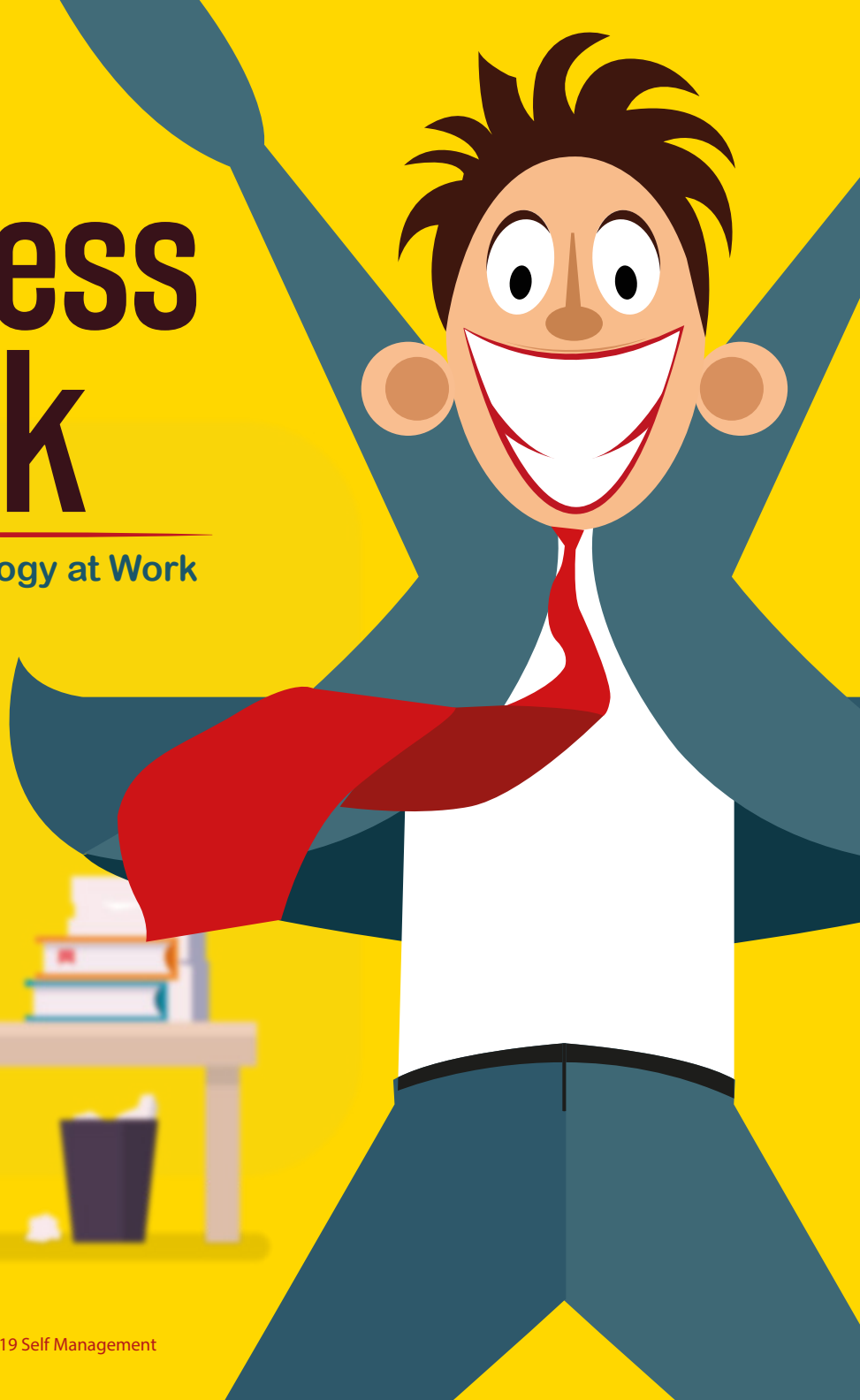


Happiness @ work

Applied Positive Psychology at Work



Al-MUNEER HRD
"Different is Better than Better"



Post Covid-19 Self Management

Covid-19 pandemic has changed business, our lives and the world. What was working before the pandemic may not be applicable today. In this program, you will have the required update on how you view things (your growth mindset). Also some tactics that will help manage the state of denial, resistance and anger towards what you are going through. Finally, you will have some strategies to move to the level of commitment and performance in the new situation as a new start and a new norm.

01

Post Covid-19
mindset.



02

Techniques for
handling denial,
resistance and anger
toward the Covid-19
situation.



03

strategies to raise
commitment,
performance and
have a new start.

