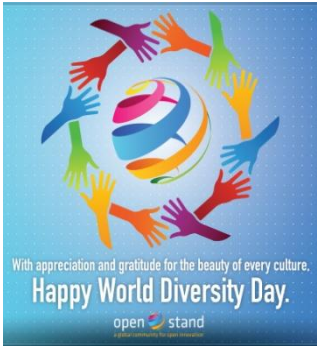


TG REFERENCE GALLERY

HAPPY WORLD



www.shutterstock.com - 753513340

**HAPPY
WORLD**



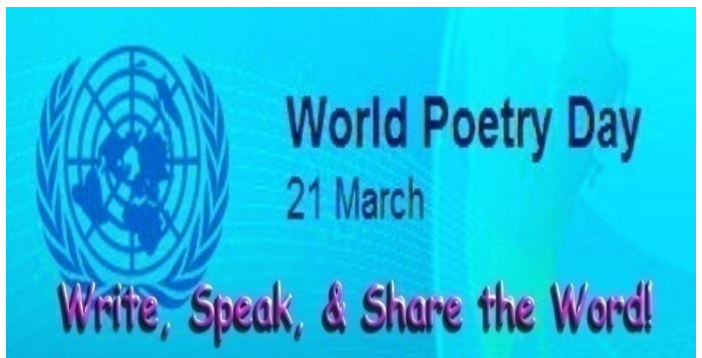
World Tourism Day 27 Sep 2017
**Sustainable
Tourism**
a Tool for Development

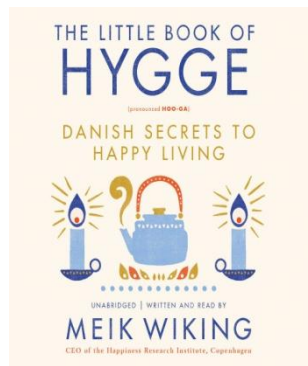
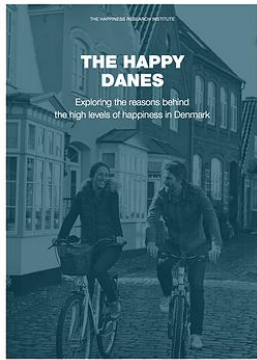
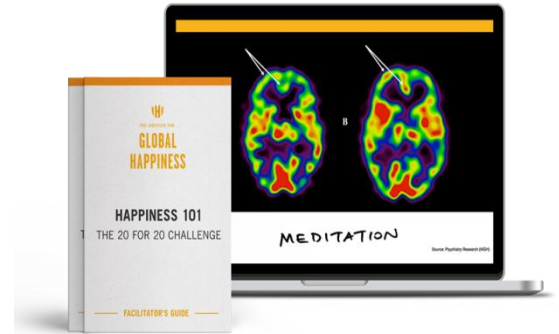
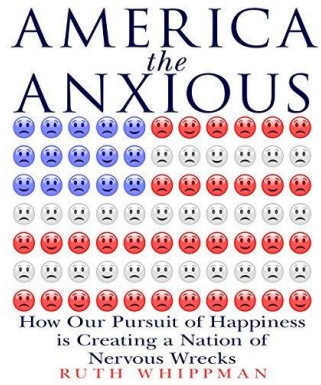


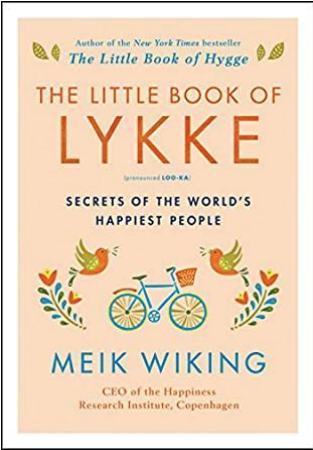
World Usability Day 2011

10 November 2011 - Making life easy!

EDUCATION: Designing for Social Change







What can we learn from Danish leadership?

MALENE RYDAHL
Partner, Head of Happiness



Certified by the
 HAPPINESS RESEARCH
 INSTITUTE



"One of the recurring patterns in happiness research is how much social comparisons matter. We evaluate our lives based on how we are doing compared to others."

Meik Wiking
 Chief Executive, Happiness Research Institute, Denmark
 OECD Forum 2017 Speaker



#OECDForum
 6-7 June 2017, Paris
www.oecd.org/forum

THOUSANDS OF CANDLES CAN BE LIT FROM A SINGLE CANDLE AND THE LIFE OF THE CANDLE WILL NOT BE SHORTENED

HAPPINESS
 NEVER DECREASES FROM BEING SHARED



HAPPINESS RESEARCH INSTITUTE





THE SCIENCE OF HAPPINESS
How to Build a Killer Culture in Your Company

globoforce

DOWNLOAD THE WHITEPAPER

Many successful companies look to a **STRONG CULTURE OF RECOGNITION** to steer them through unsteady waters.

