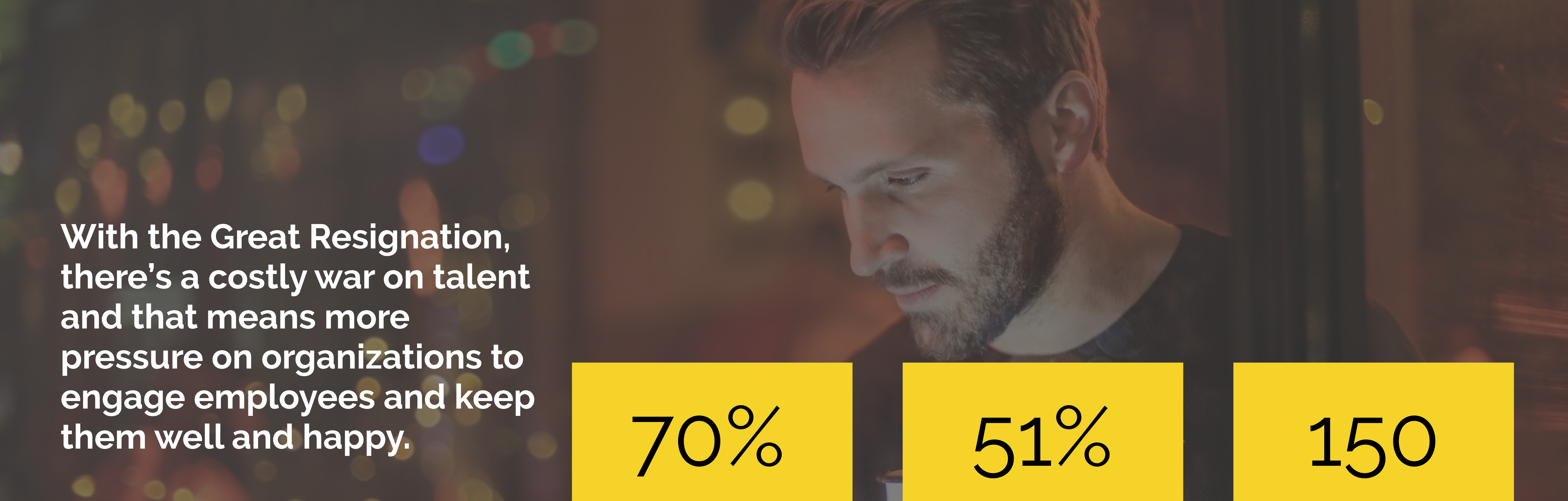


THE WORK HAPPINESS METHOD™

Inner Skills for Flourishing

WOOPA AH

By Stella Grizont



**With the Great Resignation,
there's a costly war on talent
and that means more
pressure on organizations to
engage employees and keep
them well and happy.**

The Work Happiness Method™
is designed to re-ignite and retain
employees, *from the inside-out by
teaching them key inner skills.*

