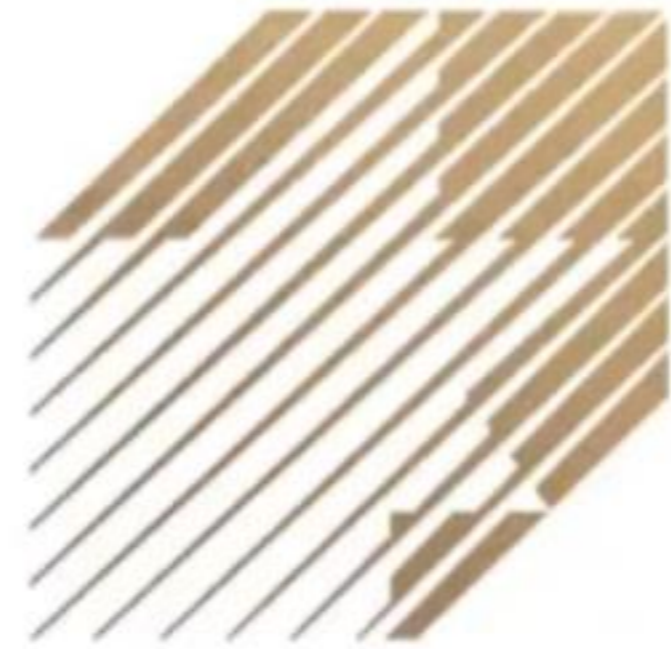


Welcome to: What day is it??? How to Maintain “Happiness at Work” when work is not the same as it ever was?



