

The Laughology logo, featuring the word "LAUGHOLGY" in a blue rounded rectangle with a yellow smiley face icon.

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A LAUGHOLGY KEYNOTE



THE SCIENCE OF HAPPINESS

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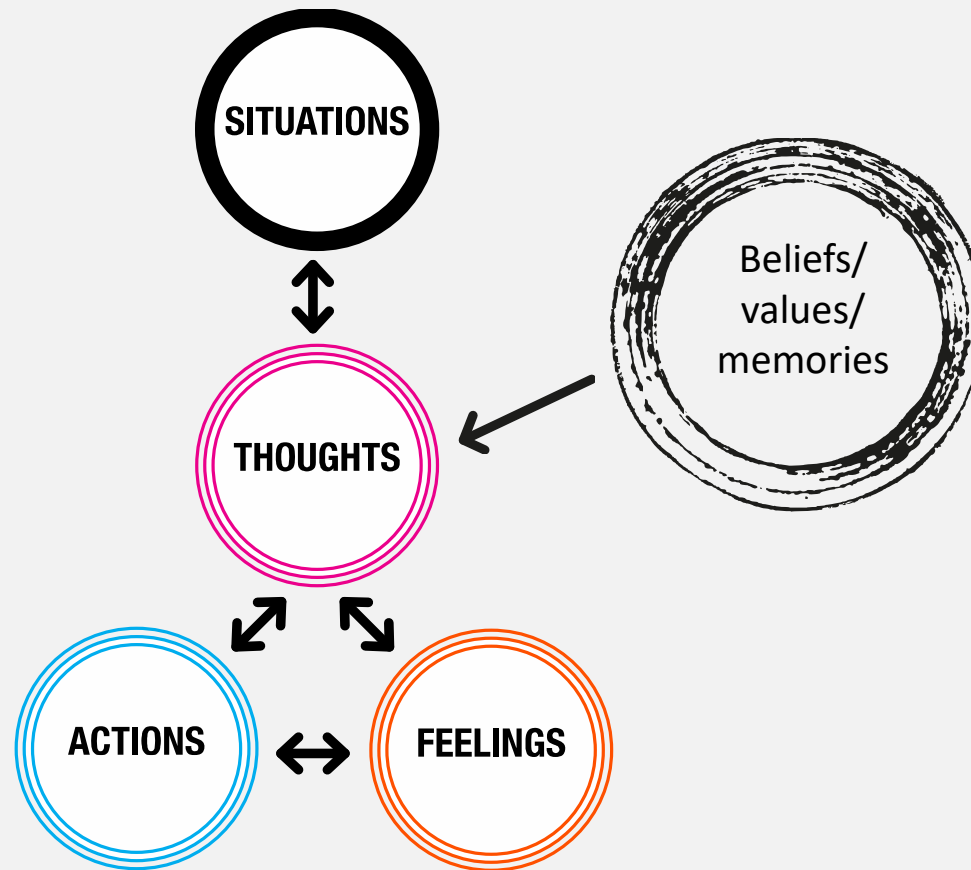


2019
ANNUAL CONFERENCE
3 OCTOBER 2019
Filoxenia, Nicosia



HOW WE PROCESS

LAUGHOL^{OGY}





FEELINGS AND MOTIVATION

“I’ve learned that people will forget what you said, people will forget what you did but they will not forget how you made them feel.”

