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## Key Areas that can benefit from increased workplace happiness

- Productivity
- & Performance
- Motivation
- Engagement
- Conflict Resolution
- Original Thinking
- Staff Retention
- Reduced Recruitment
- Lower Training Costa



## Aotearoa Life Education Foundation

Work-related mental disorders aka psychological injuries, not only negatively affect the immune systems of individual employees, but also spill out into the company with financial costs associated with the frequent or long periods of sick leave that such employees typically take and a resultant loss of morale across the workforce.

## Happy Employees are Healthier

Employees who are happier are not only healthier but also work better and produce benefits across a range of areas.



## Positive Employment Benefits

Happy employees are also more likely to ask for help and this is very important for productivity because many employees feel ashamed to ask for support when they need it. Companies are creating in house Health & Culture positions to nurture wellbeing and address mental health and social issues in the workplace to promote a happier environment for everyone.



## Aotearoa Life Education Foundation

### • More Happy Bunnies

Happiness is of a multiplying nature - properly nurtured it can grow throughout the entire company. Happy is the best compost to grow successful companies and strong workforce from.

More happy employees mean more happy bosses, means more happy employees, and the cycle continues.

Happiness increases productivity because happy employees support one other.

When employees have positive attitudes, they are more willing to support fellow workers in achieving the company's goals especially in group projects.

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