Source: BusinessWeek.com and Harvard Business Review

HAPPY WORKERS
Achieve their goals 31% more often

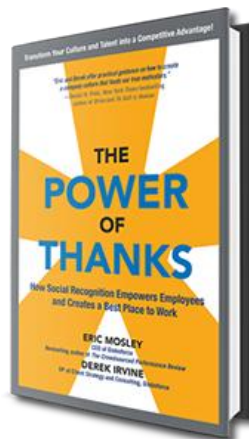
*Wall Street Journal and Gallup Institute

Happy Employees



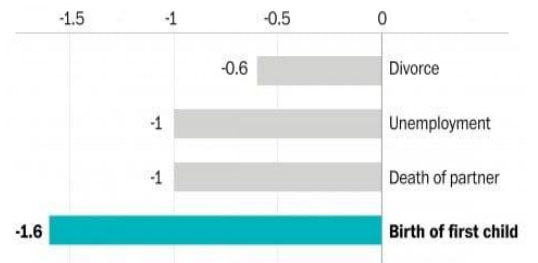
“Study after study points to **unhappy employees** leading lives of **unproductivity**, which **hurts company profits**. Gallup recently estimated that symptoms of employee unhappiness - high absenteeism, chronic turnover, quality control issues, lost productivity – **cost** companies an eye-popping **\$550 billion a year**.”

“Firms with happy employees beat the competition”



Loss of happiness

The average change in well-being on a scale of 0 (completely dissatisfied) to 10 (completely satisfied) by life event.



Source: Max Planck Institute for Demographic Research

THE WASHINGTON POST

Workers who believe their company cares about them are

17% happier at work

9% happier at home

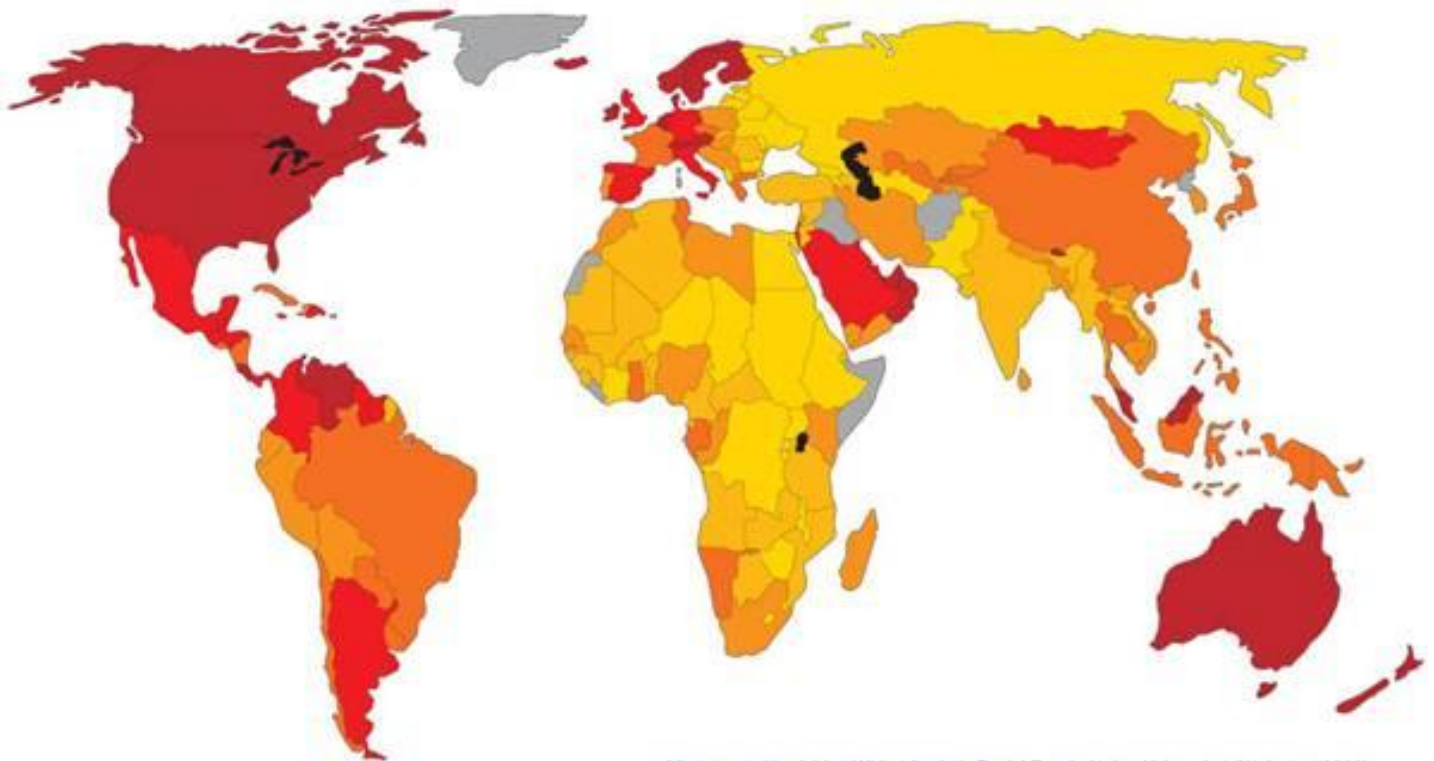
Source: WorkHuman Research Institute at Globoforce



