

May 2010 6 Ways to Boost Your Happiness at Work

Hello Subscriber,

Welcome to all new readers this month, and thank you to those of you who have been sharing this news digest with colleagues, friends and family.

In common with many in the country, I have been drawn to the coverage of the general election and the drama that has unfolded since. What exciting times we find ourselves in! I do wonder how Gordon Brown would have rated his happiness at work, say a month ago; and I wonder how he would rate it now. It was striking, wasn't it, that he seemed at his most relaxed and authentic as he delivered his resignation speech.

Another person I would love to ask today for a gauge of his happiness at work is Kevin Pietersen. His wife gave birth to their first child last week, and on Sunday he was voted Player of the Tournament as the England cricket team romped to a convincing victory in the ICC Twenty20 World Cup in Barbados. Magic!

Our own jobs may not deliver highs and lows with quite the same profile (or perhaps they do!), but it's useful from time to time to consider whether we are truly happy in our work. The featured article this month examines 6 criteria that help define our level of contentment. To give you a clue, one of them is *contribution* - and for two great examples of that, check out '*Women in London Making an Impact*', and '*Peace One Day*' too.

Have a very happy month at work!

Warmest wishes, Helen



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Featured Article - 6 Ways to Boost Your Happiness at Work

On a scale of 1-10, how happy are you at work? I encourage you to jot down that number. Is it the right number for you? Or do you seek to change it in some way? [Read on](#) for 6 ways you can boost your own level of happiness at work.



Helen Recommends

Communications Mastery

We all have a basic set of communication skills that get us through our daily lives (we can talk, listen, read and write, after all). Increasingly however, that's not enough. Even Gordon Brown, after he stood down as PM, joked with students in his Fife constituency that he was considering enrolling on their Communication Skills course.

[Communications Mastery](#) is a new course from Kaizen to help you:

- understand more about how you come across to others
- learn to deal with 'difficult' colleagues
- present your ideas with confidence and flair (so that your audience understands and buys in)
- turn around ineffective meetings.

Join us for a fun and practical two days in June. This eye-opening course is especially suited to:

- new managers
- those who are ready to step up to the next level in their work
- former Prime Ministers!

[Find out more](#), now.

Visit Website

More resources, Kaizen tips

Email Helen

Concerns? Suggestions?

Women in London Making an Impact

The [Room to Read London Chapter](#) Women's Network hosts regular Business Breakfast events for women working in the capital. The breakfast meetings provide personal development opportunities for women in business - pragmatic tools to help women make a greater impact in their workplace. In turn, the breakfasts celebrate the impact Room to Read is making in international children's education, and raise funds for girls' scholarships.



Sign up for our [LinkedIn group](#) to receive details of future breakfasts.

Peace One Day

I watched an inspiring DVD at the weekend about one man's campaign to influence a day of complete ceasefire across the world. Jeremy Gilley is an independent film maker, and for over a decade he has been lobbying key influencers across the globe to buy into his idea of peace for one day. He has captured his amazing journey and phenomenal achievements in his film – [The Day After Peace](#). Learn how Gilley has galvanised support from the likes of the Dalai Lama, Jude Law, Angelina Jolie, and Kofi Annan, and how, for one day, ceasefire in parts of Afghanistan enabled thousands of previously inaccessible children to receive immunisation against polio.



It's easy to be cynical about such one-man campaigns – indeed, cynicism may well be the greatest challenge Gilley faces. When I stop to think about what he has achieved, it's simply mind-blowing.

The words of Margaret Mead come to mind: *'Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever does.'*

About Helen Krag

Helen is a trainer, facilitator, coach, speaker and consultant. She works primarily with talented women in business to help them:

- Fast-track their personal progress
- Step up to the next level
- Increase significantly their contribution in the workplace.

Helen has a healthy obsession with personal influence and is fascinated by how people influence positive change for themselves and others. Her **model for influence** charts the ways of thinking and being that make people influential. Using these distinctions, clients are able to develop more effective approaches for themselves, whilst remaining true to their own personal style.

[Find out more](#) about Helen and her work, or call her on +44 (0) 7802 796641.

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