70%

Of employees
are disengaged*

51%

Of employees
are looking for
new jobs*

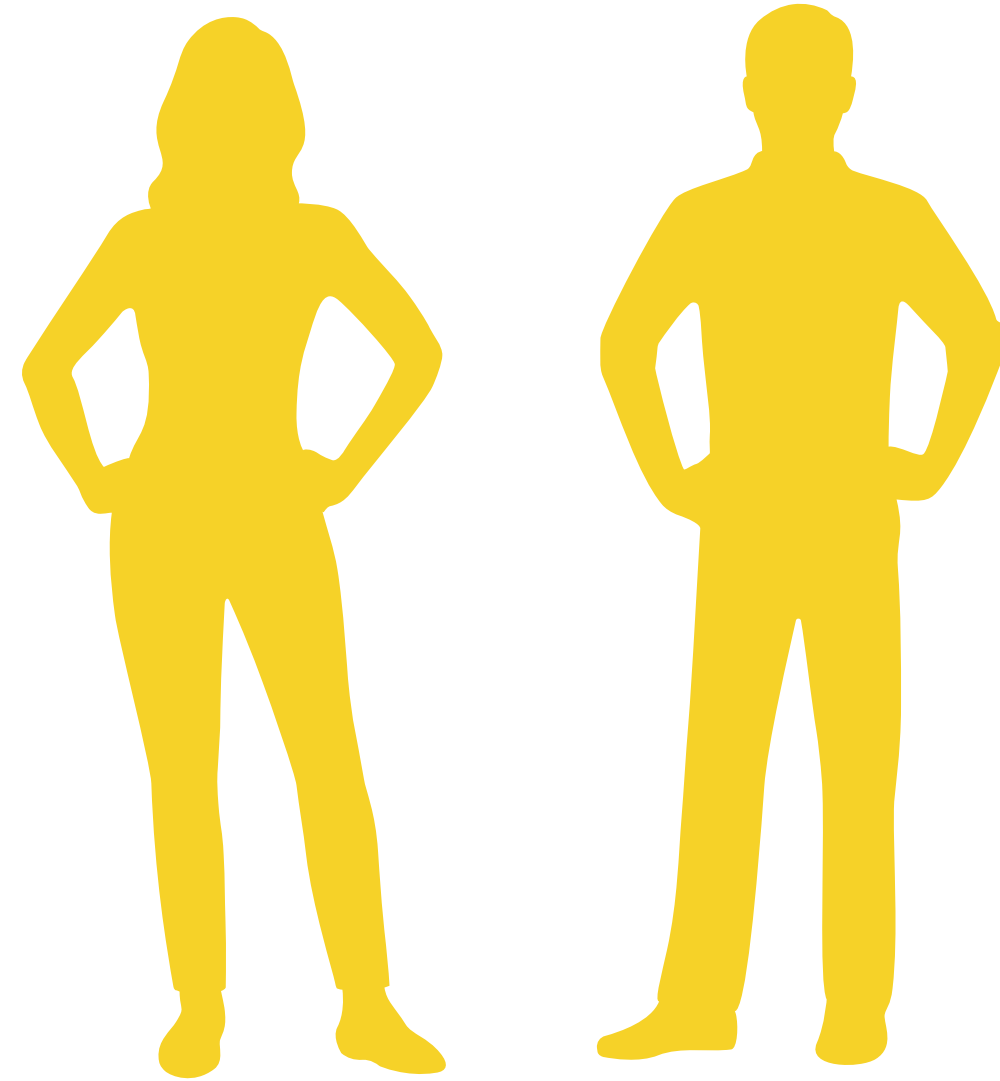
150

The percent of an
employee's salary paid in
turnover costs**

Evolution of Employee Development & The Future of Work



Hard Skills



Soft Skills



Inner Skills

“To know thyself
is the beginning
of wisdom.”

-Socrates



Inner Skills refers to knowing yourself and how to

- Manage your thoughts and emotions
- Develop healthy boundaries
- Communicate your needs
- Clarify what you want
- Create meaning and find purpose
- Leverage your strengths
- Make decisions with confidence
- Express your leadership point of view

**Developing Inner Skills is the key to resolving
what's driving The Great Resignation**

What is The Work Happiness Method™?

A program that teaches
5 Essential Inner Skills.

It's a five-week, live-virtual training and coaching program that teaches employees how to elevate their own engagement, meaning, happiness, and well-being at work (and in life) using the latest studies and tools from positive psychology, neuroscience, and leadership research.

The Work Happiness Method™ is designed to re-ignite and retain employees from the inside-out by teaching them 5 essential inner skills.

It takes the pressure off of leaders and empowers employees to own their experience.



Program Details



Program Objectives

01

RETENTION THROUGH RE-IGNITION

Employees get clear on what they really want so they can maximize engagement, influence their responsibilities in line with their strengths, and drive their career growth within your organization.

02

WELLBEING & BURNOUT PREVENTION

Employees gain awareness of where they need to create better boundaries and self care practices to optimize their energy and satisfaction at work.

03

RESILIENCE & FOCUS

Employees learn how to manage their thoughts and emotions so they can stay engaged instead of distracted by negativity, complaints, and worries especially when unexpected changes come up.

04

CONFIDENCE & PRODUCTIVITY

Employees gain an authentic and organic sense of power and influence which helps them do their job better and feel more satisfied with their experience at work.

05

CLEAR COMMUNICATION

Employees learn how to articulate their needs peacefully and effectively with their managers and coworkers before it's too late.

What's Included

1. **Pre and Post Assessments** (program efficacy tracking/metrics)
2. **Five live virtual trainings** (1-hour each) delivered weekly and recorded or as a one day experience
3. **Two group Q&A coaching sessions** (optional) 1-hour each via Zoom
4. **Easy-to-use Employee Dashboard** to receive training materials
5. **Five simple PDF cheat-sheets** to recap each module
6. **Gentle email and text reminders** to keep employees engaged
8. **Leadership Supplements** (Optional) for leaders to best support employees
9. **Continuity Program** (Optional) for sustained momentum offered for 6, 12, or 24 months

Program Content Overview

60 minute modules can be delivered weekly or as one day experience

Week 1 // Resilience:

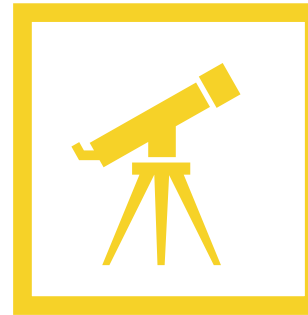
How to Master Your Mind and Mood



If you can't control your mind, then it will control you, or worse, sabotage your success. We'll start by learning about the science of emotions and how to avoid three major traps that keep you from growing and going after your dream.

Week 2 // Clarity:

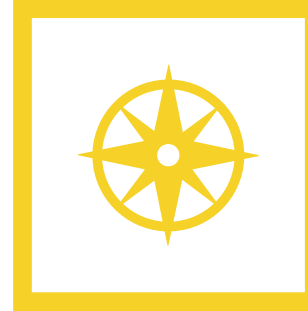
How to Create Your Career Vision, Here & Now



Unfortunately, one skill we never learn in school is how to figure out what we want. Most people do it backwards by first thinking about what they want to DO. But first we must ask how we want to BE.

