



STOP COLLABORATE & LISTEN

LAUGH**O**LOGY

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DAVE KEELING

Lead Happiness Consultant



Laughology



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STARTER OR DESSERT

THEATRE OR FILM

TOP OR BOTTOM



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DOSE OF HAPPINESS

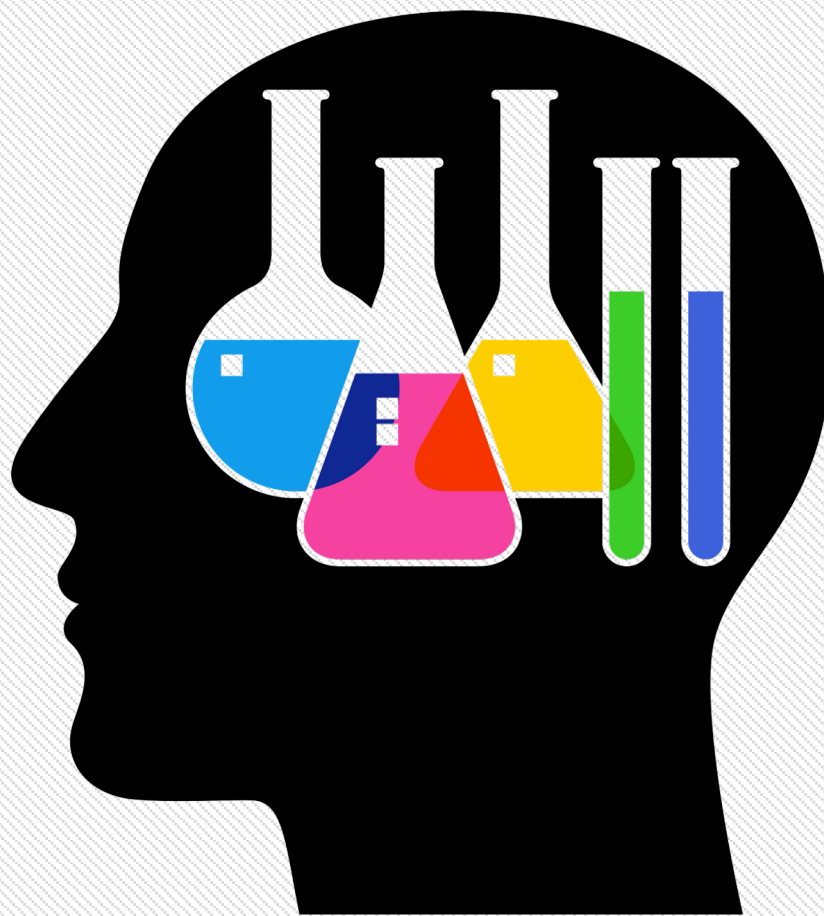
NEUROTRANSMITTERS

Dopamine

Oxytocin

Serotonin

Endorphins



INCREASING PSYCHOLOGICAL SAFETY

A LEARNING CULTURE

- Encourage curiosity
- Learn from mistakes
- Growth mindset

CLARITY

- Clear understanding of role
- Strong and clear brief/regular communications
- Context



