

Happiness Matters Workshop Benefits

Brain
Based
Research

**Reduce
Workplace
Toxicity**

-Team building
and relationship
skills

Reducing Costs

- Increase Employee Creativity and
Productivity

- Happier Employees are healthier,
using less time off

-Unhappy & disengaged
employees cost U.S. Businesses
\$450-\$550 Billion each year in
productivity (Good.co, 2013).

*Greater Self-acceptance
leads to greater
acceptance of others
and situations*

Focused on
Improving
Mental and
Emotional
Well-being
leading to
overall
well-being

**In-person workshop
Employee Happiness
Survey**

- We provide feedback
in our after action report
what employees are
saying

**How to
Improve
Happiness
Culture**

**We build lasting
customer
relationships**

**3 week
follow-up
post
workshop**

**3 and 6
month
follow-
up**

**1 Year
Follow-
up**

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**Workplace Happiness is a Vitamin B12 Shot for
Business**