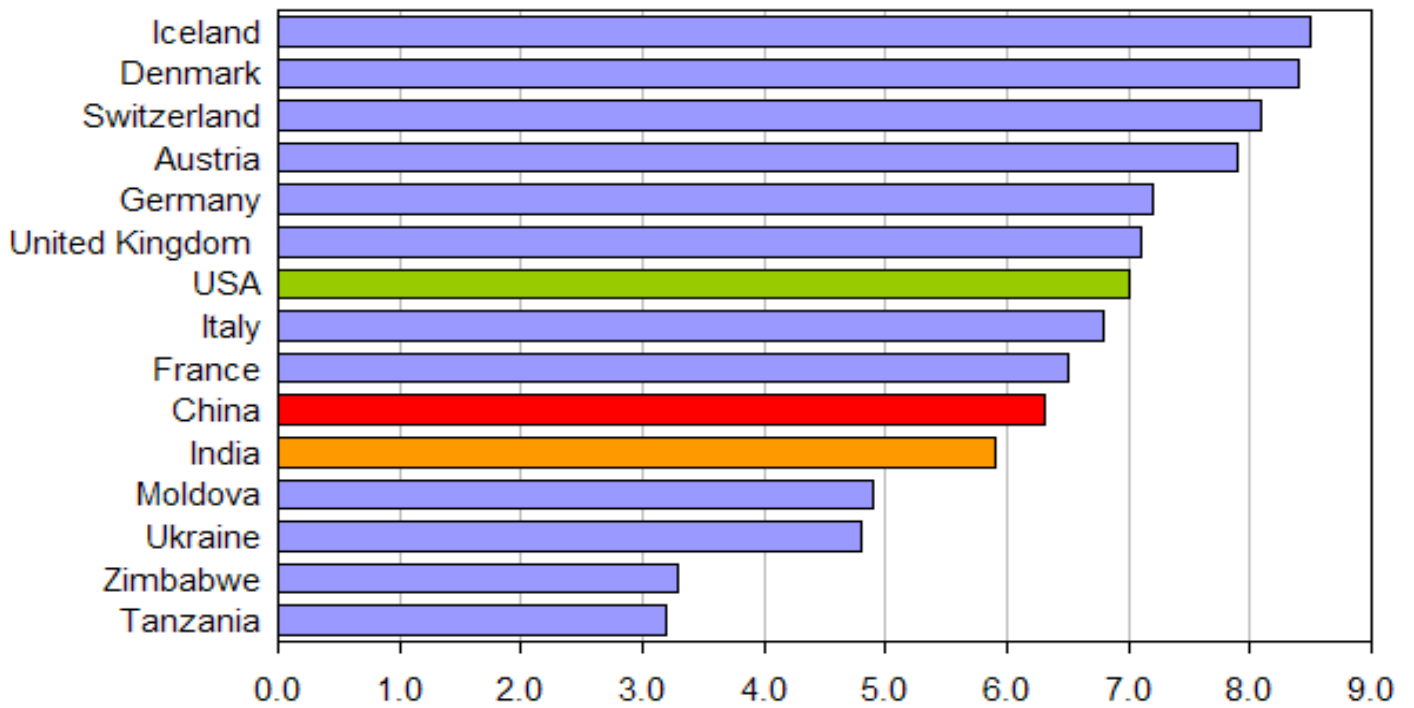
World Database of Happiness



<http://worlddatabaseofhappiness.eur.nl>



Map created by Adrian White, Analytic Social Psychologist, University of Leicester (2006)



Societal correlates of happiness in 135 nations around 2010

• Good governance	+ .66
• Economic prosperity	+ .63
• Rule of law	+ .58
• Democracy	+ .60
• Gender equality	+ .58
• Mental health care	+ .51
• Income <u>ine</u> quality	+ .07

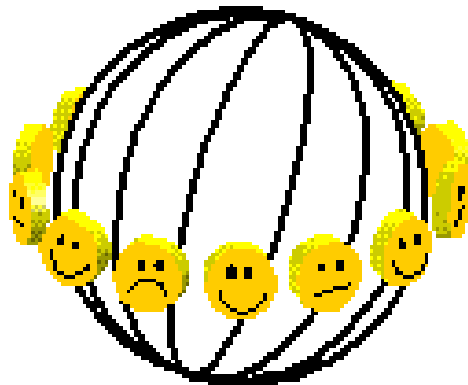
Explained variance **75%**

Source: World Database of Happiness: Data file States of Nations



World wellbeing

- Major global studies
 - Gallup World Poll: <http://www.gallup.com/services/170945/world-poll.aspx>
 - World Database of Happiness: <http://worlddatabaseofhappiness.eur.nl/>
 - World Values Survey: <http://www.worldvaluessurvey.org/wvs.jsp>
 - Eurobarometer: http://ec.europa.eu/public_opinion/index_en.htm
 - European Social Survey: <http://www.europeansocialsurvey.org/>
 - LatinoBarometro: <http://www.latinobarometro.org/lat.jsp>
 - International Wellbeing Study: <http://www.wellbeingstudy.com/>