# EXCELLENCE CANADA

We will get started at 11:00 am EDT

If you are using the call-in number, please kindly mute your line

# What Day Is It???

## How to Maintain “Happiness at Work” when work is not the same as it ever was?

**Excellence Canada**

**Excellence Chat Webinar April 30, 2020**

# Today's speakers



**Erin Dick**  
**Organizational Excellence Advisor**  
**Excellence Canada**



**@excellencecan**



**Adam Stoehr**  
**VP, Educational Services and Research**  
**Excellence Canada**

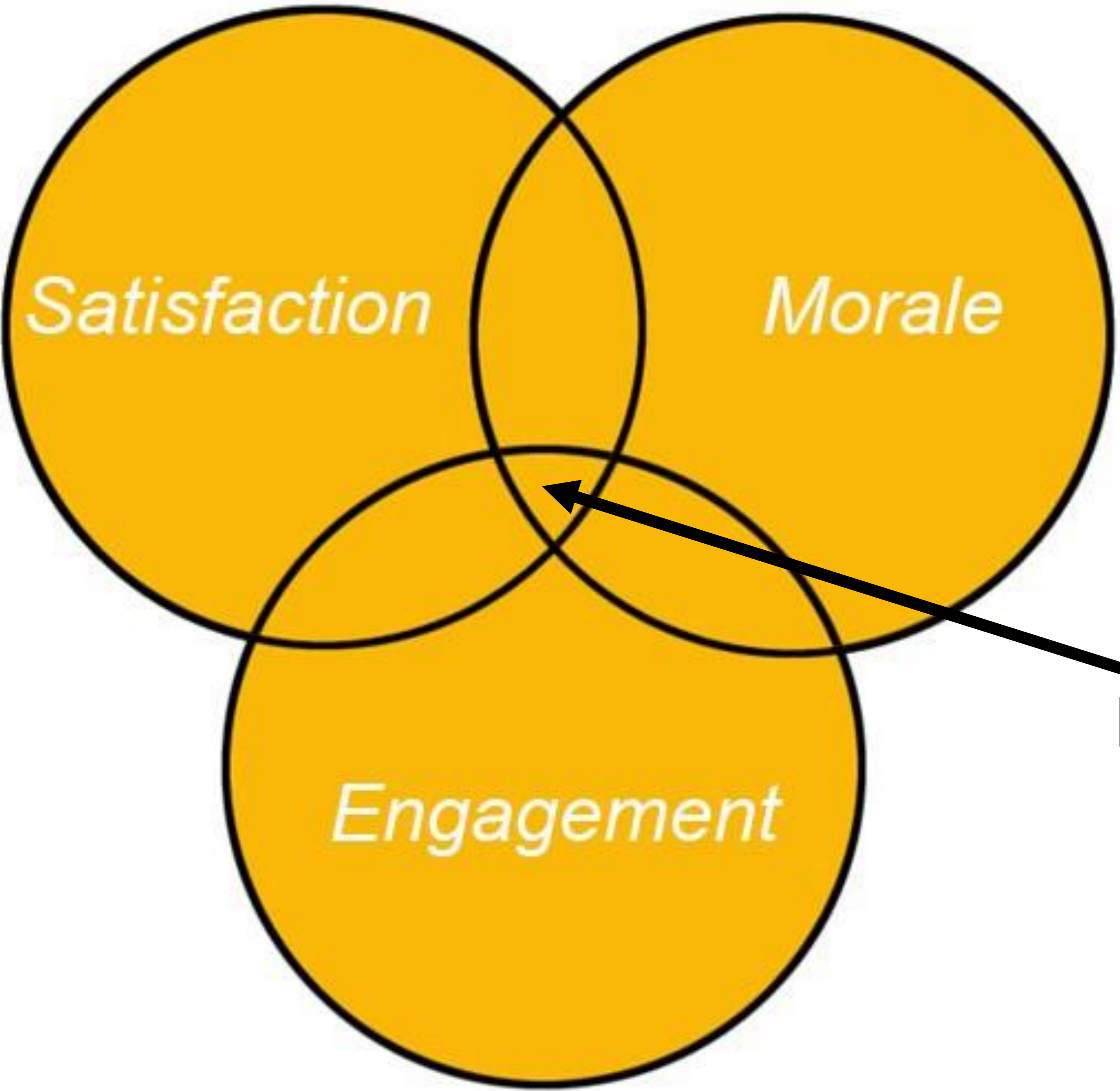


**@excellencecanada**



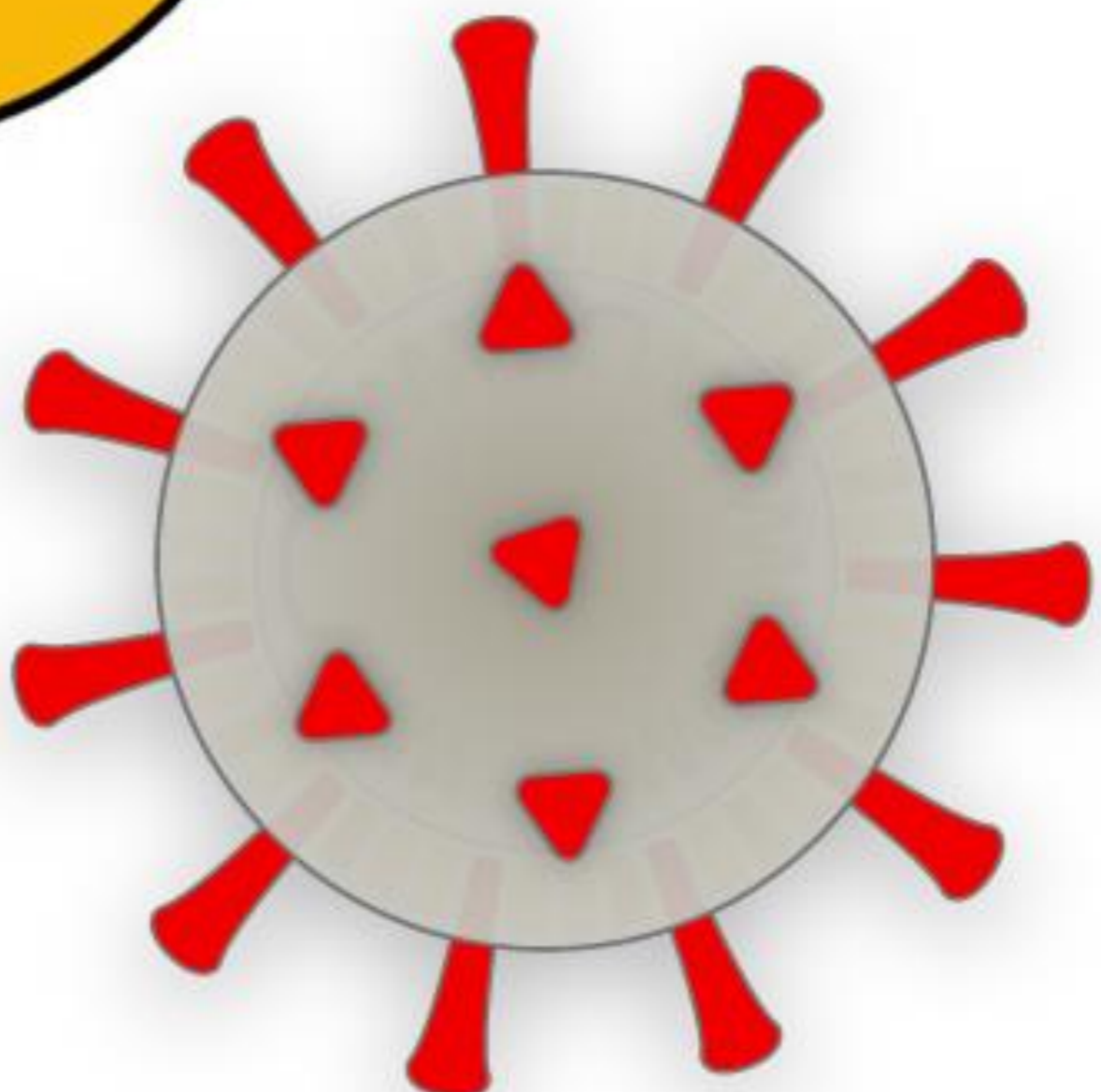
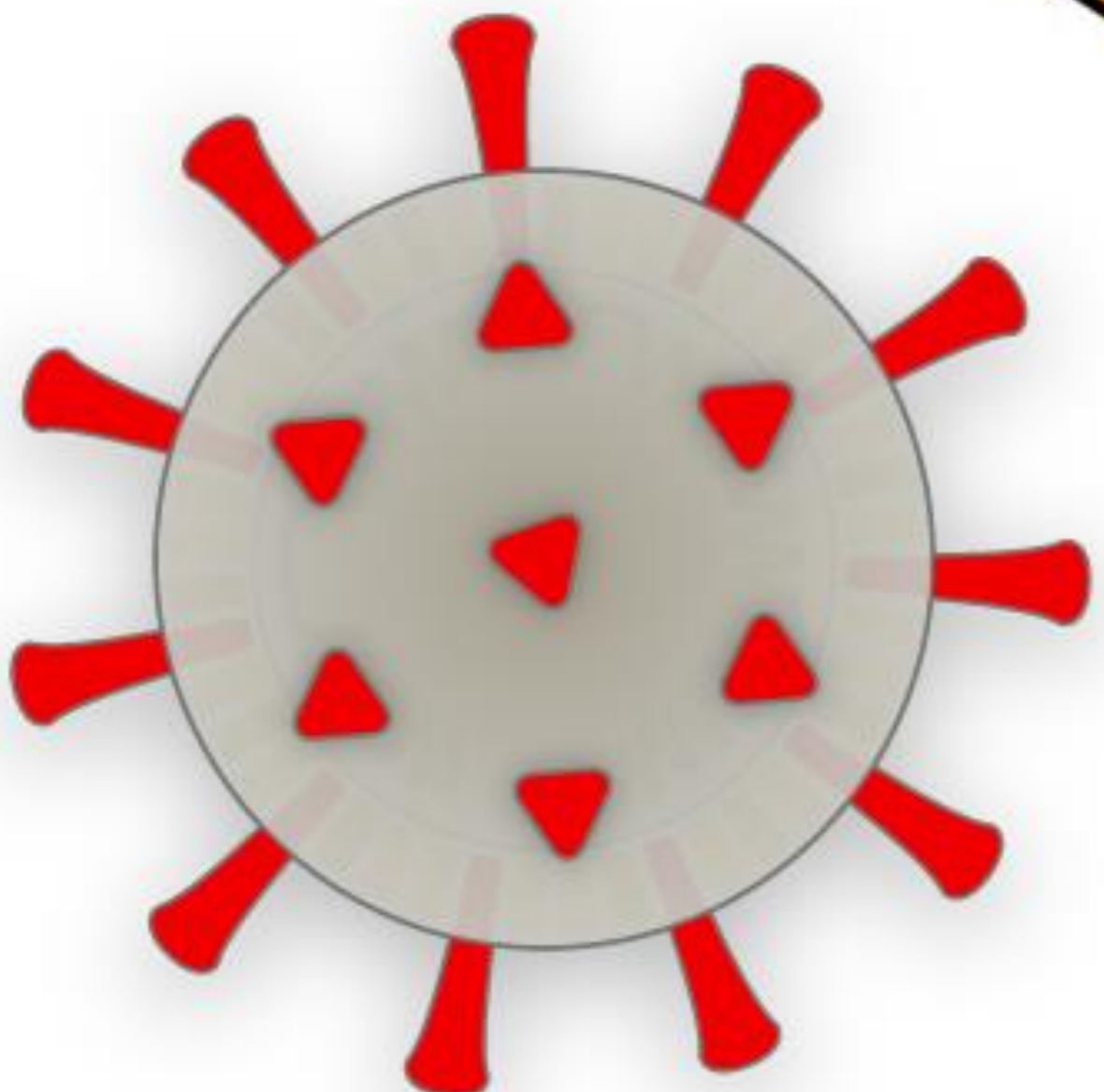
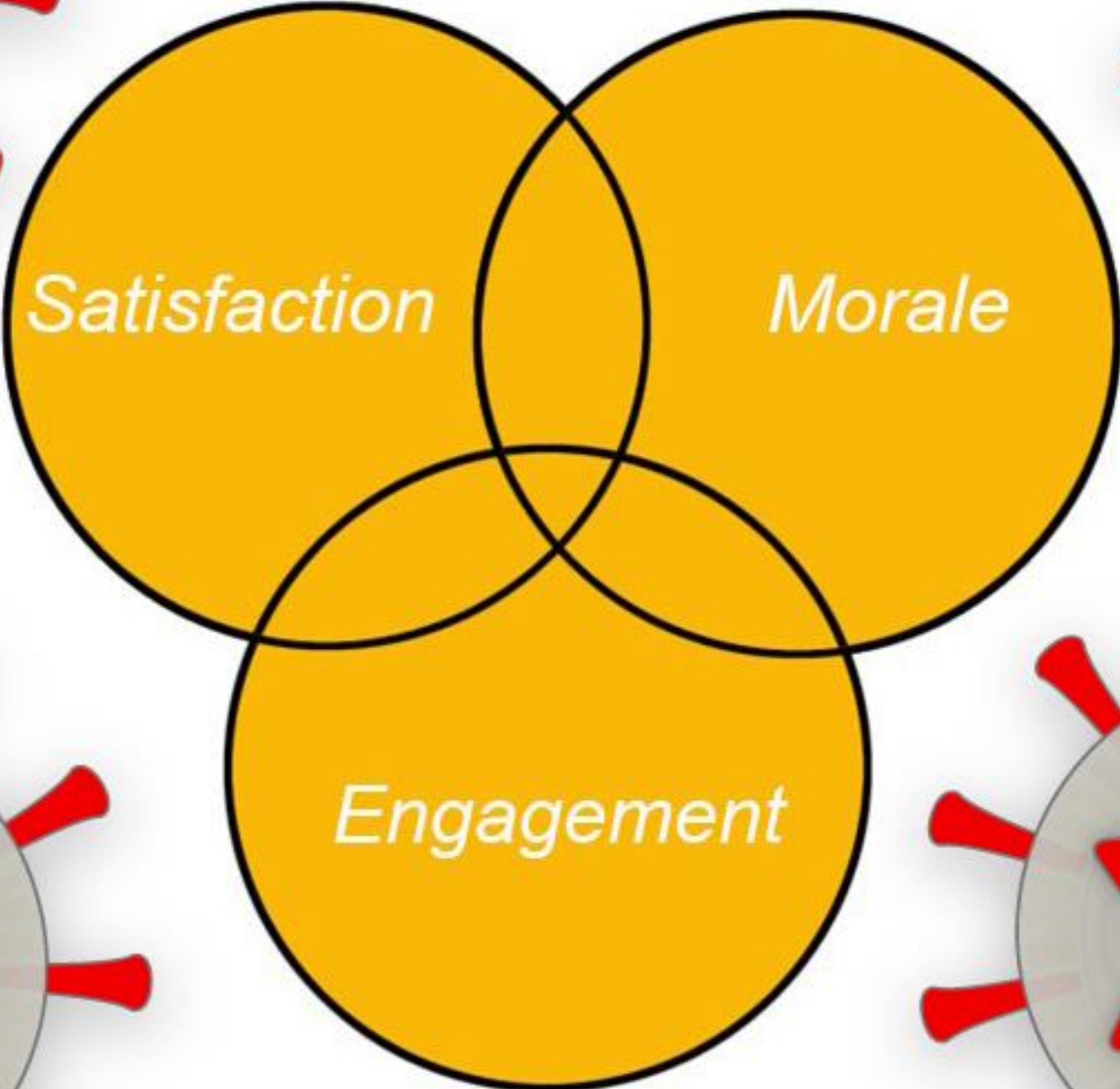
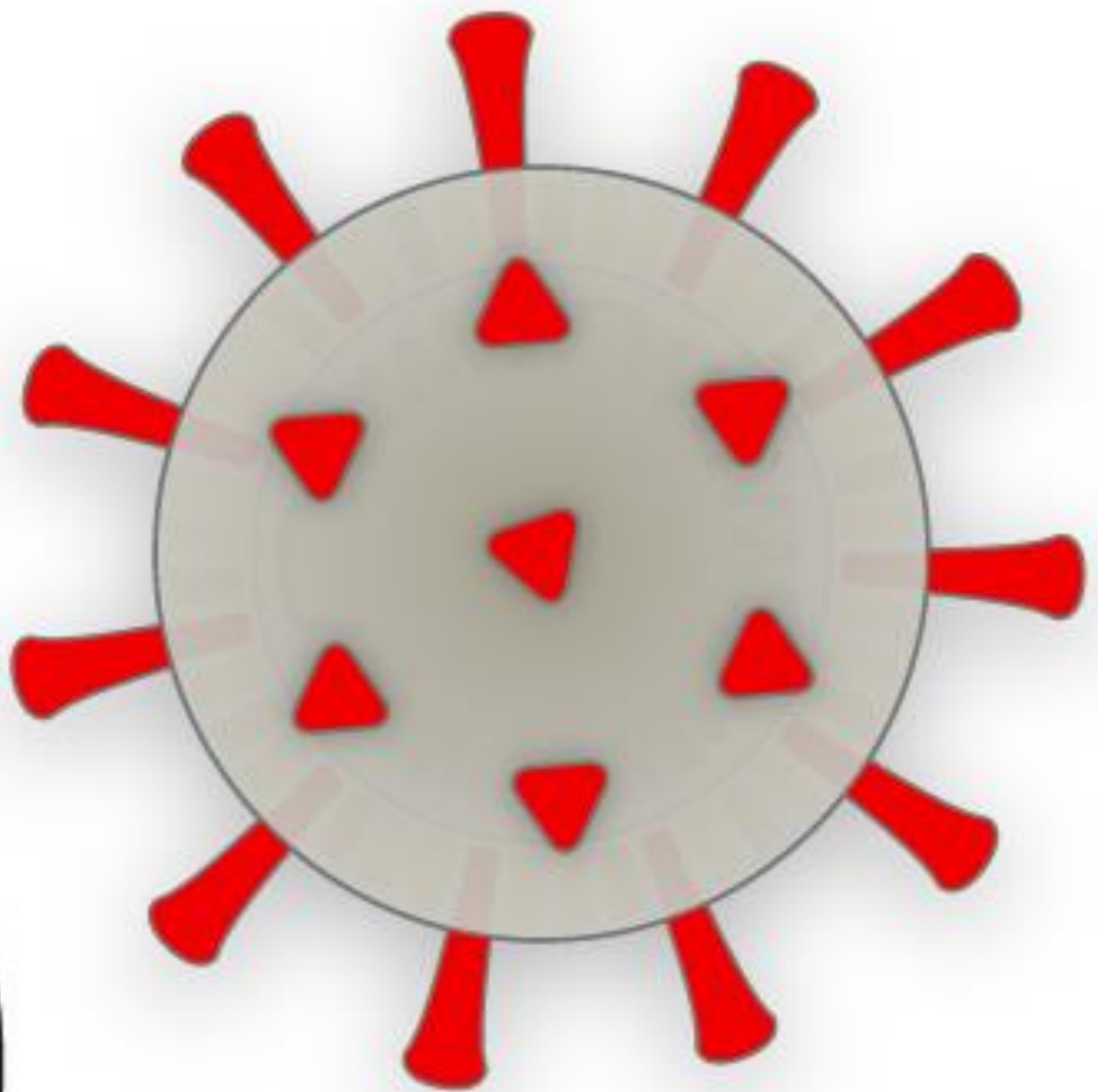
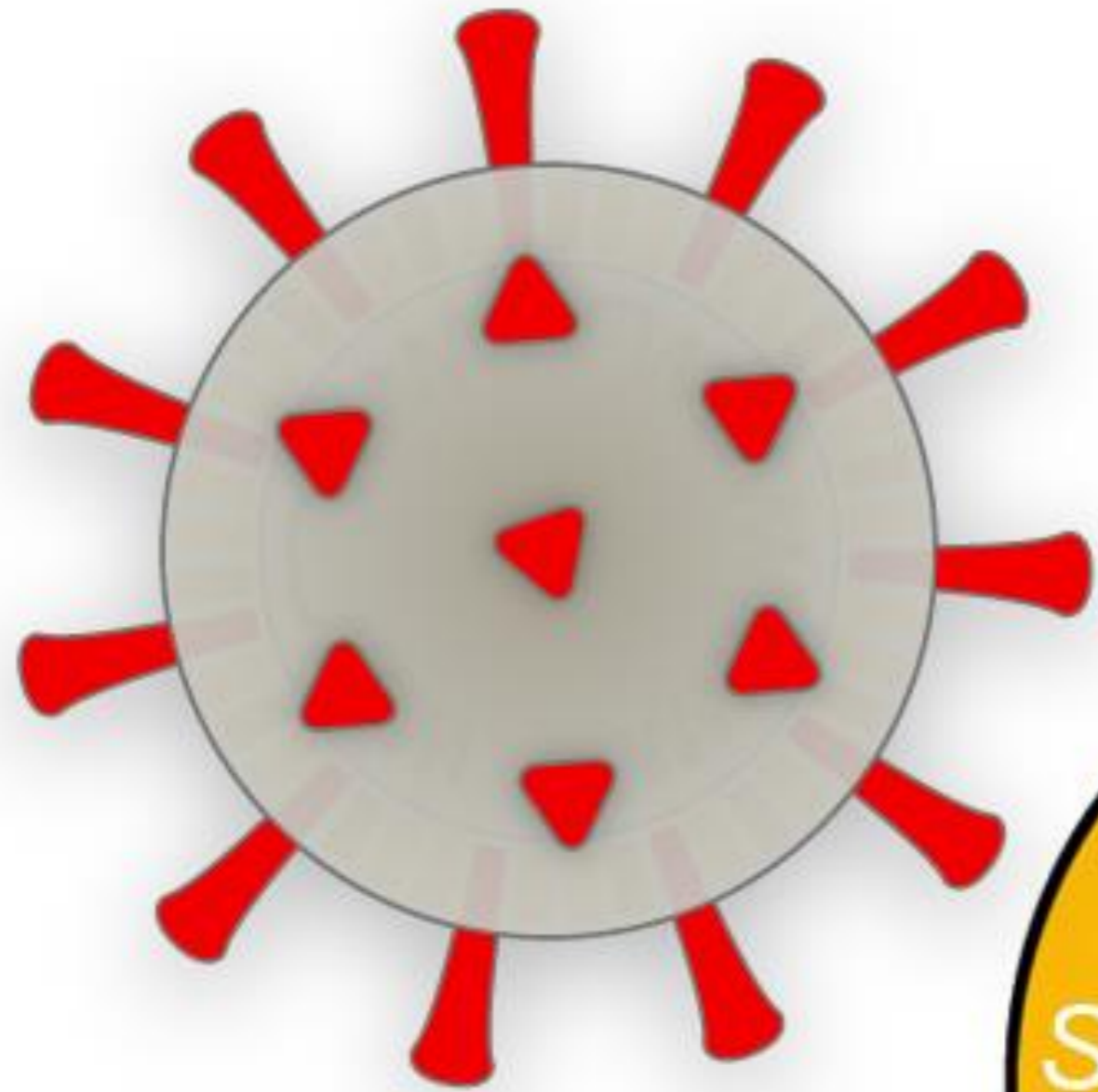
# No slide – Zoom on 2 Speakers