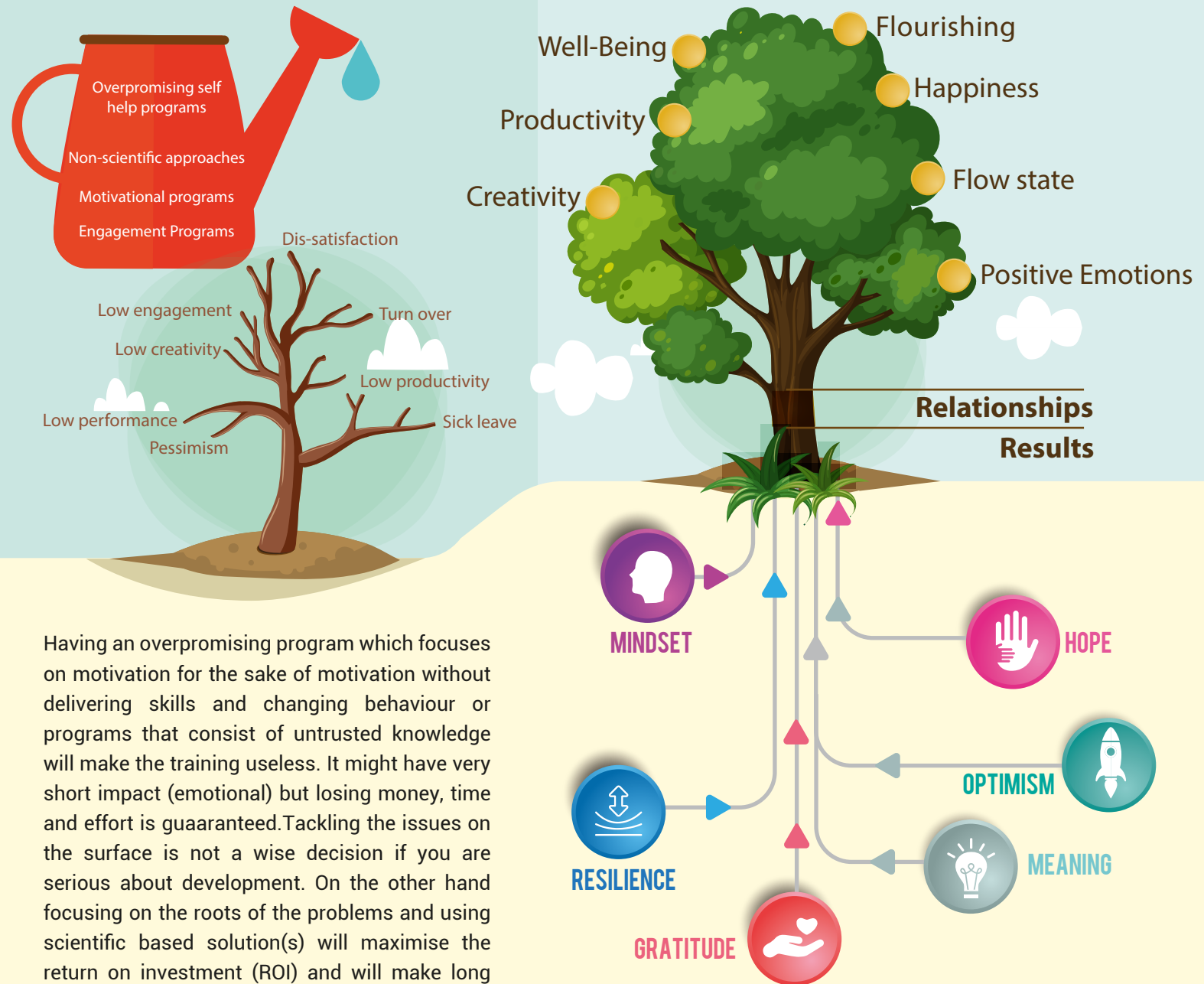


04

Discussion to
discover other
challenges and how
to overcome them.



SYMPTOMS TREATMENTS vs ROOTS TREATMENTS



Having an overpromising program which focuses on motivation for the sake of motivation without delivering skills and changing behaviour or programs that consist of untrusted knowledge will make the training useless. It might have very short impact (emotional) but losing money, time and effort is guaranteed. Tackling the issues on the surface is not a wise decision if you are serious about development. On the other hand focusing on the roots of the problems and using scientific based solution(s) will maximise the return on investment (ROI) and will make long lasting impact.

FACTS

About **350\$** Billion
a year is Lost Due to
Unhappy Workers!!!!

Gallup 2014

Work-related stress
caused workers in
Great Britain to Lose
11.3 million working
days in 14/2013

Gallup 2011

- Are you ready to stop the drain of resources and convert it to profit?
- How much you are loosing?
- A lot of **AHA** moments are waiting for you in this Program.



%25

MEH!