Week 3 // Purpose:

How to Make Conscious Decisions, Everyday, That Align With Your Values



Meaning and purpose aren't something you seek or find on a mountain top. They're what you experience when you align with your values, here and now. And the great news is that you can express your values no matter what your role.

Week 4 // Healthy Boundaries:

How To Manage Your Time And Relationships With Resilience So You Can Prevent Burnout



Creating healthy boundaries better enables you to amplify your well-being, flourish at work, and prevent burnout. Learn how to say "no" with kindness, release heavy burdens or beliefs that hold you back, and examine your schedule to make way for nourishing and energizing activities.

Week 5 // Authentic Communication:

How to Ask for What You Need



Master difficult conversations, break through passive aggressive exchanges, speak up calmly and confidently. You can't experience your dream job without others. Learn how to be effective in those critical moments.

Group Coaching



Group Coaching Calls

Two dedicated group coaching calls with Stella Grizont offer participants a chance to ask questions, work through challenges, reflect more deeply, and celebrate progress.

- Take place at mid-point and after the final module
- Stella facilitates short exercises to establish comfort and openness
- Employees leave calls feeling more connected and not so “alone” in their challenges



Stella Grizont

Founder of Woopaah
Executive Coach
MAPP

A world-renowned positive psychology expert, executive coach, and speaker, Stella Grizont helps leaders work happier and live better. Stella supports high performers in experiencing deeper career fulfillment while aiding organizations in elevating the engagement, productivity, and well-being of their employees.

In the last 15 years, Stella has coached over 1,600 individuals in 27 countries. Some of Stella's corporate clients include Google, Johnson & Johnson, VMWare, Aramark, and Genentech. Stella is a favorite keynote speaker for organizations and conferences including: Comcast, WELCOA, Columbia University, and Elevate HR. Her online course on [udemy.com](https://www.udemy.com) is a best-seller with over 5,000 students.

Stella's unique approach to being happier and more engaged on the job has been featured in the media including: MSNBC, The Today Show, Bulletproof Radio, Entrepreneur, Vanity Fair, Fox News, and ABC. Stella was a repeat guest on MSNBC's Your Business and is a regular contributor to Forbes, [happify.com](https://www.happify.com) and Thomson Reuters.

Stella was one of the first 150 people in the world to earn a Master's in Applied Positive Psychology (aka the science of happiness) from the University of Pennsylvania. She holds a Bachelor's in Economics from Barnard College, Columbia University.

Organizations we've worked with



The grid contains the following logos:

- Google
- TEDx
- FOX NEWS Channel
- NYU
- MIT Massachusetts Institute of Technology
- wework
- ACCION
- COLUMBIA UNIVERSITY
- CHADBOURNE & PARKE LLP
- Johnson & Johnson
- FUSION-io
- ARAMARK
- Right Management ManpowerGroup
- mediabistro CAREERCIRCUS
- bamboohr
- MSNBC
- Ken Blanchard COMPANIES
- Genentech
- vmware
- LS Lowenstein Sandler
- the gamification summit
- DOW JONES
- COMCAST
- CONSCIOUS CAPITALISM
- DigitasLBi
- NYC



Program Results





**Elena
Xing Zou**

Dow Jones

**“It's been
life-changing
experience!”**



I have a clear vision for my future here, and more confidence in my decision making.

Elena Xing Zou, Dow Jones



I became more confident and a better problem solver as a result. I am no longer afraid to contact people outside my team to obtain valuable information.

Svetlana Tukhachevskaya, Dow Jones

I'm much more empathetic and way more confident.

Marc Bisbal Arias, Dow Jones



I've had such a shift in my thinking and what I want out of my future.

Caitlin Farrell, Dow Jones



I am more focused and in control. Finally I have work-life balance and don't feel so frazzled.

Shayna Sebold, Dow Jones



I've done a lot of programs and this is by far the BEST I've experienced.

Nicole Esposito, Dow Jones

Even During a Pandemic We Saw Tremendous Improvement in Mental Well-Being, Optimism, and Engagement

	Percent Change of Group Average
I'm flourishing and experiencing positive well-being.	Up 34%
I'm feeling depressed and/or anxious.	Down 19%
I'm burned out or very close to it.	Down 23%
I manage my stress well.	Up 18%
I am happy with the quality of my relationships at work.	Up 16%
When I wake up, I look forward to the day ahead.	Up 33%
I speak up for needs at work in a clear and confident manner.	Up 28%
I have healthy boundaries, and feel comfortable saying 'no' when I need to.	Up 43%

94%
of participants agree that
The Work Happiness Method™
**has made them a better
leader**

Results from Lee Health Participants Oct 2019





Christine Campione

Director of Talent
Dow Jones

“I have never seen such **high engagement** in a five week program.”



Let's talk

Book a call here:
workwithstella.com

Or email:
stella@woopaah.com