COLLABORATIVE TEAMS

- Information sharing
- Make time for chats
- Make time for fun

SUPPORT

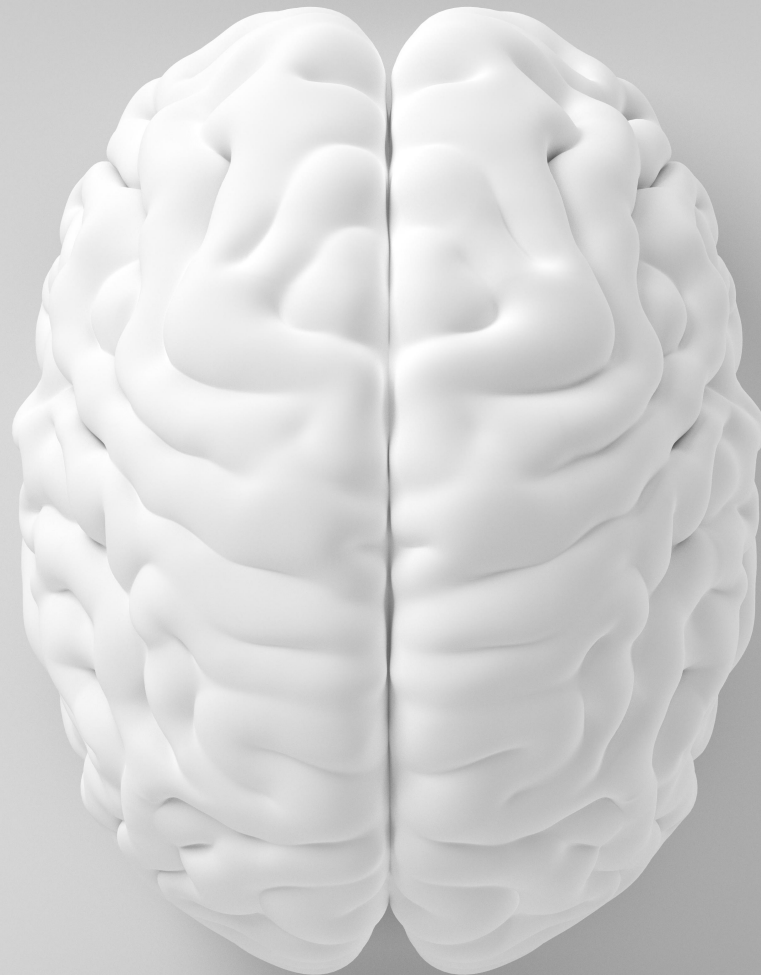
- Safe to speak up and ask questions
- Be available to listen
- Role model behaviours



FAST

EMOTIONAL

- Automatic
- Intuitive
- Instinctive
- Primary
- Rapid
- Blind
- 'WYSIATI'



