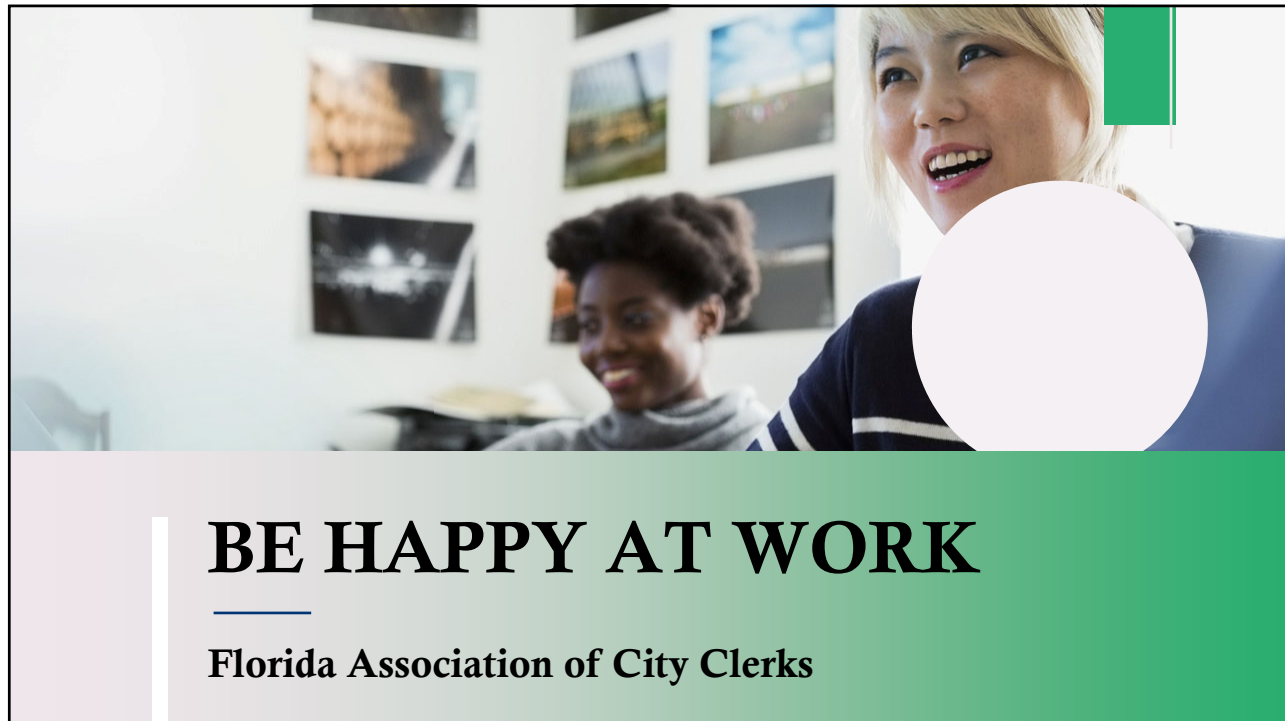




BE HAPPY AT WORK

Florida Association of City Clerks

1



2

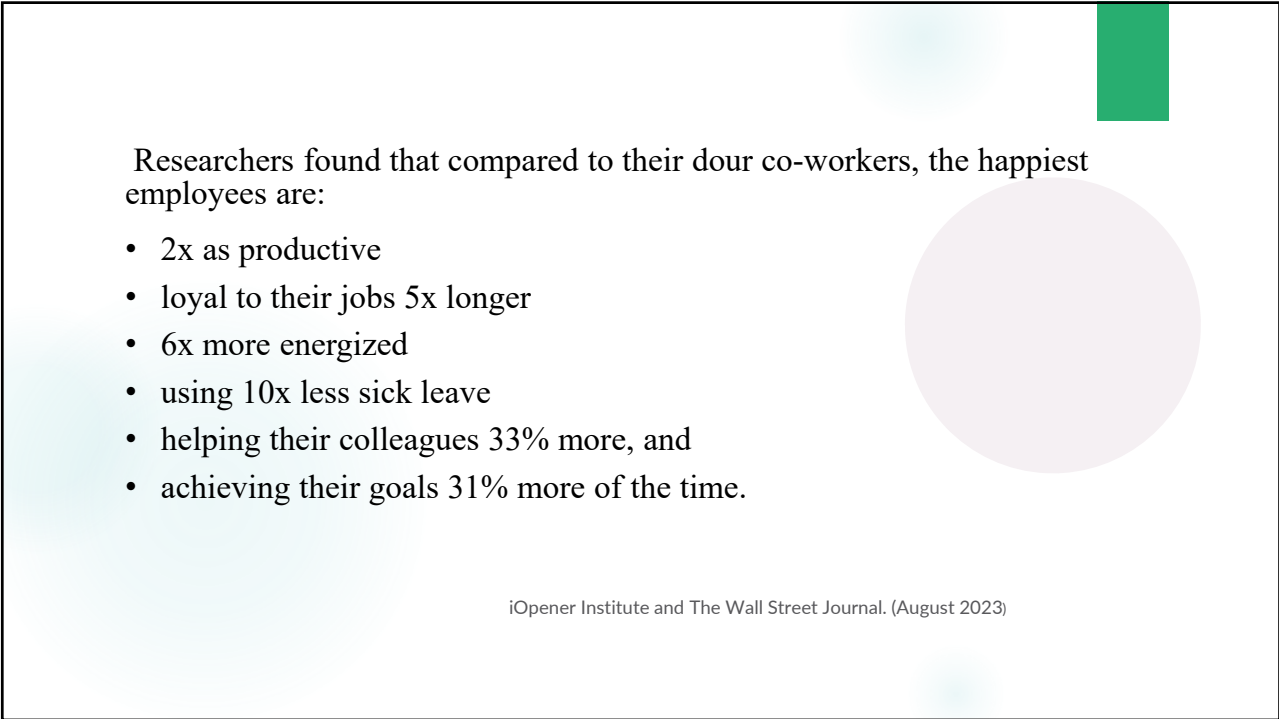


Happy employees achieve their goals nearly a third more often than their colleagues – and for good reason.

The happy people are 36% more motivated than their dour co-workers, according to research.

iOpener Institute and The Wall Street Journal. (August 2023)

3



Researchers found that compared to their dour co-workers, the happiest employees are:

- 2x as productive
- loyal to their jobs 5x longer
- 6x more energized
- using 10x less sick leave
- helping their colleagues 33% more, and
- achieving their goals 31% more of the time.

iOpener Institute and The Wall Street Journal. (August 2023)

4

COMPARISON OF HAPPINESS OUTSIDE/INSIDE THE WORKPLACE

1. Home Life vs Work Life

- APA shows a direct correlation between happiness inside and outside the home.
- 2020-2023 Węziak-Białowolska, Institute of Qualitative Social Sciences longitudinal studies proved the correlation
