

Special Management Series

9 Ways Being a Happier Person Increases Productivity

This is a series of Training for your
Management TEAM

Presented by J.W. Owens



A Management
Perspective 303 Series

Management - JWO 332



9 Ways Being a Happier Person Increases Productivity

9 Ways Being a Happier Person Increases Productivity

- It's positive that happiness boosts productivity. Read on to learn how a sunny outlook and state can increase productivity.
- **Happiness and Success Go Hand In Hand**
- Happiness encompasses a whole wide range of positive emotions. There are many ways to become a happier person. It even turns out that having a sunnier disposition can make you more productive, and therefore more successful.
- So, what is happiness? The author of **"The How of Happiness,"** Sonja Lyubomirsky, explains happiness as:
- **"the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."**
- That this state of being increases productivity is backed up by economists at the University of Warwick, whose research led to surprising results. According to their study, happy people are 12% more productive, while unhappy workers were 10% less productive.

So, let's take a look at why happier people are more productive.

9 Ways Being a Happier Person Increases Productivity

1. A Happy Brain Has Increased Productivity

- According to research found by the author of *“The Happiness Advantage,”* Shawn Achor, optimism plays a big role in success. When you think optimistically, your brain can create and take advantage of more possibilities. According to Achor:
- ***“Only 25 percent of job success is based upon IQ. Seventy-five percent is about how your brain believes your behavior matters, connects to other people, and manages stress.”***

9 Ways Being a Happier Person Increases Productivity



2. Happy People Are Better At Solving Problems

- Research suggests that happier people are more creative, because they often have stronger problem solving skills.
- People in a good mood can think in more flexible, responsive, fluid, and original ways. In fact, one day of being in a good mood is enough for there to be a positive carryover into the following day.
- If you are happy Monday, your productivity will be boosted on both Monday and Tuesday.

9 Ways Being a Happier Person Increases Productivity



3. Happier People Are Healthier

- They say that laughter is the best medicine, and there may be some truth to this old saying after all. Happier people are healthier and healthier people tend to be more productive.
- Research indicates that happiness can improve your immune system, which is good news for all those with a sunny disposition.

9 Ways Being a Happier Person Increases Productivity

4. Happy People Work Harder

- Dr. Daniel Sgroi who was involved in the research which showed that happier people are more productive at Warwick University offered some insight into how happiness can effect time management.
- “The driving force seems to be that happier workers use the time they have more effectively, increasing the pace at which they can work without sacrificing quality.”

9 Ways Being a Happier Person Increases Productivity



5. Happy People Get Along Better With Others

- It doesn't take a team of scientists to figure this one out. Most of us would rather spend our time and work with happier people. It can be depressing to spend time with someone who is always pessimistic.
- Since happier people are often more pleasant and fun, they tend to be better collaborators and get along better with managers and customers. This increases overall productivity.

9 Ways Being a Happier Person Increases Productivity

6. Happy People Think Faster And Better

- Research from Swarthmore College shows that people who have set criteria and go for the best option that meets those criteria (satisfiers), tend to be happier than those who only want the absolute best option (maximizers).
- This happens for a few a reasons. For one, people who only want the best are often prone to regret. No matter how good of a thing they find, they tend to fall into the trap of thinking that there must be something better out there.
- Secondly, maximizers tend to compare themselves to others, while satisfiers do not. After all, if you are not constantly comparing things, how can you really know what the best is?

9 Ways Being a Happier Person Increases Productivity



7. Happiness=Motivation

- Happy people have a more positive outlook. This leads to them having more friends, better health, increased productivity, and more success.
- They are all around more productive and motivated than pessimists.
- This chain reaction of positivity ultimately leads to a better life all around.

9 Ways Being a Happier Person Increases Productivity



8. Happy People Make Fewer Errors

- When people are happy both at work and in their personal lives, they feel content, confident, and secure. They know that it's not the end of the world if they make a mistake, and mistakes become learning opportunities rather than crushing moments.
- It turns out that people who are more forgiving of themselves tend to make fewer mistakes. When you are not obsessing over past mistakes, you can focus on the present and do a better job. This makes you more productive.

9 Ways Being a Happier Person Increases Productivity

9. It Helps When You Love What You Do

- Happiness in the workplace is most often experienced when we get in the zone and feel totally absorbed in our tasks. This is when productivity happens. Psychologist and author Sherrie Campbell writes:
- ***“Happiness is most deeply experienced in the workplace when we are totally absorbed and caught up in what we’re doing. When we love what we do, the ‘work’ becomes our passion, and the financial abundance the great side effect.”***

9 Ways Being a Happier Person Increases Productivity

How To Take Charge Of Your Own Happiness At Work

- Keep in mind that no two people are exactly the same. What makes everyone tick is different. However, here are some general ways you can promote happiness in your workplace.
- **Create meaningful relationships:** According to Harvard Business Review, close work friendships can increase employee satisfaction by 50%. Humans are social animals that thrive in supportive team settings, so this is hardly surprising.
- **Appreciation is key:** If your team has done a good job, **let them know in a meaningful way.**
- **Make things as pleasant as possible:** Obviously, work comes first, but there is no harm in letting employees personalize their space to make it comfortable and fun. Also, it may be beneficial to let coworkers who get along well share more office space and keep those who do not away from each other to boost productivity.

9 Ways Being a Happier Person Increases Productivity

How To Take Charge Of Your Own Happiness At Work

- **Keep expectations clear:** How can people meet your expectations if they don't know what they are? Set your expectations early on and keep them consistent. This will help everyone avoid unnecessary stress.
- **Remember that you are responsible for your own happiness:** Ultimately, we can choose how we respond to things, how we treat ourselves and others, and how we want to look at the world. Focus on what makes you happy and use that to your advantage to boost productivity in the workplace.
- **What makes you happy in the workplace?**

9 Ways Being a Happier Person Increases Productivity



This is a series of Training for
your Management TEAM

Good Selling !



J.W. Owens - 561-372-5922
results.jwowens@gmail.com

**A Management
Perspective 303 Series**



Disclaimer: The information contained in this presentation is intended solely for your personal reference. Such information is subject to change without notice, its accuracy is not guaranteed and it may not contain all material information concerning J.W. Owens. The Company makes no representation regarding, and assumes no responsibility or liability for, the accuracy or completeness of, or any errors or omissions in, any information contained herein. In addition, the information contains white papers, shared presentation from others, industry material, public or shared information from others and J.W. Owens that may reflect the his current views with respect to future events and performance. This presentation does not constitute an offer or invitation to purchase or subscribe or to provide any service or advice, and no part of it shall form the basis of or be relied upon in connection with any contract, commitment or decision in relation thereto.