

### **Employee Happiness (12 hours)**

Those attending this course can hope to walk away with not only a strong theoretical grounding of happiness at work, but also aspire to develop a personalized action plan for enhancing their own happiness and fulfillment at work.

In this course, the following areas will be covered:

1.      Functionality of happiness (3 hrs)
2.      What is the definition of happiness (or subjective wellbeing)? (2 hrs)
3.      How can happiness be measured? (3 hrs)
4.      What are the determinants of happiness at work (2hrs)
5.      What can employees do (for themselves and for their coworkers) to enhance happiness levels at work (2 hrs)