



“Unleashing our  
**Happiness  
potential**”

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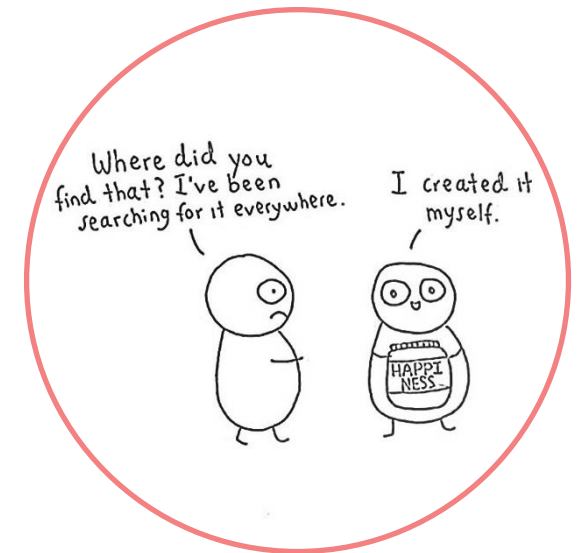
*Visualizing  
a happy moment*

# *Happiness is a broad experience*

how much  
positive (and  
negative)  
**emotion** are  
we  
experiencing?



how **satisfied**  
do we feel  
with our  
lives?



**Affective | Hedonic | Short-term**

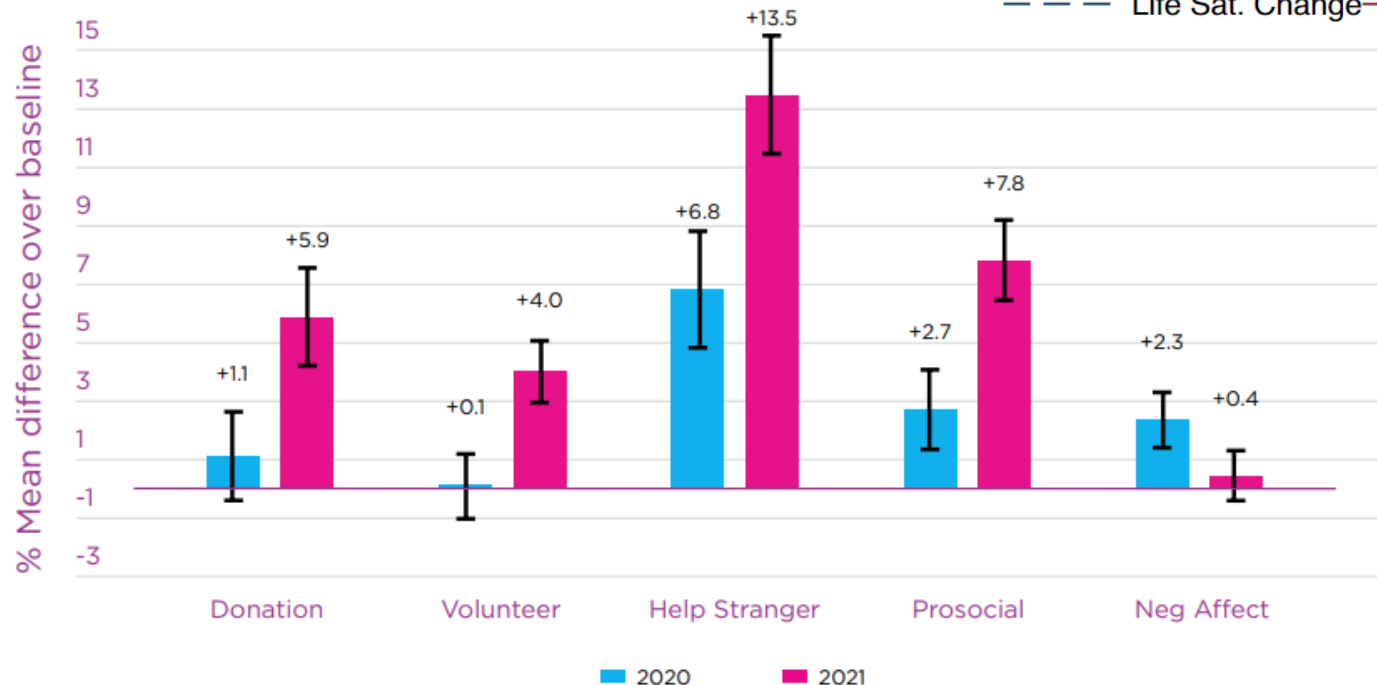
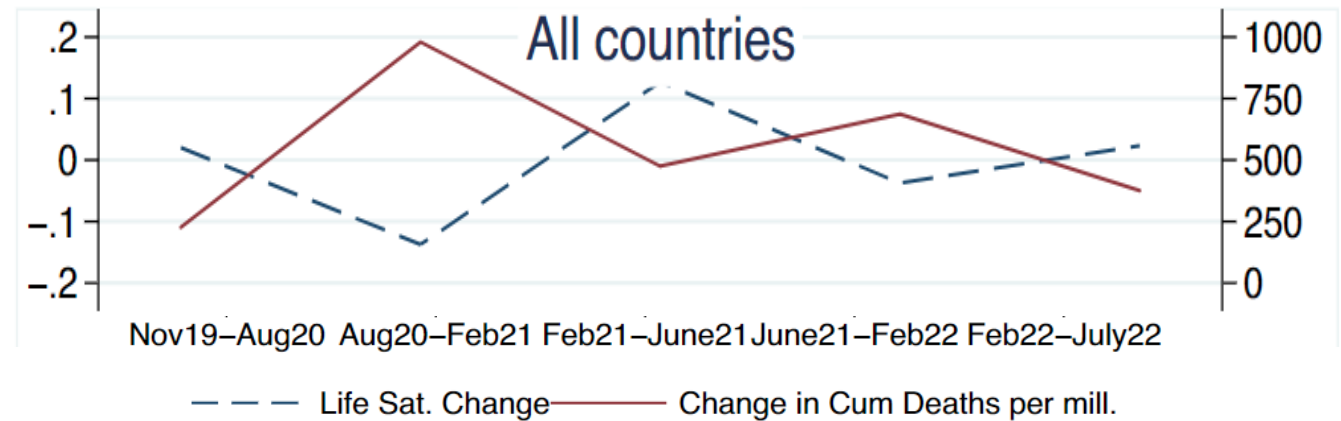
**Cognitive | Eudaimonic | Long-term**