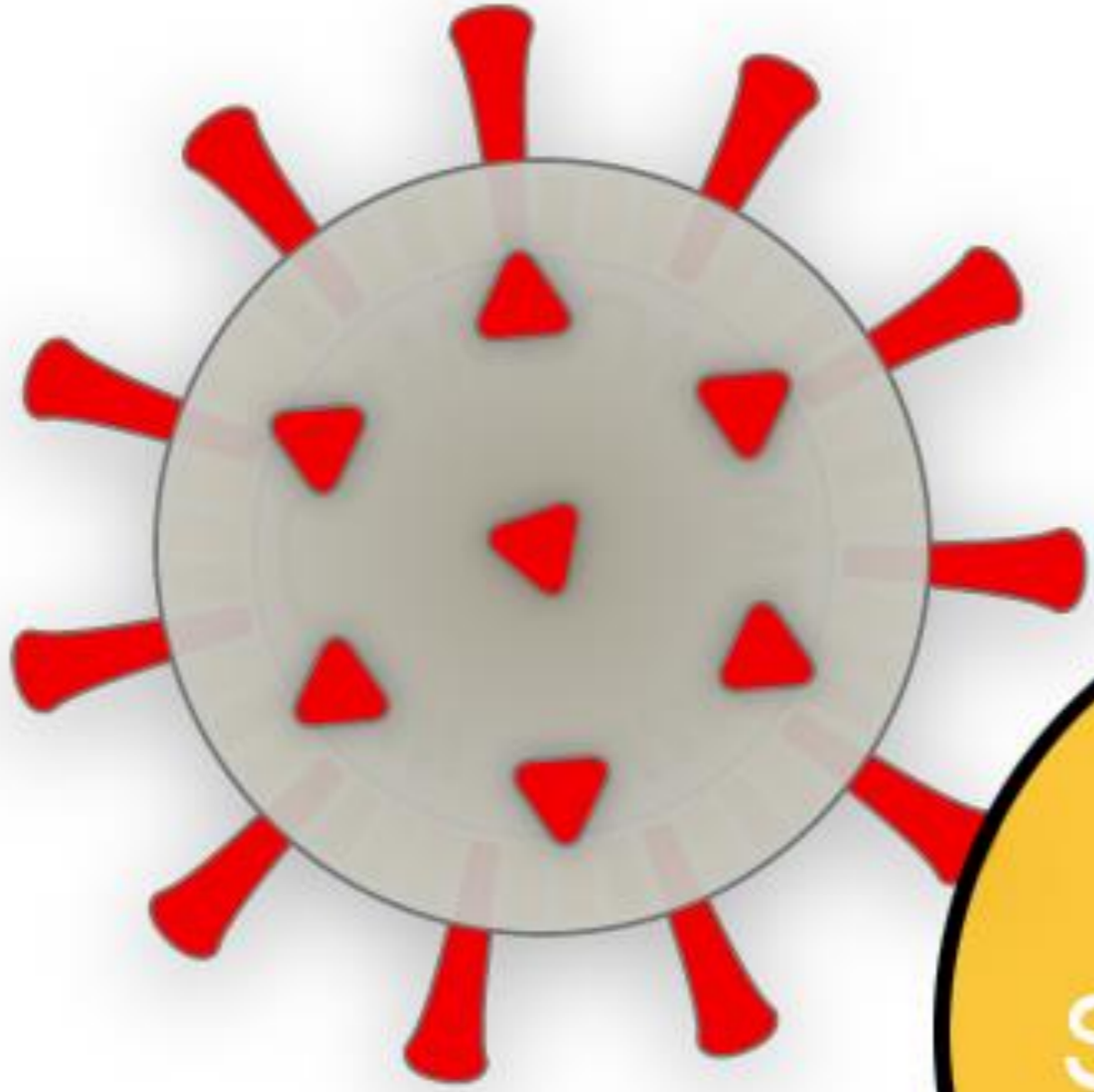




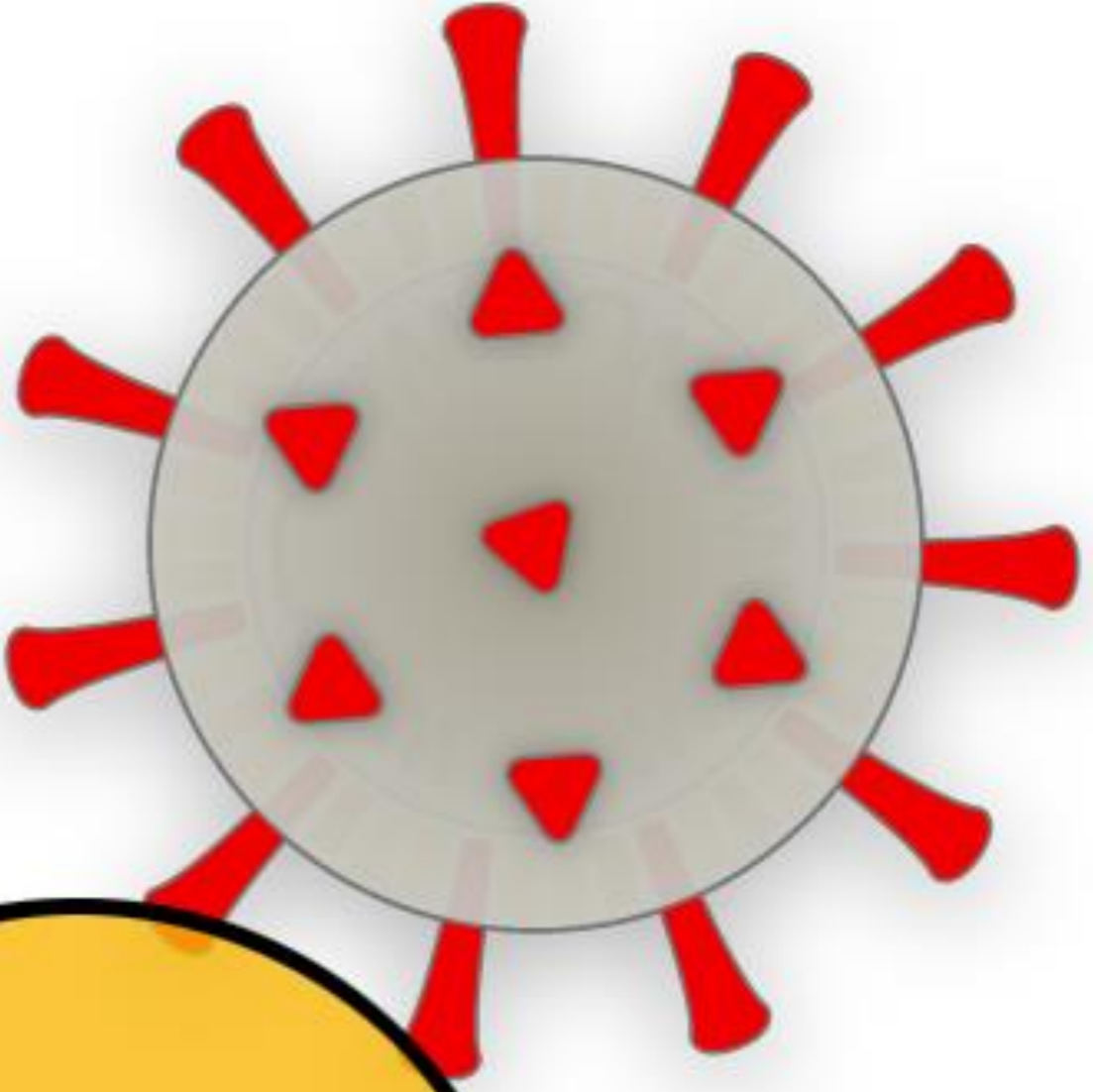
**Happiness**



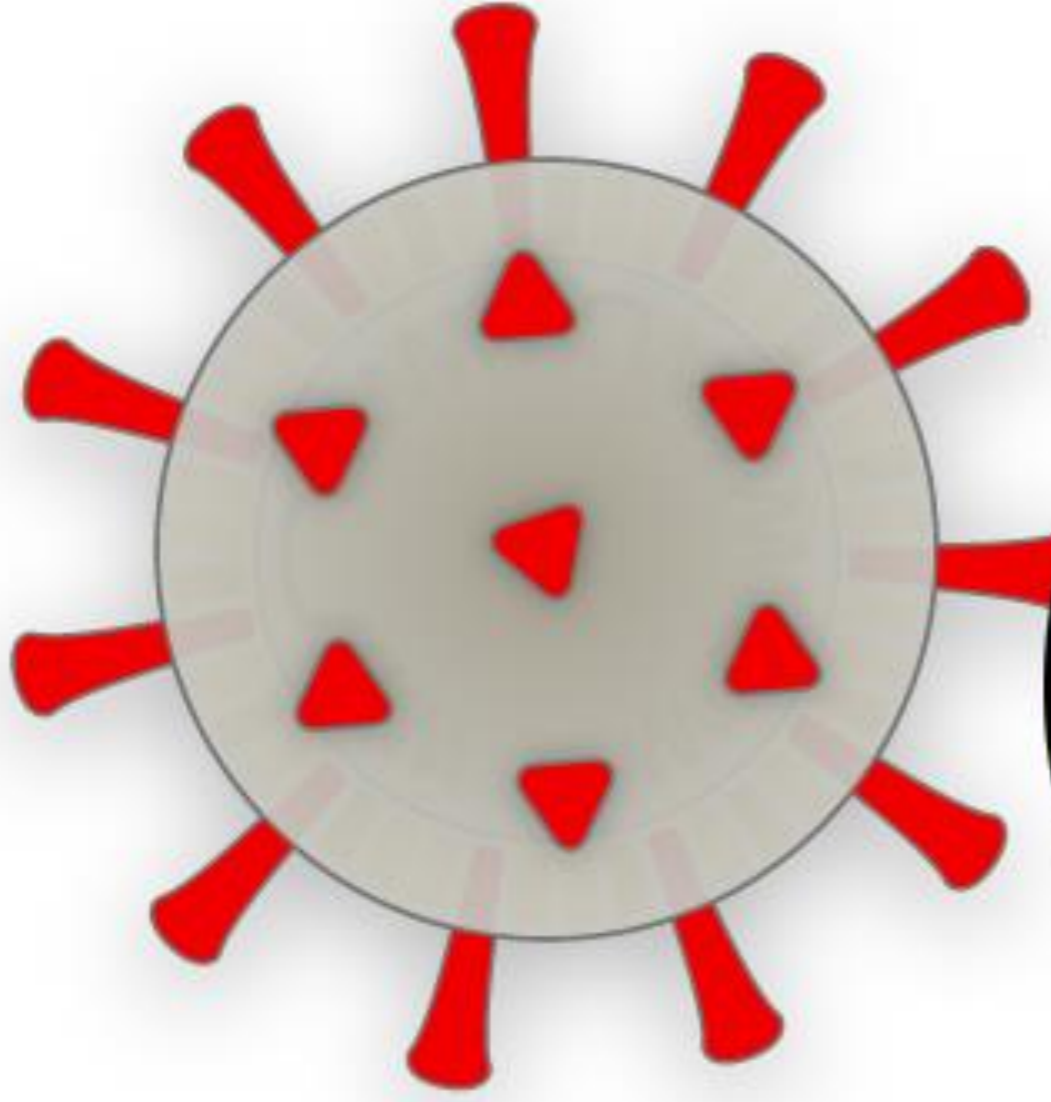




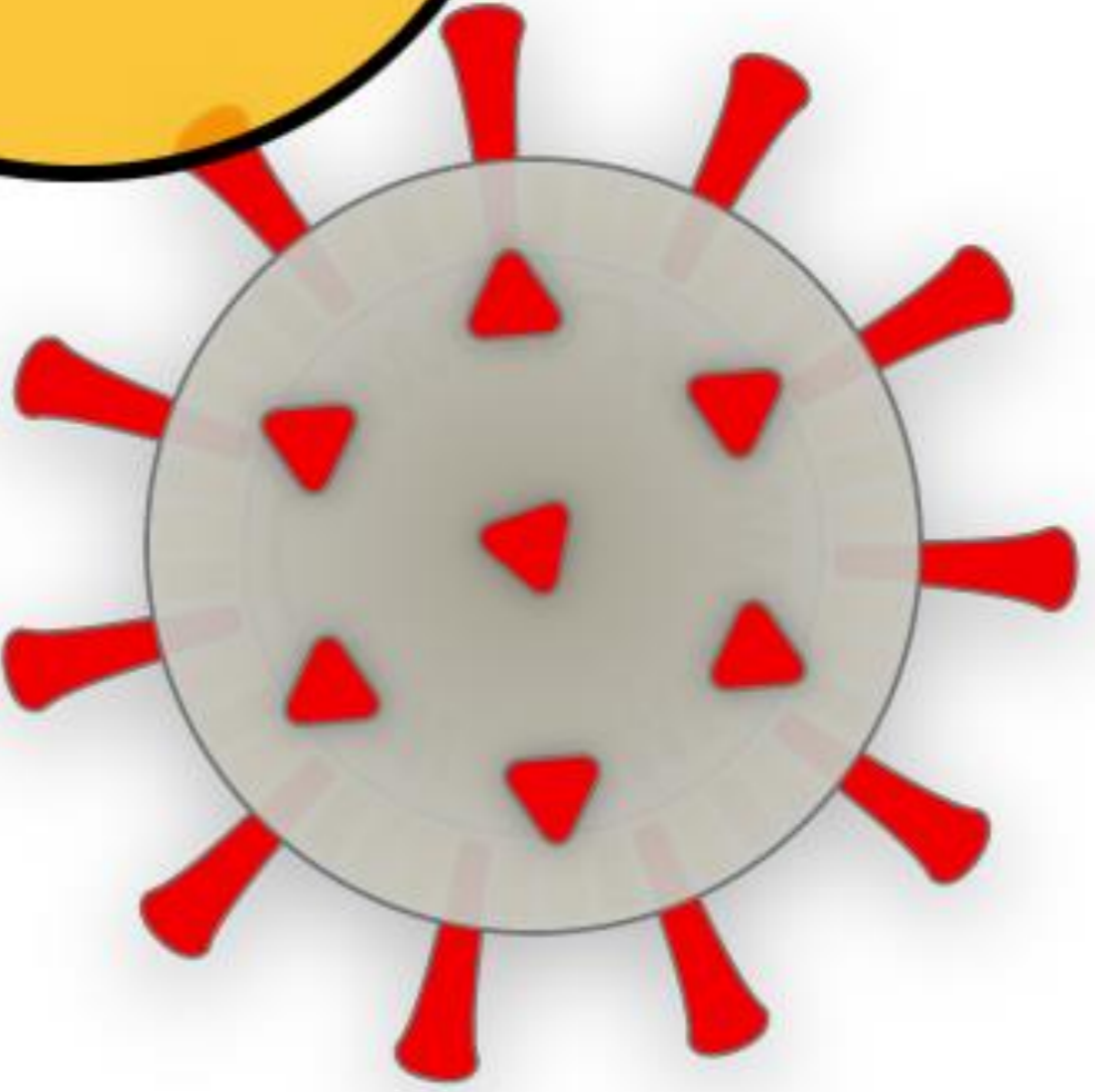
Satisfaction



Morale



Engagement

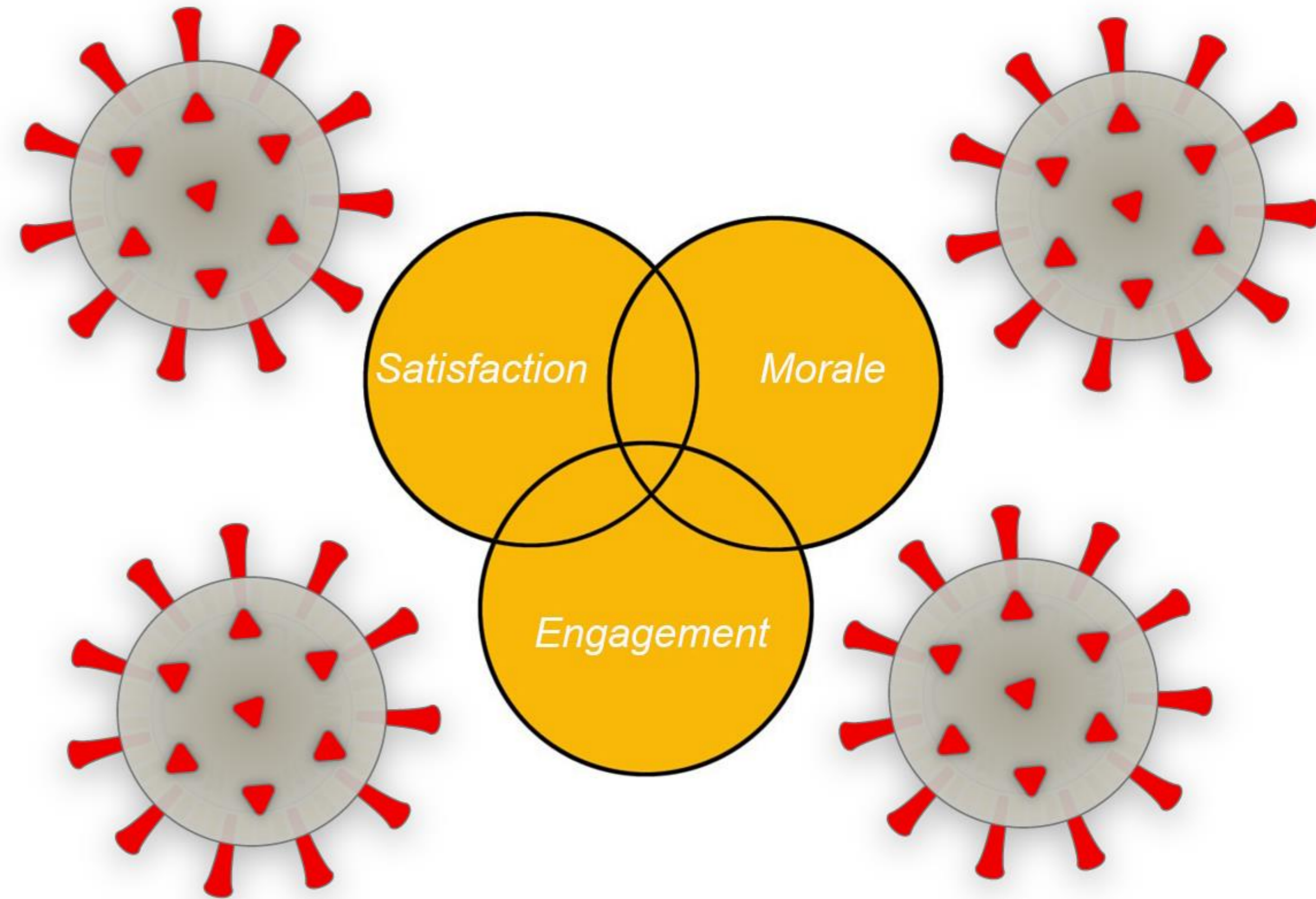


Three Ideas to help improve Happiness in these times.

1) You Need a “Quarantine Cup”

2) You need to “Grow your Hair Out” (no matter the style or colour)

3) You need to learn “Alexander Hamilton on the Piano”



# 1) Need to create a “Quarantine Cup”



“Happiness is not about getting what you want.

It is about learning to enjoy what you get.”



Happiness is not  
about getting what  
you want.

---

Season Cancelled...

Championship  
Unawarded...

Next Season in  
Question...



It is about learning  
to enjoy what you  
get.

---

Re-framed goals  
Re-framed aim  
Re-framed achievements



It is about learning to enjoy what you get.