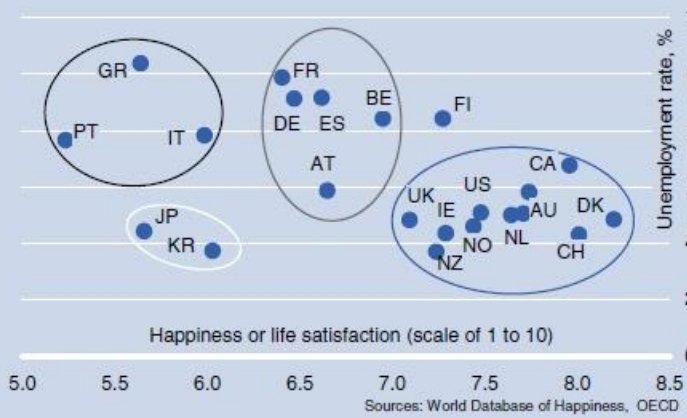


Reliability

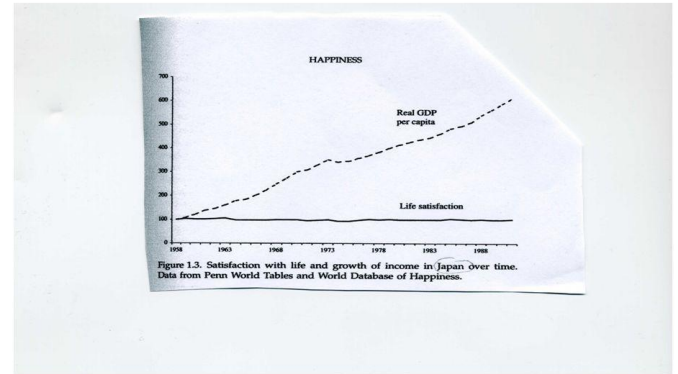
1. **Facebook Global Happiness Index** – Measuring GNH by the number of entries of positive and negative words. MEDIUM
2. **World Database of Happiness** – It's a stable research foundation being worked on by a group of scientists, funding. Survey quantity? MEDIUM
3. **World Map of Happiness** – uses data from well-known, trusted organizations. HIGH

Unemployment is bad for happiness

Horizontal: Life satisfaction according to surveys; vertical: Harmonised unemployment rate in 2005 (in %)

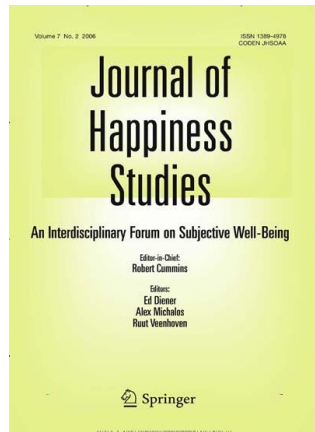


Happiness and GDP in Japan



Being happy is all about making choices, and describing happiness mathematically helps us see this.

— RAKESH SARIN

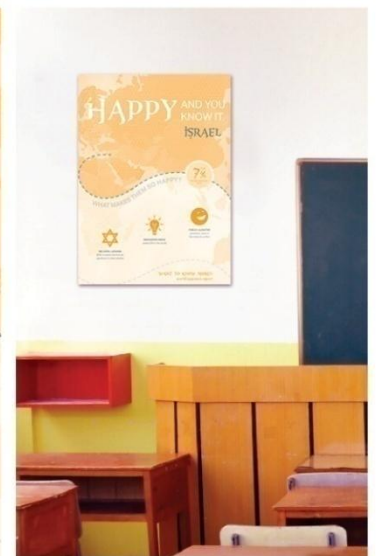
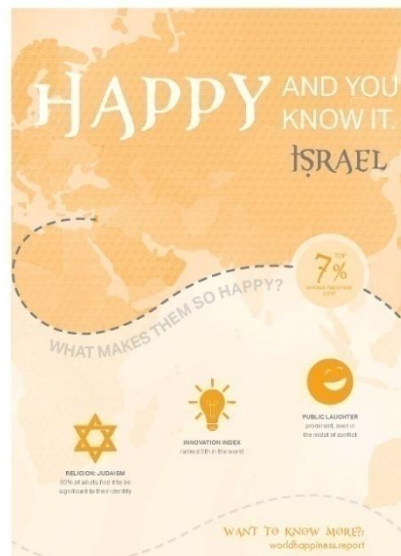
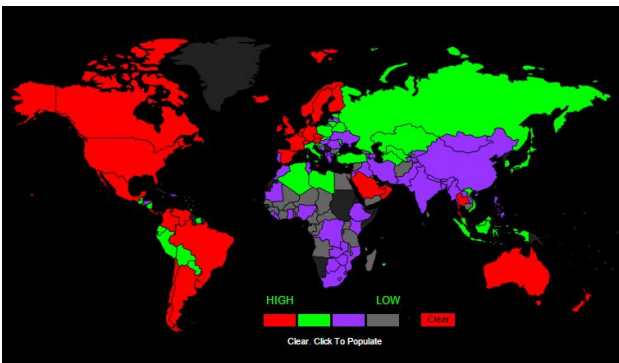


One of the best things in life is realizing you're perfectly happy without the things you thought you needed the most.