%55



%20

*Deloitte Shift Index 2010

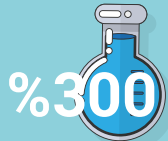
SCIENTIFIC SENSE

science proved that happy employees are more creative, open to change, %40 more confident.



WOOOOOHOOO
OOOO!!!

EFFECT OF HAPPINESS AT WORK



%300 more innovation (HBR)



%108 more engaged (involved & loyal)



%37 increase in sales (Shawn Achor)



%10-40 increase in Productivity (Shawn Achor, 2007)



%50 more motivated (Jones, 2012)



%66 fewer sick leave days (Forbes)



%44 higher retention (Gallup)

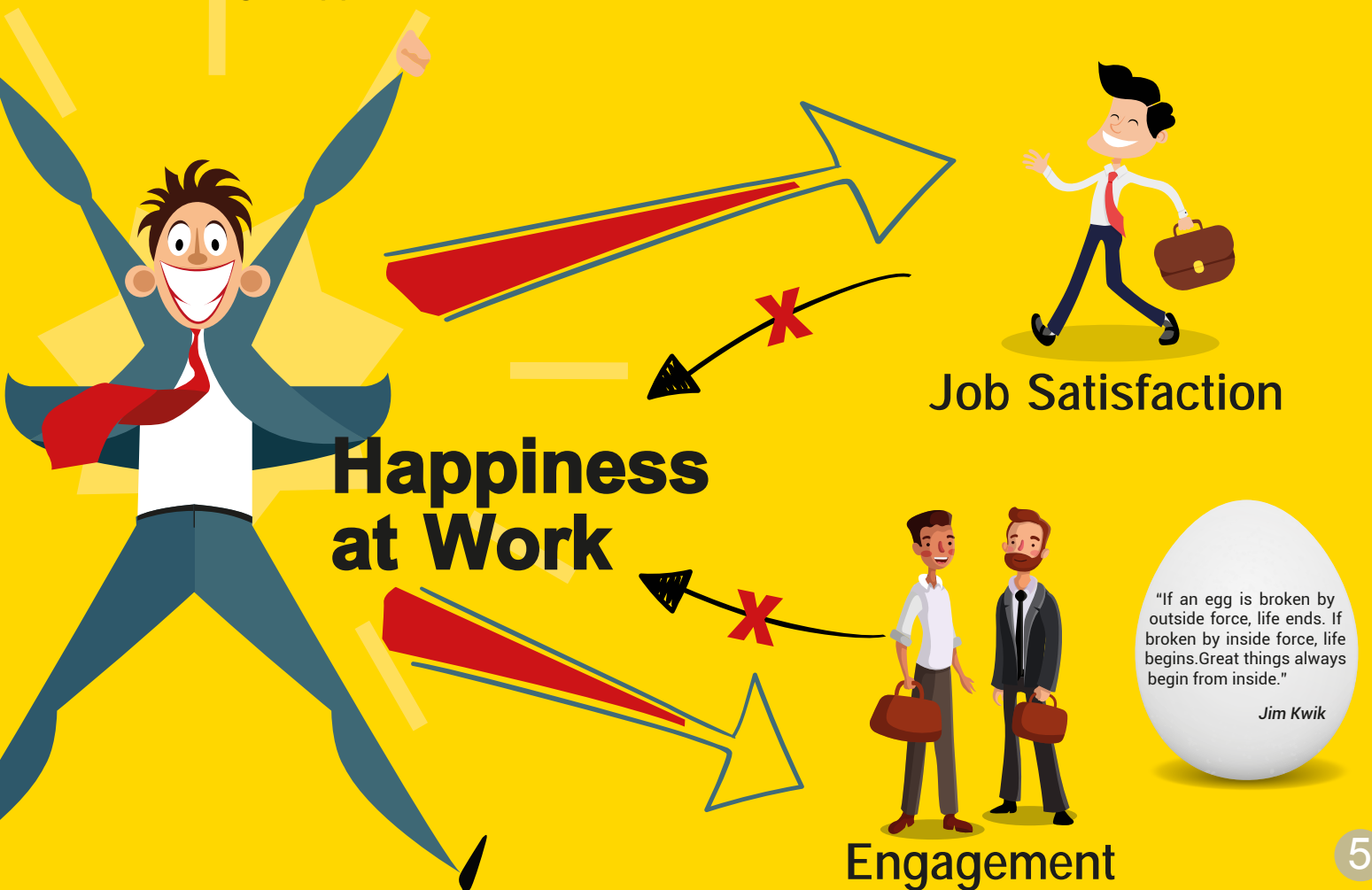
- Would you like these numbers reflected in your organization?
- Would you like to see the effect of implementing the "happiness @ work" program among world class companies?