SLOW

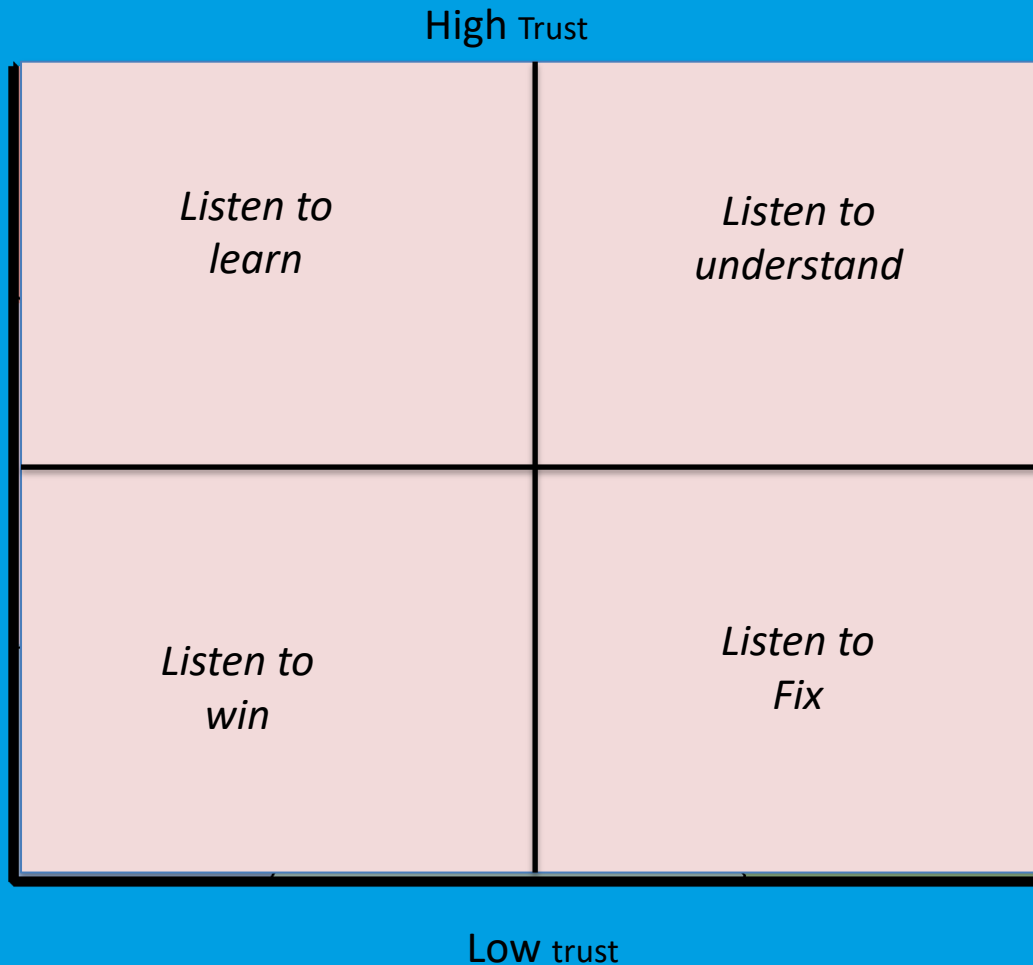
RATIONAL

- Considered
- Effortful
- Focused
- Secondary
- Slower

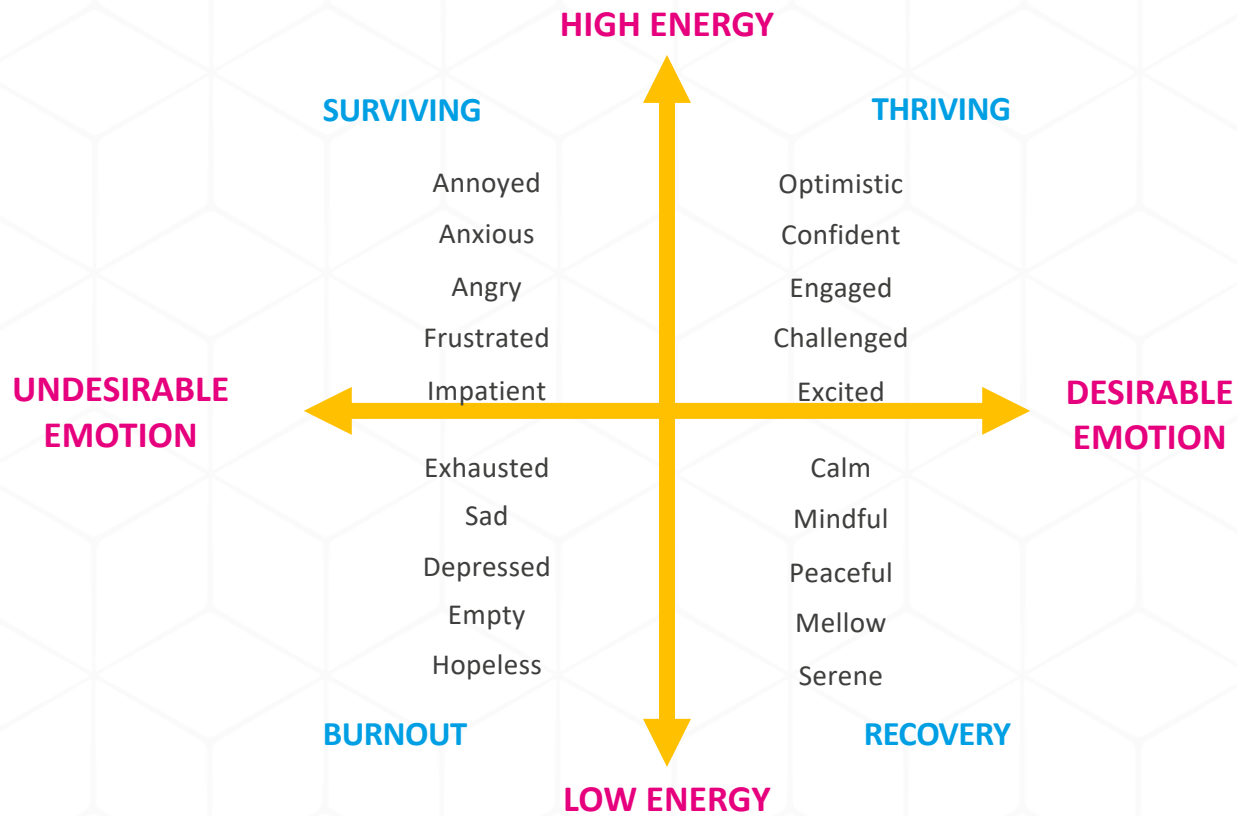


$$CQ + PQ = IQ$$

LISTENING, TRUST & QUALITY OF CONNECTIONS



Preparing Yourself



HOW DO YOU ENSURE YOU'RE AT YOUR BEST?



REFRESH

Reinvigorate

- Holiday
- Catch up with friends
- Change of scenery
- Exercise



RELAX

Slow Down

- Watching TV
- Reading
- Yoga
- Breathing exercises
- People watching



REST

Stop

- Bath
- Sleep
- Meditating
- Daydreaming





MAKING WORK YOUR HAPPY PLACE

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

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