WWW.LIVELIFEHAPPY.COM

Happiness resources

- ▶ Heredity, culture, and luck also play a role in how people experience happiness and to what degree.
- ▶ Although a lot of research and papers have been written on the general topic of happiness, relatively little academic research has been done on happiness *in education*.
- ▶ **World Database of Happiness** – register of scientific research on subjective appreciation of life . <http://www1.eur.nl/fsw/happiness/>



Subjective well-being in 97 countries
based on reported happiness and life satisfaction, equally weighted
(Ranked from happiest to least happy. Negative scores indicate that
a majority of the population is unhappy/dissatisfied with life)

Country	Mean				
Denmark	4.24	Malaysia	2.61	Croatia	0.87
Puerto Rico	4.21	W. Germany	2.60	Morocco	0.87
Colombia	4.18	Vietnam	2.52	India	0.85
Iceland	4.15	France	2.50	Uganda	0.69
N Ireland	4.13	Philippines	2.47	Zambia	0.68
Ireland	4.12	Uruguay	2.43	Algeria	0.60
Switzerland	3.96	Indonesia	2.37	Burkina Faso	0.60
Netherlands	3.77	Chile	2.34	Egypt	0.52
Canada	3.76	Dominican Rep	2.29	Slovakia	0.41
Austria	3.68	Japan	2.24	Hungary	0.36
El Salvador	3.67	Spain	2.16	Montenegro	0.19
Malta	3.61	Israel	2.08	Tanzania	0.13
Luxemburg	3.61	Italy	2.06	Azerbaijan	0.13
Sweden	3.58	Portugal	2.01	Macedonia	-0.06
New Zealand	3.57	Taiwan	1.83	Rwanda	-0.15
U.S.A.	3.55	E. Germany	1.78	Pakistan	-0.30
Guatemala	3.53	Slovenia	1.77	Ethiopia	-0.30
Mexico	3.52	Ghana	1.73	Estonia	-0.36
Norway	3.50	Poland	1.66	Serbian Bosnia	-0.45
Belgium	3.40	Czech Rep	1.66	Lithuania	-0.70
Britain	3.39	China	1.64	Latvia	-0.75
Australia	3.26	Mali	1.62	Romania	-0.88
Venezuela	3.25	Kyrgyzstan	1.59	Russia	-1.01
Trinidad	3.25	Jordan	1.46	Georgia	-1.01
Finland	3.24	Greece	1.45	Bulgaria	-1.09
Saudi Arabia	3.17	S Africa	1.39	Iraq	-1.36
Thailand	3.02	Turkey	1.27	Albania	-1.44
Cyprus	2.96	Peru	1.24	Ukraine	-1.69
Nigeria	2.82	S Korea	1.23	Belarus	-1.74
Brazil	2.81	Hong Kong	1.16	Moldova	-1.74
Singapore	2.72	Iran	1.12	Armenia	-1.80
Argentina	2.69	Bangladesh	1.00	Zimbabwe	-1.92
Andorra	2.64	Bosnia	0.94	Mean:	1.57

Source: Combined data from 1995 – 2007 World Values Surveys.

To maximize reliability, data from the last three waves are combined.

Countries in bold face have negative scores, indicating predominantly unhappy or dissatisfied publics.

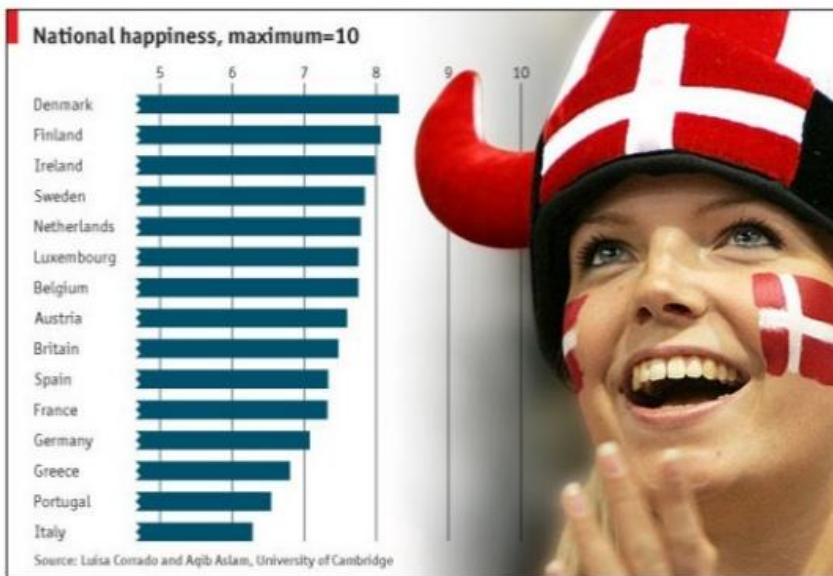
me & you
we could make
the whole world
♥
jealous

Why is Denmark so Happy?

- For past 30 years research has consistently shown that Danes tend to be happier (Inglehart & Klingeman, 2000)
- Welfare state
- High tax rates
 - people could pay between 50 and 70% tax
- Social equality



The Happiest Place on Earth: Denmark



www.happyplanetindex.org

WORLD HAPPINESS REPORT





HAPPY PLANET INDEX



- ## 10 Steps to Happiness
1. Hate less, love more
 2. Worry less, dance more
 3. Take less, give more
 4. Consume less, create more
 5. Frown less, smile more
 6. Talk less, listen more
 7. Fear less, try more
 8. Judge less, accept more
 9. Watch less, do more
 10. Complain less, appreciate more

@sylvia duckworth

It is not in the pursuit of happiness that we find fulfillment, it is in the happiness of pursuit.

