
TOOLS TO TRANSFORM
YOUR CULTURE WITHIN

THE HAPPINESS EFFECT CHALLENGE

for Leaders and Managers





Why The Happiness Effect Challenge?

#SPREAD HAPPINESS

1. Create a powerful culture shift that has the multiplier effect
2. Introduce new leadership behaviours
3. Inspire engagement and connection on a daily basis
4. Build happy and healthy teams
5. Become a more Human-centric organisation

Natalia Cohen - Inspirational Speaker and Mindset Coach

Natalia was part of the first all-female team to row unsupported across the Pacific Ocean for 257 days.

During this Challenge Natalia will show how with a positive mindset, a determined and aligned team, and a sense of humour, you can cross your own personal Pacific.

MEET Natalia

Julie McGann - Leadership and Wellness Expert, Mindfulness Coach

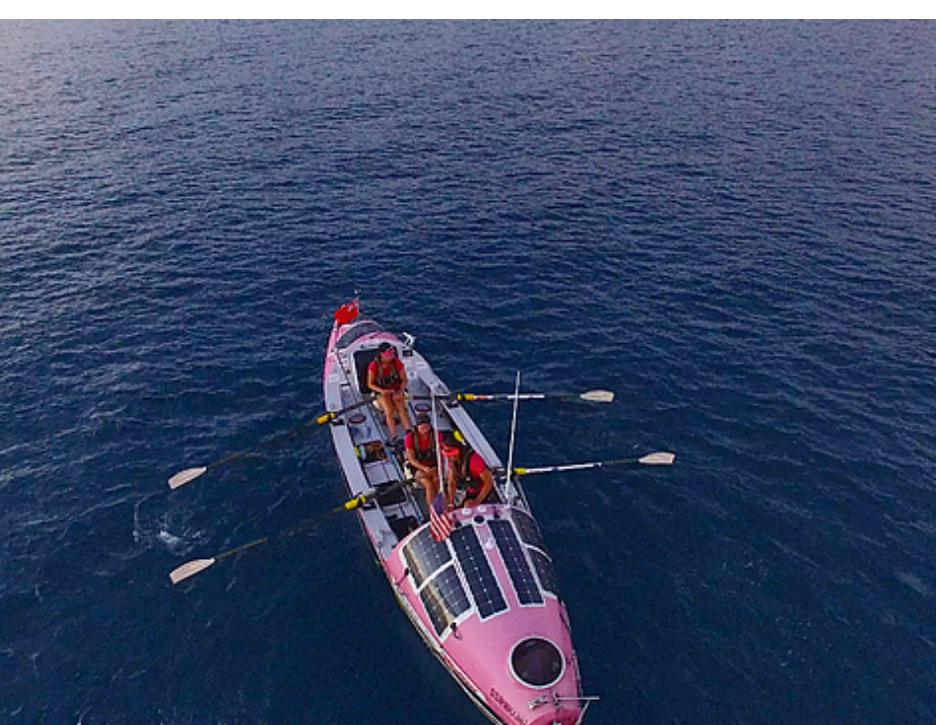
Julie has spent the last 5 years as a CEO of a corporate wellness academy designing and delivering a variety of wellness programmes to the best companies in the world.

Julie is a qualified meditation teacher and she is leading many workplace mindfulness programmes.

MEET Julie

Challenge Facilitators





What to expect from the Challenge?

1. We will provide your managers with the powerful tools to create a positive culture shift within their teams
2. We will inspire new behaviours every day that they will have to action and feed back on
3. We will show them new ways to connect with themselves and lead their people
4. We will help them to see how their state of mind impacts people around them
5. We will inspire them to be the best they can be every day during the Challenge and after

#BE KIND

HOW IT WORKS?

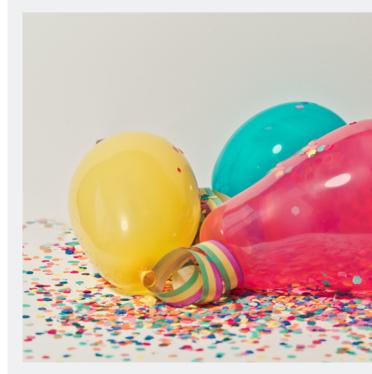
1. Managers receive a daily task from us first thing in the morning.



2. They have two days to execute the task and feed back on how the task went to us and THE Community.



3. THE Community is a place where managers feed back on the tasks and share their experiences. It creates accountability.



4. If they miss more than three tasks they leave the challenge.



5. The tasks are either to ask them to take action or to engage in reflection.



6. The Challenge lasts for 15 days from Mon to Fri.

#SPREAD HAPPINESS

WHY CHOOSE THE CHALLENGE?



Simple and Impactful



Cost-effective



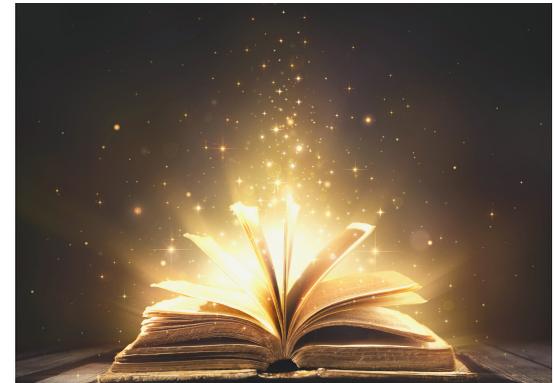
Strong Accountability
Factor



Easy and quick to
launch



Engage your
managers anywhere
in the world



Innovative, engaging
and exciting

Action: Do 3 random acts of kindness at work

Promoting kindness can also cultivate happiness for yourself and others.

We invite you to do a 3 random acts of kindness today.

To Share: 3 acts of random kindness and feelings that arose during the task.

Action: Show your appreciation today (for 3 different people at work)

Using three different types of medium (send an email / voice or video call/face-to-face.)

To Share: Who did you appreciate today and how did the task make you feel?

What are other ways you can show appreciation in the future?

Task Examples





CREATE A POSITIVE
CULTURE SHIFT WITH

THE HAPPINESS EFFECT CHALLENGE

If you are interested to learn more please leave your details by clicking on a button below and we will get in touch.



[Looking for a personal happiness challenge instead? Click HERE](#)