11-10

Lucas wins series 4-0

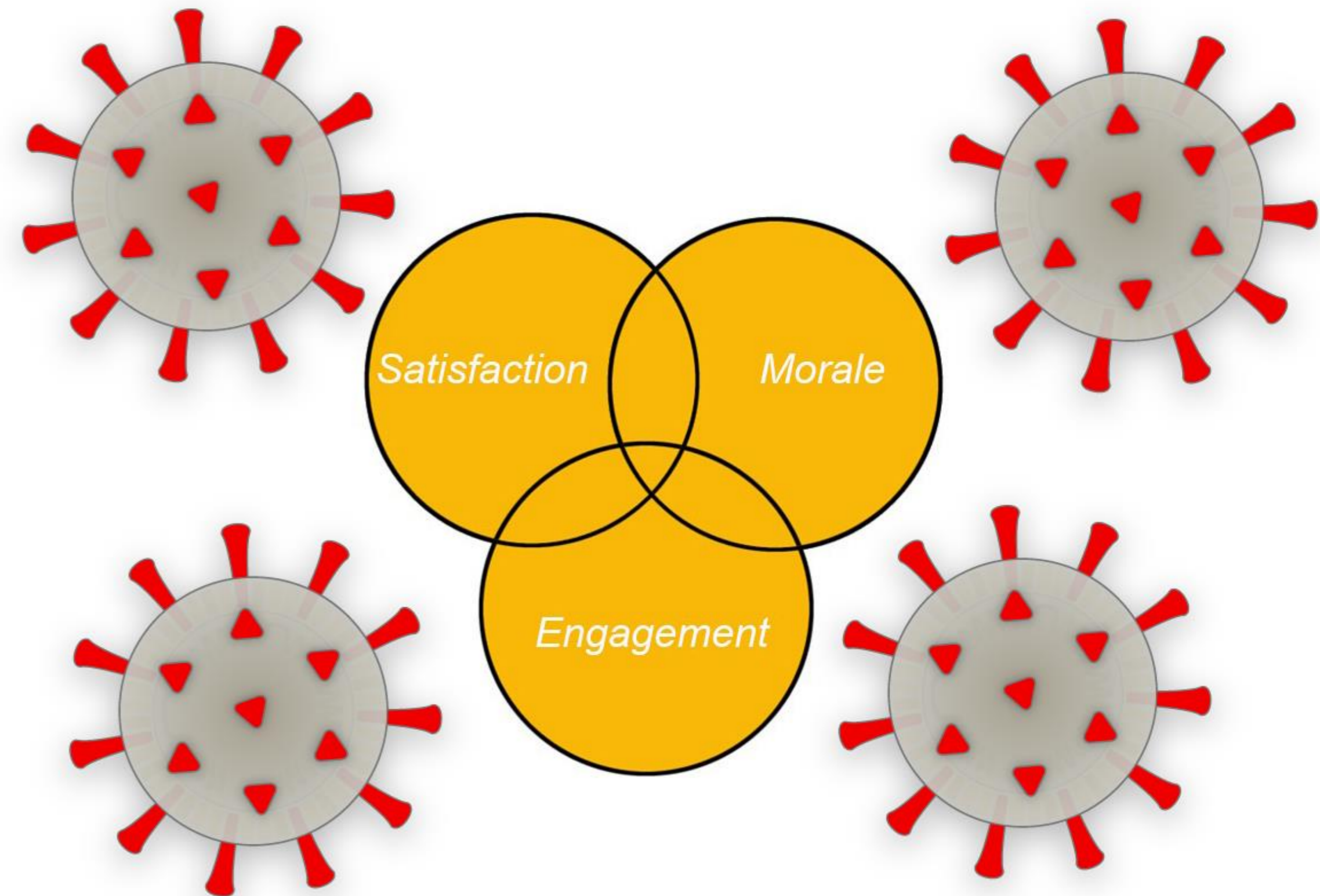
Final

# Need to create a “Quarantine Cup”

---



Something that taps  
into your skills and  
talents that increase  
engagement.



Happiness is not  
about getting what  
you want.

---

Work Cancelled...

Reduction/elimination  
of pay...

Future in question...



# Homework: To help build your own “Quarantine Cup”

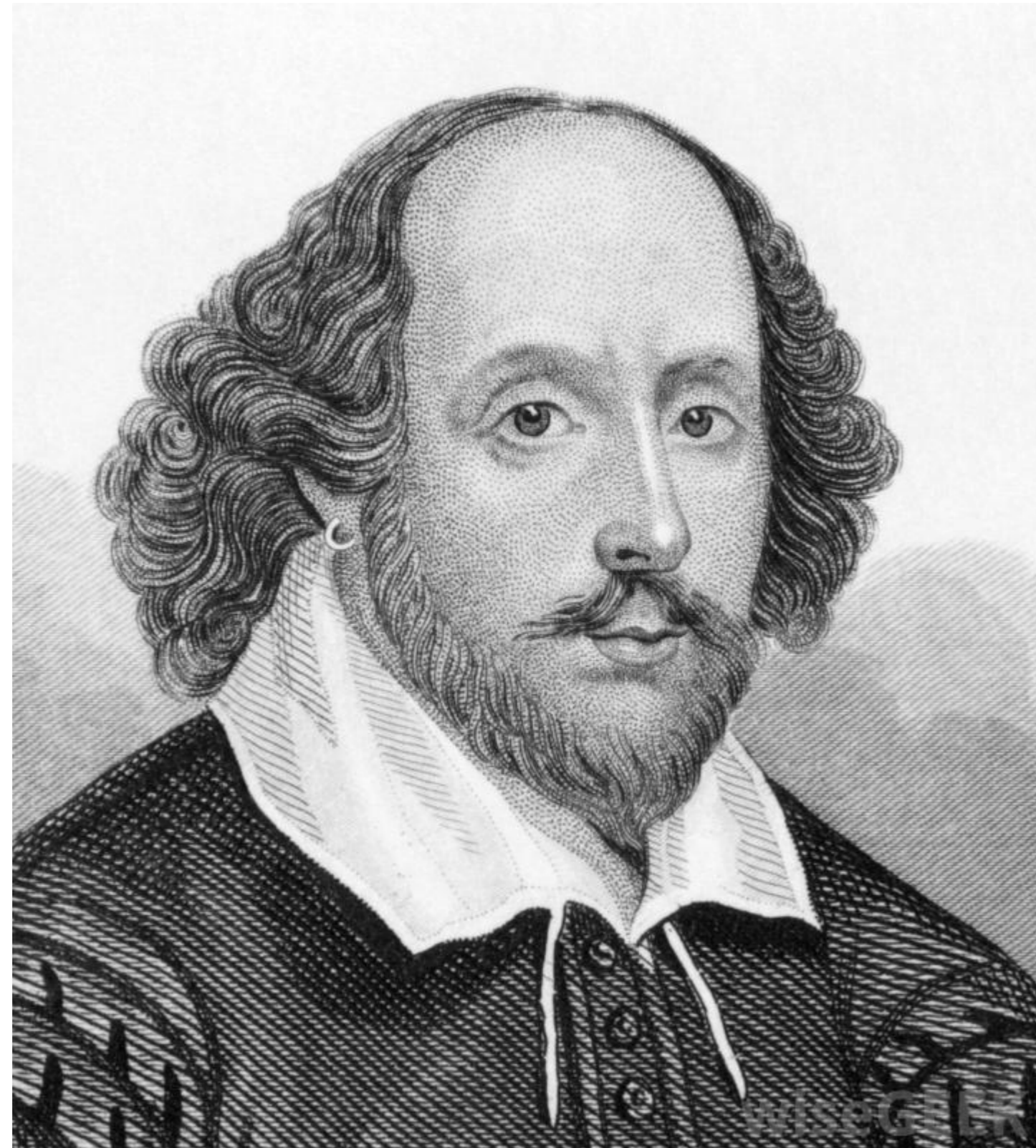
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1. What can we deconstruct and re-invent?
2. Even if it's only temporary, where can we take our key skill sets now, to meet a new need at work?



2) You need to “Grow your Hair Out” (no matter the style or colour)

---



"There is nothing either good or bad, but thinking makes it so."

William Shakespeare



"There is nothing either good or bad but thinking makes it so."

---

Hair unkept...

Unwanted grey is dominating.

When will this get back to normal?



# Multiple Versions of Reality Exist

---

We are happier if we focus on the positives of a situation.



You need to “Grow your Hair Out” (no matter the style or colour)

---

Our brains become the architect of our reality and can create our own happiness.



"There is nothing  
either good or bad  
but thinking makes  
it so."

---

Work is different...

Working from home...

Balancing new  
responsibilities...