- 2025 Journal of Organizational Behavior Study - personal happiness at home is the stronger predictor of workplace happiness.
- Good relationships
- Positive attitude
- Purpose
- Less stress
- Appreciation
- Work-life balance
- Humor
- Personal growth

Forbes 2024

5

I CAN'T ALWAYS CHOOSE WHAT HAPPENS, BUT I CAN CHOOSE MY RESPONSE

Event

A coworker is rude

Supervisor give criticism

Coworker is slacking

Your schedule changes without notice

Response

Negative Example

Positive Example

Outcome

More stress/conflict

Give space/time



6

THE HAPPINESS THIEVES

- 🗣️ Complaining
- 👁️ Comparison
- 😡 Unresolved conflict
- 📱 Constant distraction
- 💭 Negative thinking
- 🕒 Feeling overwhelmed
- 😬 Difficult people
- 🏠 Bringing work problems home

Which THIEF bothers you the most?

7

T - H - I - N - K

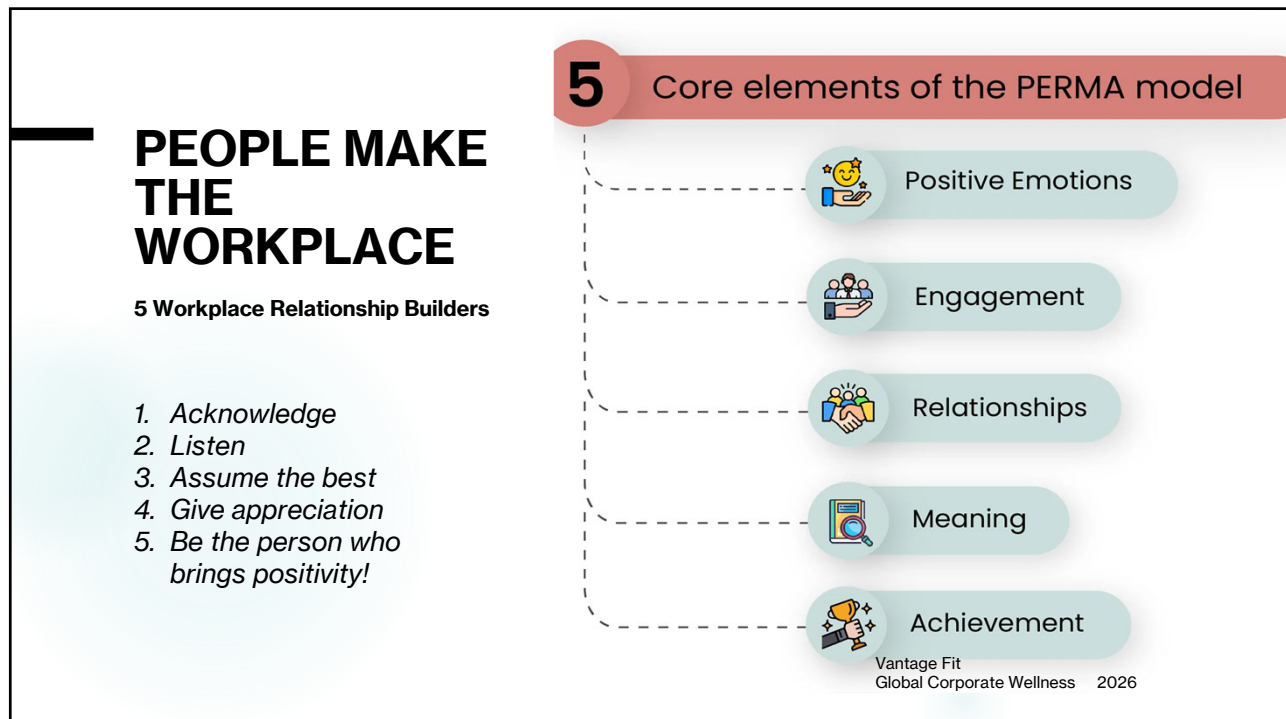
Is it TRUE?
Is it HELPFUL?
Is it INSPIRING?
Is it NECESSARY?
Is it KIND?