“the experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile”, The How of Happiness, Sonja Lyubomirsky

# Happiness is complex & Humans are resilient

**Life satisfaction** at the end of the third wave was, on average, **virtually unchanged** to pre-pandemic level<sup>1</sup>

<sup>1</sup> Proceedings of the National Academy of Sciences (PNAS), "Three years of COVID-19 and life satisfaction in Europe: A macro view" Richard A. Easterlin and Kelsey J. O'Connor



**Global benevolence, has increased remarkably in 2021, up by almost 25% of its pre-pandemic level<sup>2</sup>**

<sup>2</sup> World happiness report 2022

# *Happiness is linked to good life outcomes*

Research (more than 225 studies) demonstrates that happiness has beneficial **real-world consequences**. Individuals with higher levels of happiness:<sup>1,2</sup>

Perform better at work	Are better Leaders	Have more satisfying relationships	Have more friends and social support	Have more fulfilling marriages
Are more cooperative	Are more helpful and philanthropic	Have stronger immune systems	Have better physical health	Live longer
Have reduced cardiovascular mortality	Have fewer sleep problems	Have lower levels of burnout	Have greater self-control	Show more resilience to stress

- **+37% in sales**
- **+31% in productivity**
- **+19% accuracy on tasks**<sup>3</sup>