-Denis Waitley

IT'S NOT WHO YOU ARE THAT HOLDS YOU BACK IT'S WHO YOU THINK YOU ARE NOT

Denis Waitley

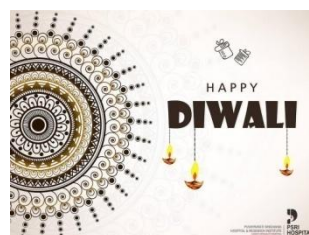
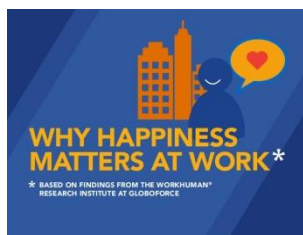
picklebums.com

SOMETIMES HAPPINESS IS A FEELING. SOMETIMES IT'S A DECISION.

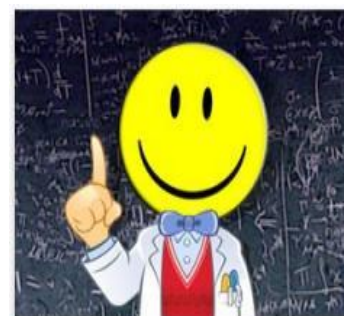
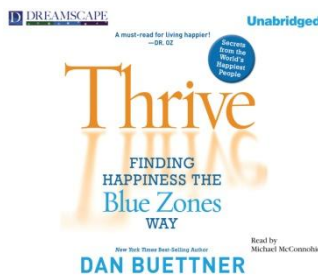
You make me feel a kind of happiness I've never experienced before.

Loveable quote

LOVABLEQUOTE.COM



GIVING UP SOCIAL MEDIA FOR EVEN JUST 7 DAYS BOOSTS HAPPINESS AND REDUCES ANGER AND FEELINGS OF LONELINESS.
HAPPINESS RESEARCH INSTITUTE, COPENHAGEN
DEEPAK BHOSLE



Search Inside Yourself Leadership Institute



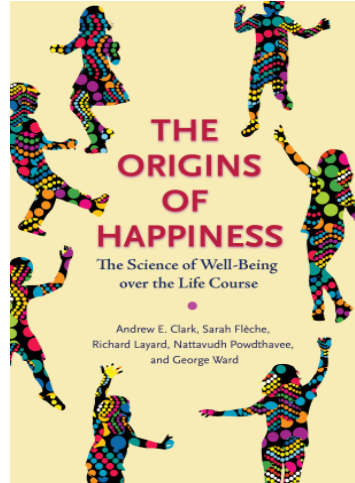
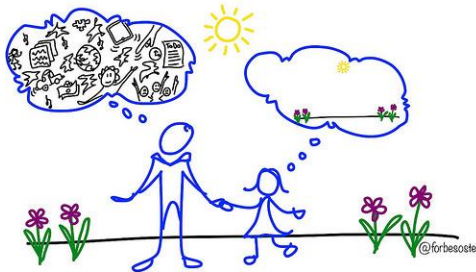
RESEARCH

Middle East-North Africa Wellness Economy Monitor

2017 EDITION NOW AVAILABLE

DOWNLOAD REPORT

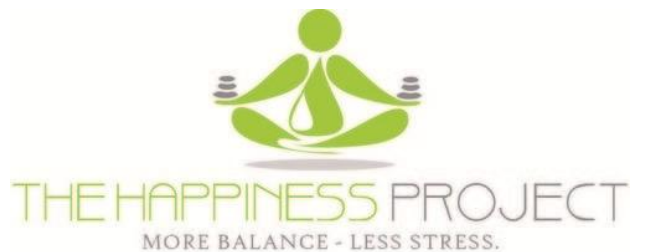
Mind Full, or Mindful?



HAPPINESS IS



...working from home and being your own boss.



Health & Wealth Happiness | Supporting over 50s living with HIV

Direction Happiness



RESET
The Happiness Project



بريد الإمارات
EMIRATES POST
لسعدتكم غايتنا
We deliver happiness



Eco
HAPPINESS

THE BAY STREET
HAPPINESS
PROJECT



GROSS NATIONAL HAPPINESS USA
GNHUSA

The Happiness Project



Gross Corporate Happiness INSTITUTE

Success is not the key to happiness.
Happiness is the key to success. If you love what you are doing, you will be successful.