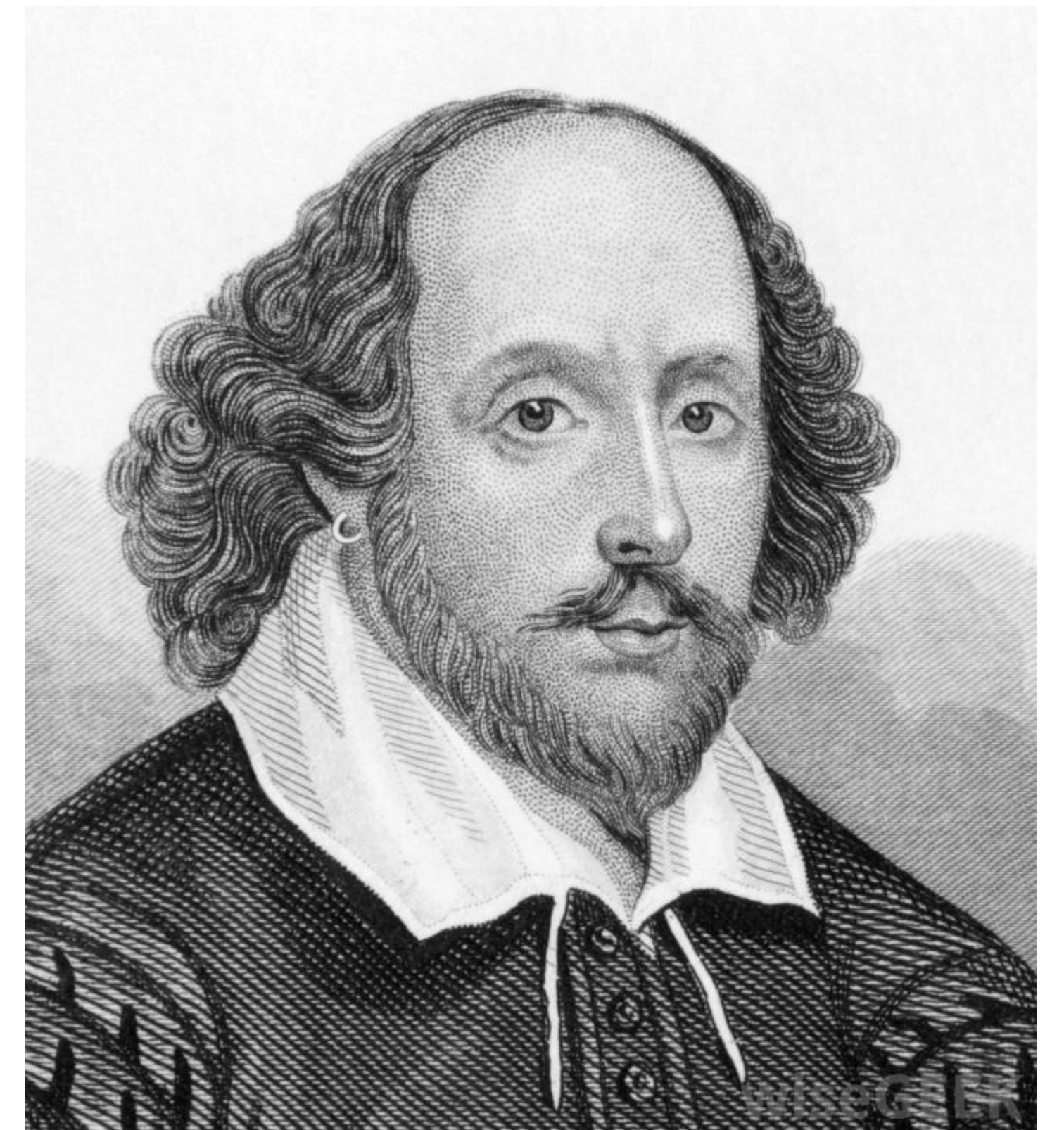


Homework: To help lessen the worry about “your grown-out hair” (no matter the style or colour)”

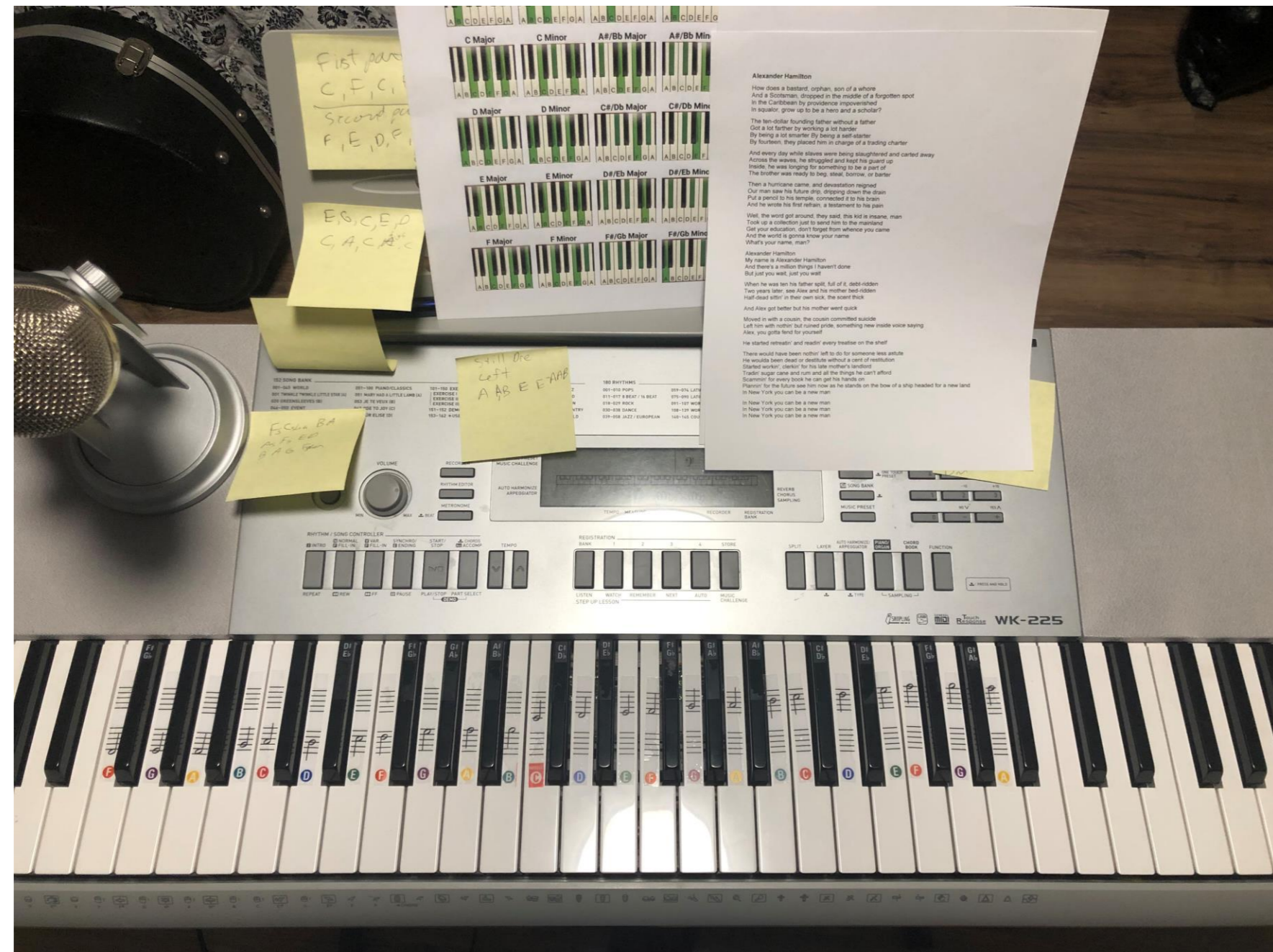
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3) What are 5 things that I am grateful for right now in this new environment?

4) What is something that our organization needs right now that I can rally around?



# 3) You need to learn “Alexander Hamilton on the piano”



“We are often lost in the past or worried about the future. Happiness lives in the present.”



"We are often lost in the past or worried about the future. Happiness Lives in the present."

---

What day is it?

Didn't we already talk about this?

Justin Bieber is live streaming again....



Brain activity boosts  
happiness...