Maya Angelou, author, activist, campaigner



DOSE OF HAPPINESS

LAUGHOLGY

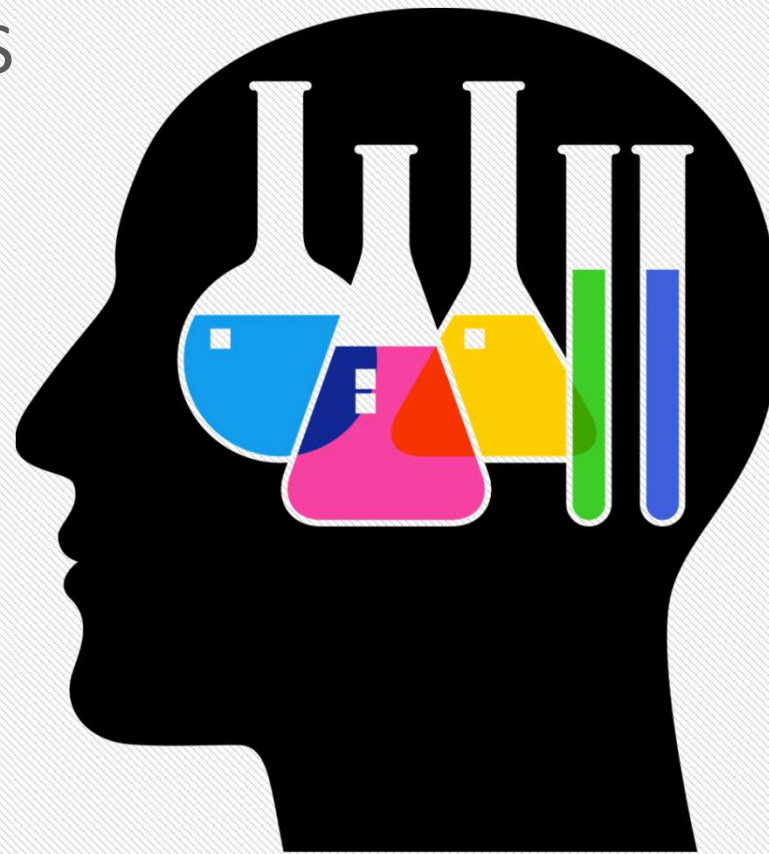
NEUROTRANSMITTERS

Dopamine

Oxytocin

Serotonin

Endorphins





REFRAMING HAPPINES

Chasing happiness will make you
unhappy.

Avoiding challenges and struggle
will not make you happy.

So what?...



WHAT IS HAPPINESS?



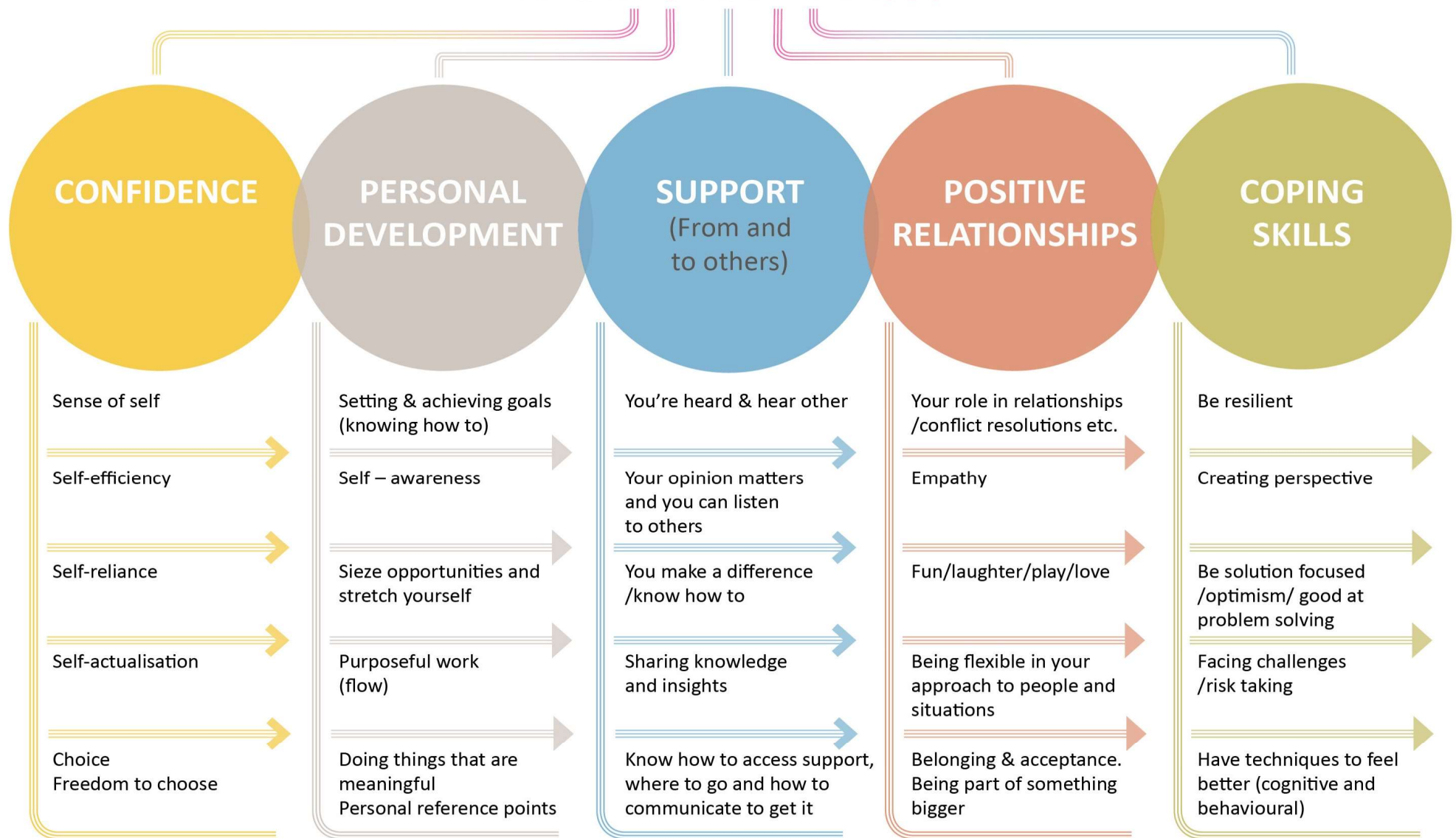


HAPPINESS DRIVERS

1. Coping skills
2. Positive relationships
3. Support (from & to others)
4. Confidence
5. Personal development

5

WHAT IS HAPPINESS?





