

WEEK 2

Happiness Is a Choice

This week we are introducing an equation that shows our ability to be happy and flourish in life is up to us. It is up to the voluntary choices we make every day.



PREP:

1) Video 2: Happiness Is a Choice

Be ready to play the video for your weekly meeting. Make sure you have the link ready. You may also want to share the link in the chat. *Pro Tip: Make sure the video page is open on your browser and ready to play. Remember to share your screen.*

When your team(s) gather each week, please set aside 15 minutes to watch the video together.

2) Post these items on Workplace:

- Online course enrollment link
- Happiness is a Choice digital poster
- Meet the Team Questionnaire

3) Ask a team member if they would be willing to be the first employee featured for "Meet the Team."

Whatever resonates with YOU, the Champion, is what you should share with the group at the end of the video.

Online Positive Foundry Program

Remind people about the free, optional online program.



TEAM DIALOGUE

Choose 1-2 questions to dialogue as a group or in partners.

- What are the benefits of being happy?
- Review the three elements that determine your happiness. Are you surprised by the equation?
- Think about a great day for you. What is included in that day to make you feel happy, engaged and energized?



TALKING POINTS

At the end of the video, remind people why we are doing this program. This is repeated from last week. Here are some ideas for what to add at the end of the program.

- We care about you as people and employees. This program is designed to teach helpful skills for living your best life and increasing your well-being.
- We all want to be happy. This program will give us ideas for how to be happier in our lives.
- We want your work environment to be a positive place where we support and care about each other. This program will help remind how we can do that even better.



SKILL BUILDER

Meet the Team is a way to celebrate your employees and encourage relationship building with your teams. Tell your team you will post a "Meet the Team Questionnaire" and each team member will have the opportunity to be featured. Each week you can highlight a different employee with a photo and some simple questions. This can be done on Workplace (referenced last week), or on the weekly video call.

Digital Reminders

- Remind team of the Happiness is a choice digital poster on Workplace.
- Remind the team to download the Meet the Team Questionnaire from Workplace.