GREAT DREAM
Ten keys to happier living

Ten factors that are really important for our well-being and what we can do about them

ACTION FOR HAPPINESS www.actionforhappiness.org

GREAT DREAM
Ten keys to happier living

GIVING		DIRECTION	
RELATING		RESILIENCE	
EXERCISING		EMOTIONS	
AWARENESS		ACCEPTANCE	
TRYING OUT		MEANING	

ACTION FOR HAPPINESS www.actionforhappiness.org

*When we're together
everything's better*

ACTION FOR HAPPINESS www.actionforhappiness.org
Connect with people www.actionforhappiness.org



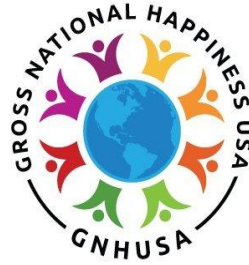
FIND SOMETHING
THAT MAKES YOU
HAPPY
AND USE IT TO
MAKE OTHERS
HAPPY

THEHAPPYPROJECT.COM | THEHAPPYPROJECT



LOVE
YOURSELF
MORE

A MANUAL
ON
WORK
AND
HAPPINESS



The Pursuit of
HAPPINESS



BDI
SUNSHINE
CITY

9 Emotional
Intelligence
Competencies
Significant for being
Happy



Self Confidence
Believe in Yourself

Self Awareness
Know your capability

Empathy
Understand other's perspective

Emotional Self
Awareness
Know and manage your emotions

Adaptability
Handle stress and adapt to situations

Self Motivation
Encourage & drive yourself to your purpose

Self Control
Manage stress and emotions for best
outcomes

Resilience
Be the change

Do you want a happy human capital?
Do you seek a happy organisational culture?
Do you want to drive productivity & performance?
Contact us at rehan@touchdubai.com
or visit www.touchdubai.com





LIVE SIMPLE *live happy*

Leadership – Happiness – Project Success

1. Find a clear **focus** of what you really want to achieve



© 2013 by Thomas J. All rights reserved



EuroVille
happiness...forever



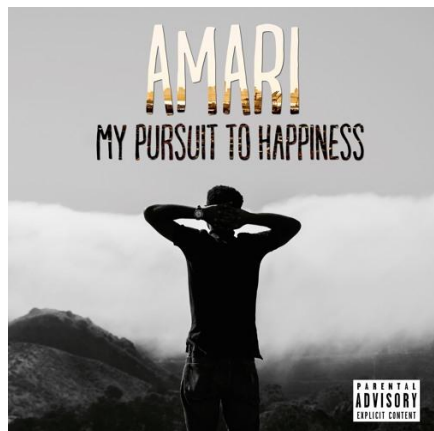
WE TEND TO FORGET THAT
HAPPINESS
DOESN'T COME
AS A RESULT
OF GETTING SOMETHING
WE DON'T HAVE,
BUT RATHER OF
RECOGNIZING &
APPRECIATING WHAT WE
DO HAVE.

FREDERICK FREDERICK



*My
Happiness
Project*
living an inspired life

ual: london college
of communication



Empathy*
Happiness*
Optimism*

7 Things Mindful People Do Differently

1

Approach everyday things with curiosity
—and savor them

Forgive their
mistakes—
big or small

2

3

Show gratitude for
good moments—and
grace for bad ones

Practice
compassion and
nurture connections

4

5

Make peace with
imperfection—
inside and out

Embrace vulnerability
by trusting others—
and themselves

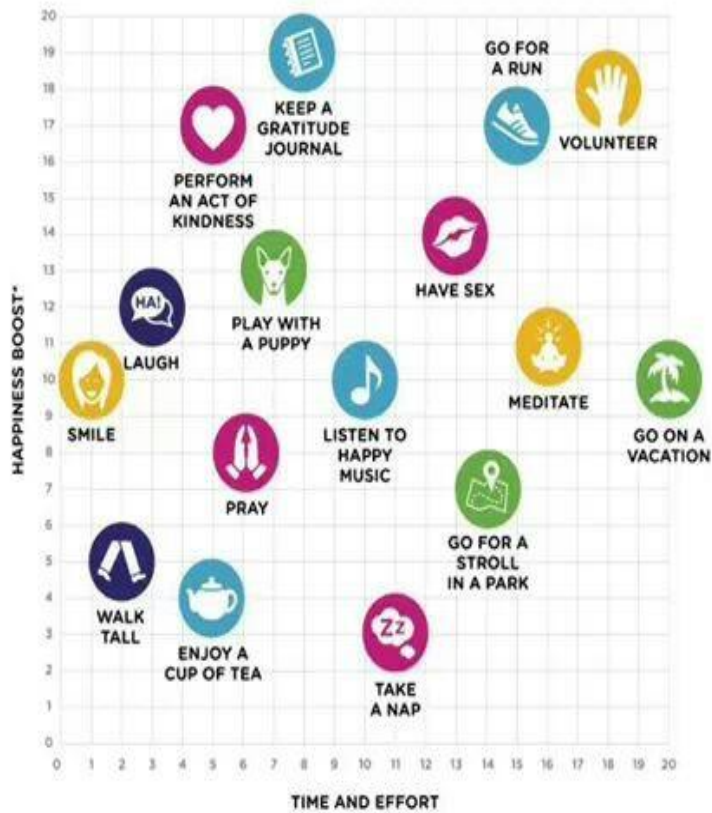
6

7

Accept—and
appreciate—that
things come and go



Science Says You Have Time For **HAPPINESS**

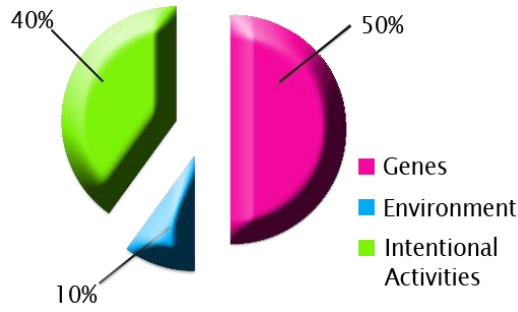


*Mood changes vary from person to person but try some of these activities to find out what makes you most happy.
Illustration: Getty, Huffington Post

ONE POSITIVE PERSON
can spread
HAPPINESS
to **MORE** than
1,000 PEOPLE



The 3 Factors That Influence Your Happiness



HAPPINESS IS



...peace of mind.