HAPPINESS DRIVERS



The economic cost of poor physical and mental health in the UK is estimated to be between £70 billion to £100 billion.

Sick pay alone costs businesses as much as £9 billion a year.

Stress accounted for 37% of all work-related ill health in 2016

ITPRO

<http://www.itpro.co.uk>



CREATING A HAPPY CULTURE

Research shows that the key factors driving job satisfaction are:

- > relationships with managers
- > company culture
- > advancement opportunities
- > opportunities to work with others
- > Flexible working





EASY

EMOTIONAL / FAST

- Automatic
- Intuitive
- Instinctive
- Primary
- Rapid
- WYSIATI



COMPLEX

SLOW / RATIONAL

- Considered
- Effortful
- Focused
- Secondary
- Slower
- Lazy



LAUGHOLOGY'S TOOLKIT

F.L.I.P
FOCUS
LANGUAGE
IMAGINATION
PATTERN BREAKING

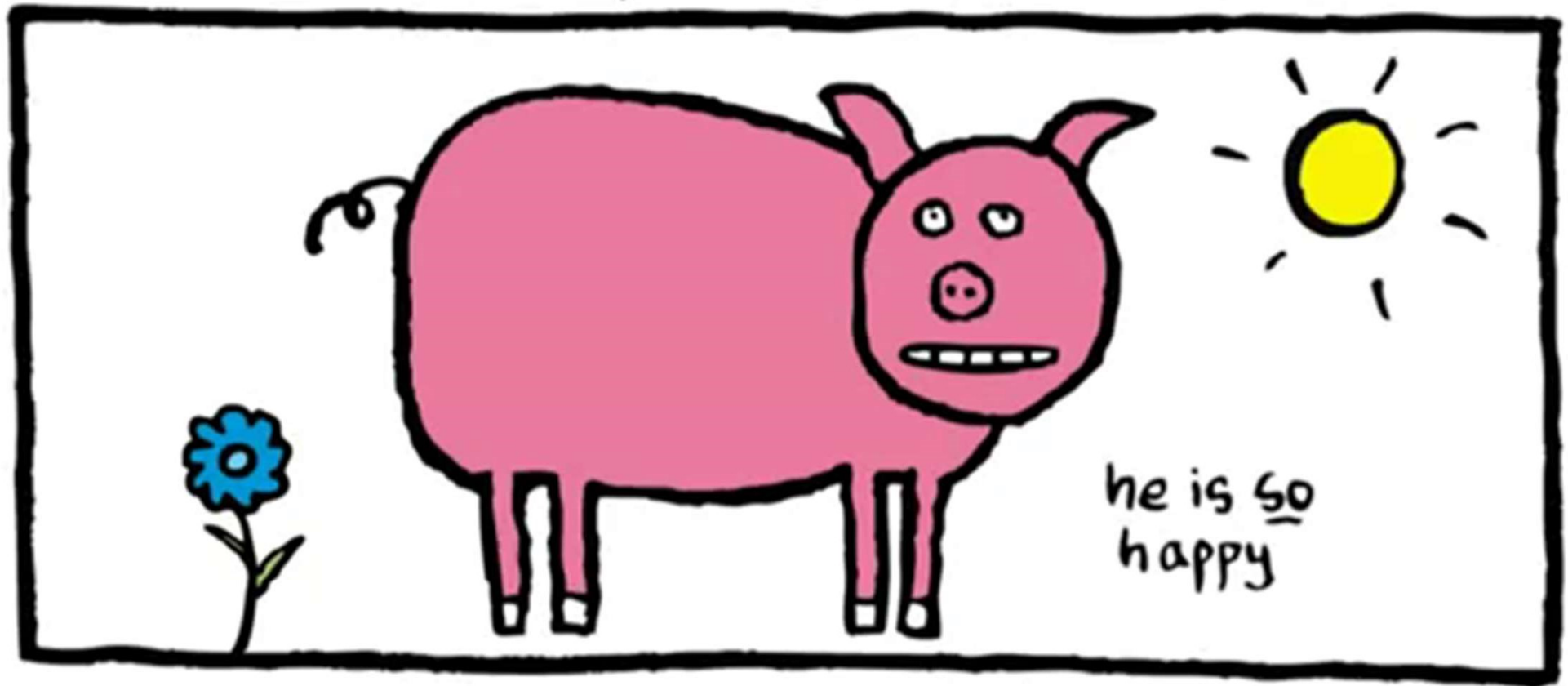




HAPPINESS QUICK WINS

1. Turn on your people before you turn on your computers
2. Focus on small goals
3. Collective ideas that include all and hear all
4. Encourage 'what's right' thinking rather than 'what's wrong' thinking
5. Make contact to congratulate
6. What's on your environmental check list
7. Notice and know everyone
8. Make it simple to get the job done (quick fixes)

THE PIG OF HAPPINESS



he is so
happy

Edward Monkton



THANK YOU.

WE HOPE YOU ARE FEELING HAPPIER.

Find out more about how Laughology programmes can help make you and your organisation happy and productive.

www.laughology.co.uk

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@laughology