

“Greater self-acceptance
leads to greater
acceptance
of others and situations.”

*Overcoming Fear: Changing Fear
into Positive Action*

This workshop explores the two types of fear: healthy fear and unhealthy fear. The natural fight or flight response is helpful for short term needs but can become toxic if the person remains in this state for longer periods of time. Fears regarding money, work, school, relationships, etc., often keep individuals in a perpetual cycle of flight or flight destroying their happiness, health, and relationships thereby causing them not to operate at their personal best at work, at home, at school. This workshop can be life-changing in assisting individuals to unleash the unhealthy fears that are keeping them from reaching their potential in all areas of their life.

STATISTICS

“7 out of 10 employees are not working to their full potential and are disengaged. This cost the US businesses \$450-\$550 billion each year in productivity. **86% of the new hire failures (46%) are due to unhappiness with company culture. 80% of employees who are dissatisfied with their direct manager are disengaged at their jobs**” (Good.co, 2013).

“Engaged employees are 20% more productive and companies with those engaged employees outperform other companies by 202%. Happy employees have 31% Higher Productivity, 37% Higher Sales and are 3 times more creative than their unhappy counterparts. Happiness leads to innovation. Companies with higher engaged, happy employees have 50% fewer accidents and 41% less quality defects along with far less health care costs”(Good.co, 2013).

Reference
Good.co (Nov.13, 2013)
Workplace Happiness: The High Cost of Unhappy Employees
Retrieved from:
<http://www.good.co/blog/2013/11/13/workplace-happiness/>

**Call us today to set up
a consultation!**

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Happiness Matters

Inspiring happier, healthier and fulfilled employees leads to increased productivity and lower costs increasing business profits