

Happier employees are more likely to be creative, tenacious, get promoted and earn more money, yet happiness is not widely recognized as an important career skill! While we would all rather be happy and work with pleasant people, few of us are actively cultivating our joy. Not only for quality of life, but for career fulfillment and advancement, we all need to be reminded of the value of happiness and learn how to develop it.

This webinar will help you:

- confront the myths about happiness
- gain awareness of office cultural factors that impact your happiness
- learn skills for being happier at work