



## **Achieving Your Potential: How to Cultivate your Own, and Others, Happiness and Performance at Work.**

*Stacey Ashley, Ashley Coaching & Consulting Pty Ltd*

The pursuit of happiness is a global phenomenon. We see it in Bhutan's measurement of Gross Domestic Happiness, the happiest countries on earth index and the western media's fixation on happiness. It seems though that many people aren't very happy with their lives, and in particular their work.

- Do you know what it is to be happy, and what it takes?
- Is it a lifestyle of hedonism or eudaemonism that will ultimately provide you with happiness?
- How can you take control of your own happiness at work, which directly impacts your overall happiness in life?

In this interactive introduction to the Science of Happiness at Work, leveraging positive psychology, you will:

- gain insight into how you can make a difference for yourself and others
- learn how to maximise your own psychological capital using the happiness performance framework
- learn how you can create your own positive mind set and develop resilience
- be equipped with some strategies to deal with the ups and downs of working life so you can achieve your own potential, and
- encourage the people around you to do the same, as a leader, HR practitioner, career practitioner or educator

In this session we will explore research by Jessica Pryce-Jones (iOpener Institute UK) into the science of happiness at work, Amy Wrzesniewski's (Yale University) research into people's relations to their work, and research by Sonia Lyubomirsky (University California) into whole of life happiness.

This session is about helping people to create their own happiness at work - a positive mindset which allows them to take control, to make great choices for themselves and to work in their own peak performance zone - so they can achieve their potential.