There is evidence of a causal relationship between happiness and success

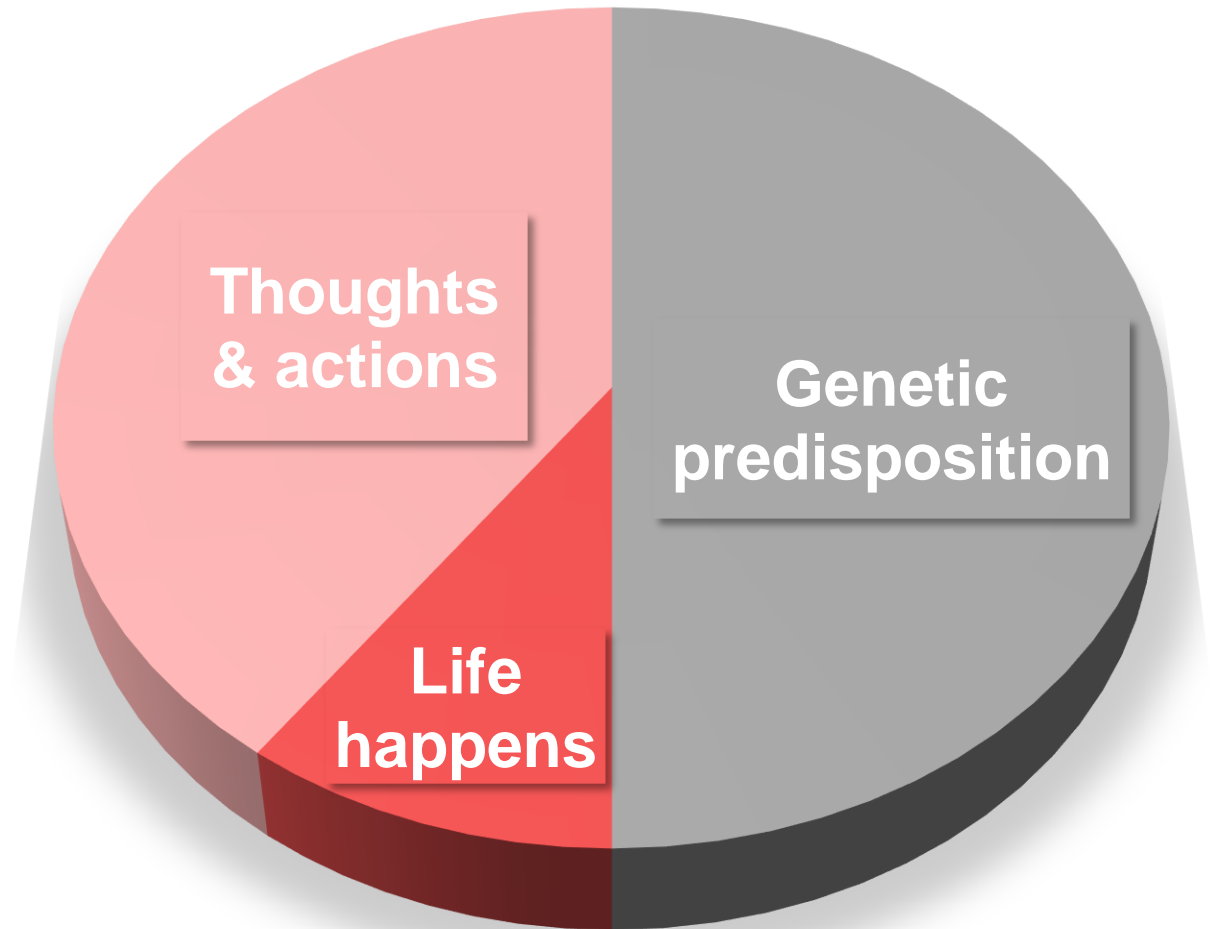
<sup>1</sup> "The Benefits of Frequent Positive Affect: Does Happiness Lead to Success?" Sonja Lyubomirsky, Ed Diener

<sup>1</sup> "The benefits of frequent positive affect: does happiness lead to success?", Lyubomirsky, Sonja; King, Laura; Diener, Ed, 2005  
<sup>2</sup> University of Pennsylvania Positive Psychology Center  
<sup>3</sup> "The Happiness Advantage", Achor S., 2010

# *We have scope for shaping our own experience*

## Human potential for happiness:

- It is estimated that our **thoughts and actions** account for almost half of the variance in happiness we experience throughout our lives...<sup>1</sup>



<sup>1</sup> from the Yale course "Science of well-being",  
by Laurie Santos

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*Conducting a little  
experiment*

# *Small things make the big difference...*



**Assumption:** 40% of fellow train passengers are willing to talk  
**Reality:** 100% are happy to chat

**Both people felt happier** at the end of the commute!

## **Connection initiatives in the UK:**

- Virgin Trains designated the "**chat coach**"
- Arriva Buses distributed "**conversation starter**" cards

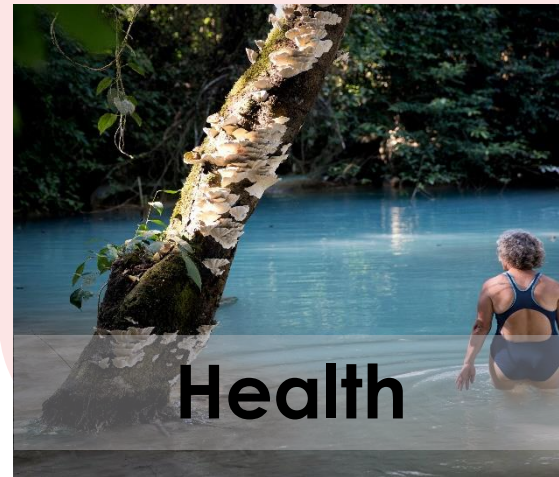
Research<sup>1</sup> suggests that **people underestimate the positive impact of connecting** with others for both persons' wellbeing, like:

- Chatting with strangers
- Writing a thank-you message
- Doing a random act of kindness
- Expressing compliments
- ...

<sup>1</sup>"The surprising benefits of talking to strangers", Nicholas Epley, Director of the Center for Decision Research at the University of Chicago, Juliana Schroeder, professor at University of California, Berkeley



# *The 6 pillars of Happiness\**



\*Dr. Seligman's PERMA™ theory of well-being

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*Reflecting  
on our happiness*

# *Self-reflection*



Join at [menti.com](https://menti.com) use code 6990 2905

 Mentimeter

Which happiness pillar(s) would you like to further foster (up to 2)?







*Thank you*

[www.theHappyLab.gr](http://www.theHappyLab.gr)

