compassion at Work

The Grateful Workplace

Learning by Doing 04

Handling Conflict at Work

Progress Check 03

**How to Create a Happy Workplace**

Outsmarting The Power Paradox

Organizations with Purpose

An Engaged Organization

Organizational Resilience

A Culture of Kindness at Work

Learning by Doing 05

Make Happiness a Key Metric of Success

Progress Check 04

Summary and Moving Forward

***Duration Course:***4 weeks