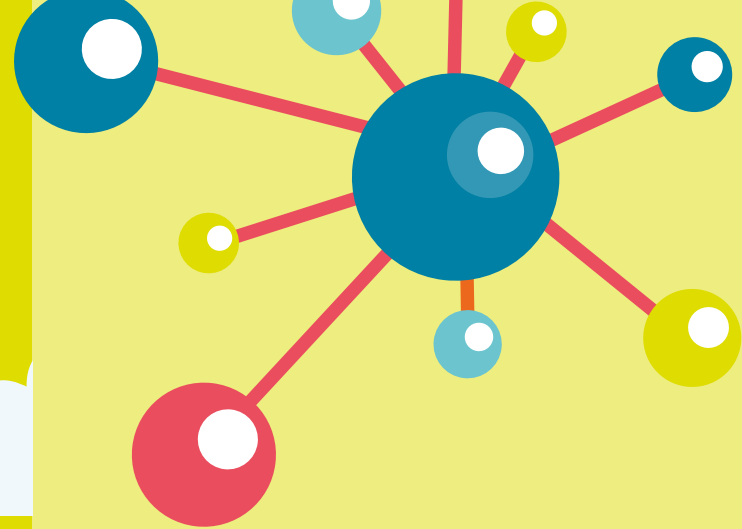
HAPPINESS AT WORK VS ENGAGEMENT AND JOB SATISFACTION

How much you are spending in engagement programs?

How much are you investing on employee satisfaction?

Whatever benefits you give or engagement activities you do will have short term impact. Fortunately focusing on happiness will guarantee the satisfaction and the engagement and that's why big organisations like Lego, IKEA, Google, apple move to this direction.





Program Objectives

- Having the growth mindset at work
- Raising the productivity
- Improving the ability to handle challenges at workplace
- Applying all positive psychology aspects such as (Gratitude – Forgiveness – Positive emotions, ...) at workplace
- Making the workplace more fun and have meaning to reach through results and relationships.

Program Outline

- Foundation of Happiness at Work
- Growth Mindset
- Well-Being and Flourishing
- Other positive Psychology aspects

The above outline is a **5 days** program - you can design your program based on your challenges. You can benefit from our experts ability to tailor make your program to maximize the return on investment for your organization.

"Muneer is a man of compassion. He has a great ability to recognise things in others that they probably don't see in themselves and help them to develop their strengths and learn to flourish. he has a wonderful way of explaining things, in clear, understandable and insightful ways."

Deborah Smith, MSC
www.growyourownhappiness.com

أول مرة اتقبل أن
يزيد المدرب الوقت لما
بعد الوقت المحدد.
حيدره

"أيام لا تنسى وهي
بداية خير وأشراق
في تحقيق ما هو
أجمل"
انتصار الشيري

While I attend this program I
see the trainer apply the
positive psychology (he walk
the talk)
Mohammed Al-Balushi

كنت اعتقد ان مدربي
برامج تطوير الذات
بياعين كلام هدفهم
الربح المادي فقط ،
ولكنك احدثت الفارق.

عبدالله الكاف

البرنامج مثمر جدا
والمدرب متمكن في
كيفية ايصال الفائدة
والعلمة بطريقة
مبدعة وطريقة
جديدة في التدريب

أجمل برنامج تدريب حضرته
من فترة طويلة، شعرت ان
البرنامج صمم خصيصا لي،
البرنامج مفيد وممتع
نارية

Its life changing
program. It's a first time
a program and trainer
made a lasting mark in
me. These 5 days meant
a lot to me.

Tarek Al-Gafri

وجدت ضالتي في
هذا البرنامج

فاطمة الميجيني

توقعاتي قبل البرنامج كانت ان المدرب راح يبيع
كلام فاضي
ولكن بعد اليوم الأول عرفت اني مخطئ
استفدت كثيرا وشعرت بفارق وحققت اهدايف
منذر العريمي

لم أكن متحمس وكنت اعتقد ان
يوميون تكفي للبرنامج
وبعد اليوم الأول زاد حماسي و
لم ارد ان يصل البرنامج لنهايتته
يعرب المعمرى

("How we train is What we train")



"We don't stop playing because we grow old; we grow old because we stop playing."

George Bernard Shaw





Delivered by: Muneer Abdulla

Education



Customization

Adjusted for GCC culture
5 years preparation and testing

Methodology

Experiential Learning Approach
Carefully selected exercises from +300 database.

Experience and Certifications



More than 20 years in the training field.

Master Trainer from many organizations.



MTa and Lego Serious Play facilitator.



Mars Venus Coach.



Paul Ekman Associate

Work in many projects in several sectors.

Memberships





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“Different is Better than Better”

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