---

Get your brain  
Active

Try something new

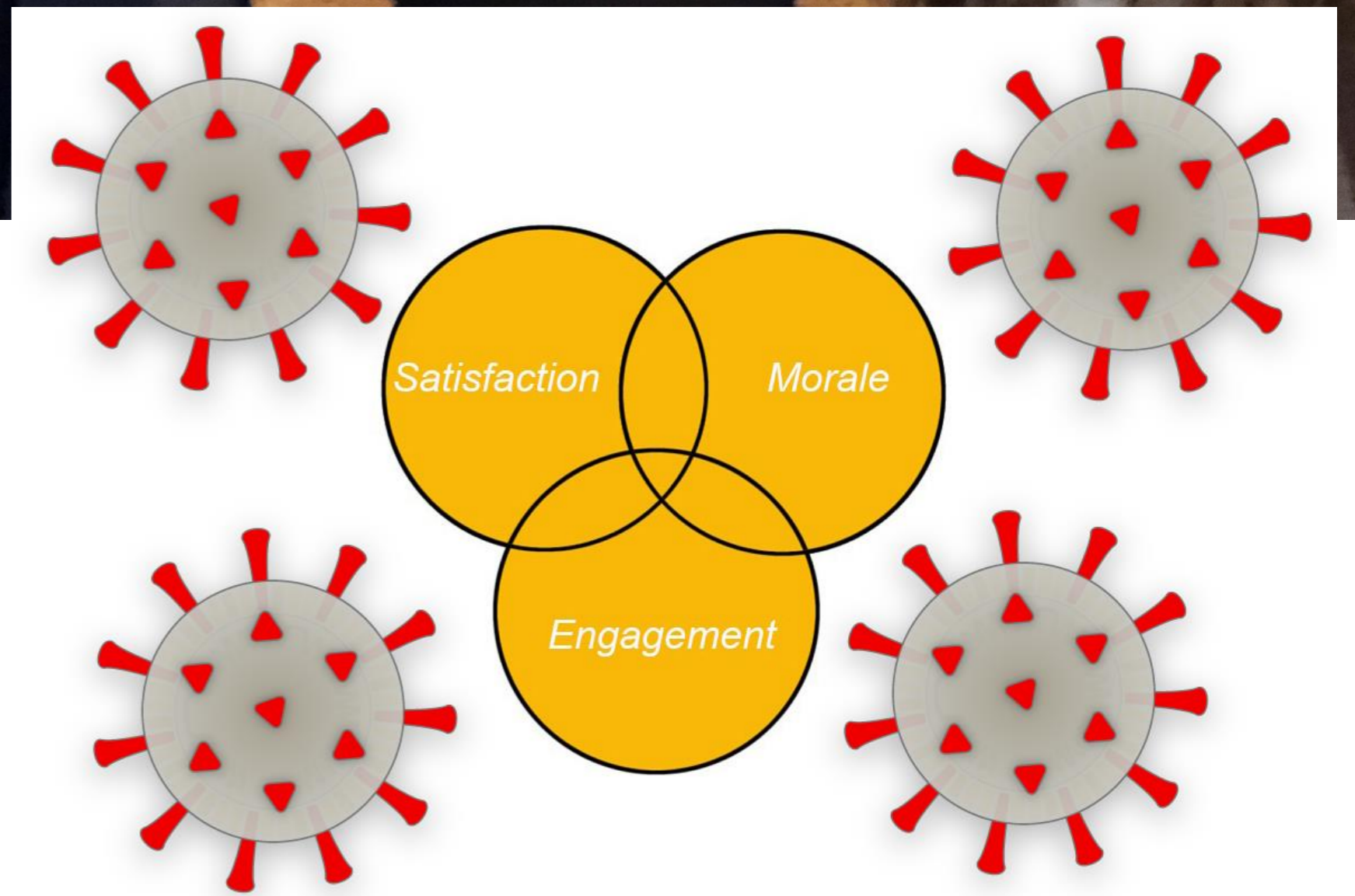
Broaden your  
thinking



# You need to learn Alexander Hamilton on the piano

---

Spending 10 minutes a day  
doing something new boosts  
positive mood, broadens  
thinking, and improves  
working memory.



"We are often lost in the past or worried about the future. Happiness Lives in the present."

---

Brain wanders...

Productivity is not maximized...

I can't get anything done...

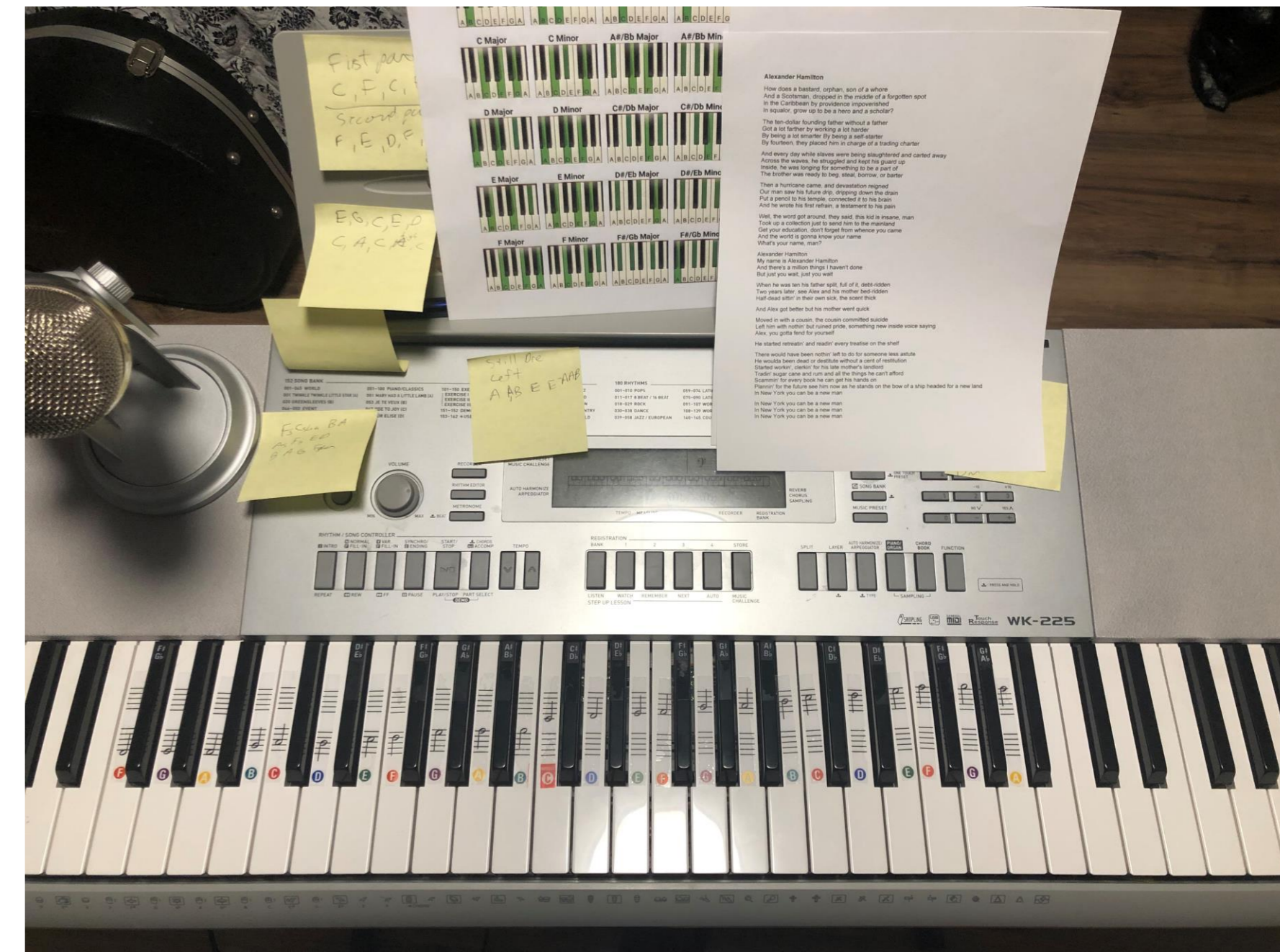


# Homework: To help you learn “Alexander Hamilton on the piano”

5) What is one thing that I’ve always wanted to try at home and haven’t had the time?

- examples: Piano, New Recipe, Puzzle, Rubik's Cube, Exercise, Tik Tok, New Music, New task at work etc.

6) How can I make space for 10 mins of this activity today?



You need to learn Alexander Hamilton on the piano

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<https://www.youtube.com/watch?v=PtPd1bomW6s>



# Resources

Healthy Workplace Standard

<https://excellence.ca/healthy-workplace-standard/>

Mental Health at Work Framework

<https://excellence.ca/mental-health-at-work/>

Upcoming Training:

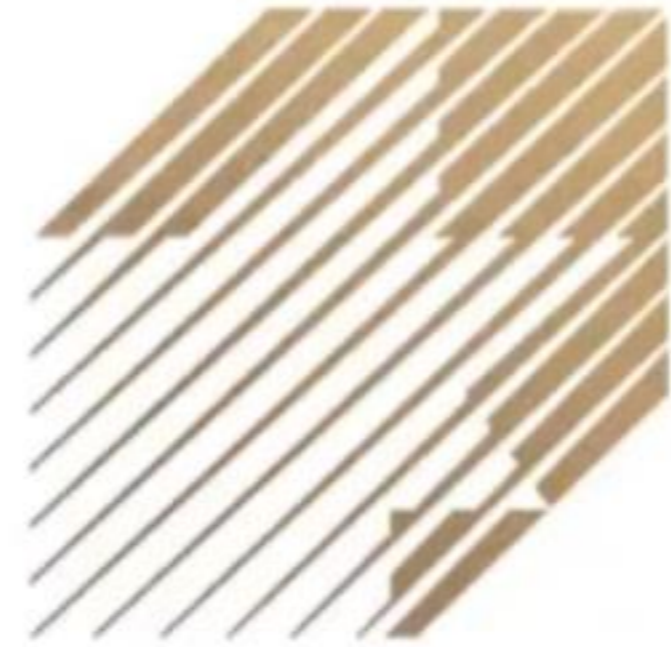
<https://excellence.ca/training-covid-19/>

Articles:

<https://excellence.ca/blog/>



**Q and A**



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# Thank You

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# Improving Performance, Recognizing Excellence

We provide you with the tools and knowledge to accelerate your journey to organizational excellence, to achieve sustainable results, and to assist you every step of the way

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improving performance, recognizing excellence | améliorer le rendement, reconnaître l'excellence