I there something I can do about it,
If NO.....LET IT GO!

8

PEOPLE DON'T QUIT JOBS,
SOMETIMES THEY
QUIT ENVIRONMENTS.

9



10

WHAT YOU LOOK FOR IS WHAT YOU SEE!

Writing Exercise:

- Three things you appreciate about your workplace.
- Three people I appreciate
- One thing about my job that I sometimes take for granted.

11

FINDING PURPOSE IN YOUR WORK

Why Does Your Work Matter?

- Because _____
- Who benefits because I show up and do my job well?

12

MY

“BE HAPPY”

AT WORK
PLAN

I will start _____.

I will stop _____.

I will continue _____.

One relationship I will improve _____.

One stress habit I will change _____.

One person I will appreciate more _____.

One thing I will do to improve myself _____.

13

YOU CAN BE
THE
DIFFERENCE

Your attitude.

Your response.

Your words.

Your relationships.

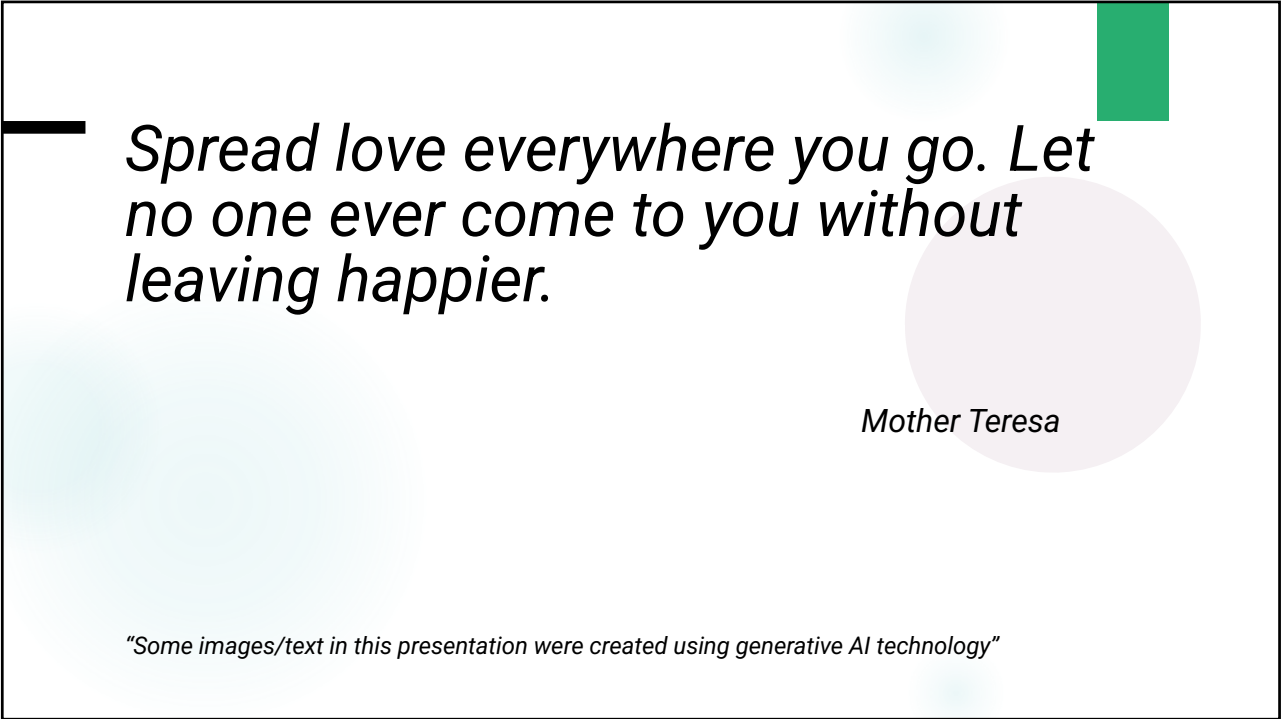
Your habits.

Your perspective.

And sometimes...

when one person changes the energy they bring into the room, the room begins to change.

14



*Spread love everywhere you go. Let
no one ever come to you without
leaving happier.*

Mother Teresa

"Some images/text in this presentation were created using generative AI technology"