Gift of Happiness Foundation



www.gohappiness.org






ཀླུ་ཡོངས་དགའ་སྤྱི་དཔལ་འཛོམས་ལྗེ་བ།



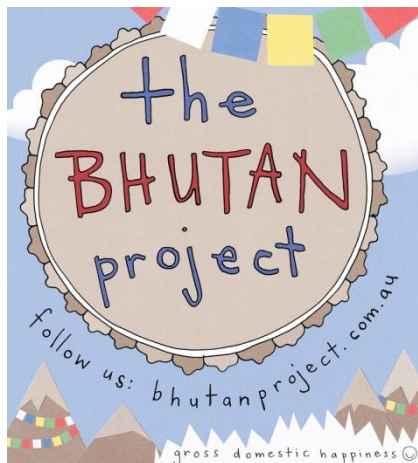
Educating for GNH

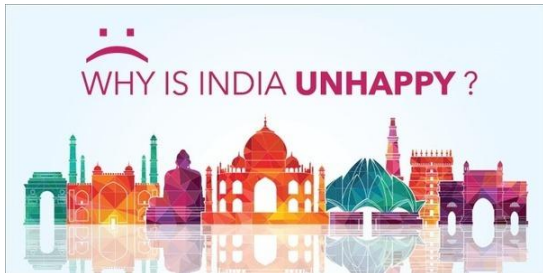


Gross National Happiness is more important than Gross National Product.”
By: HM. Jigme Singye Wangchuk.

Nine Domains of GNH

1. Living Standard
2. Health
3. Education
4. Time Use
5. Good Governance
6. Ecological Diversity & Resilience
7. Psychological Well-being
8. Community Vitality
9. Culture Diversity & Resilience



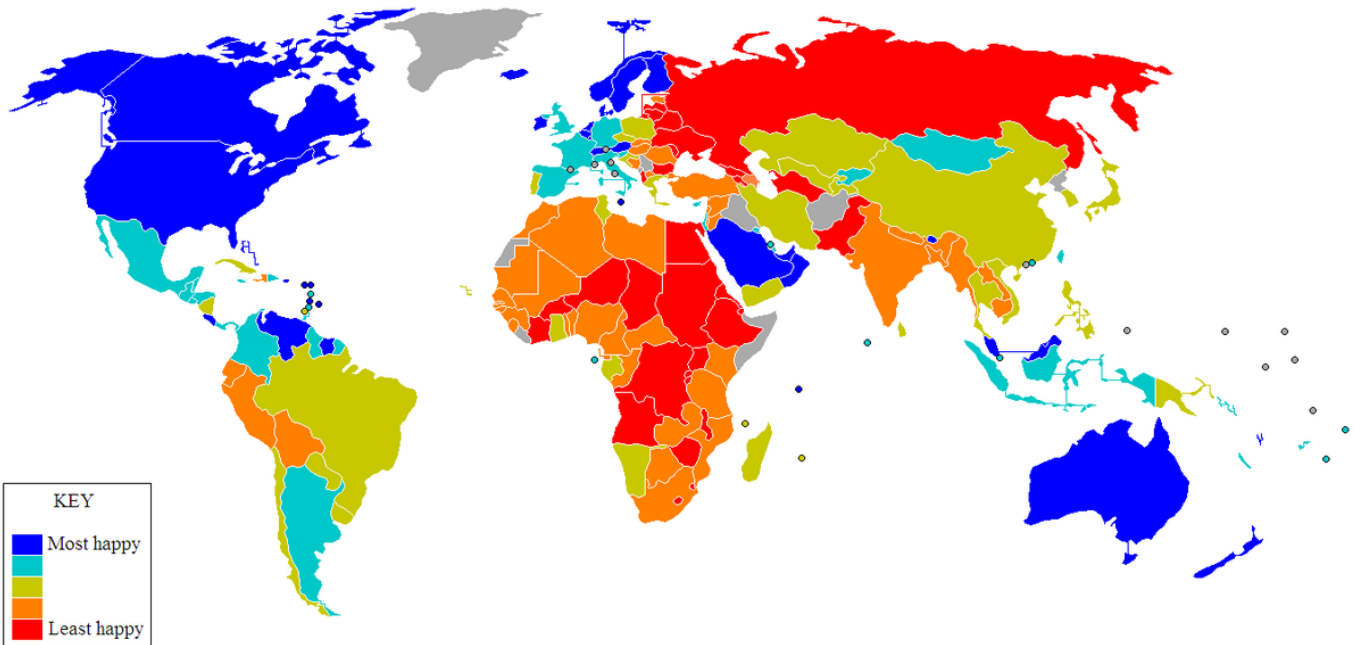


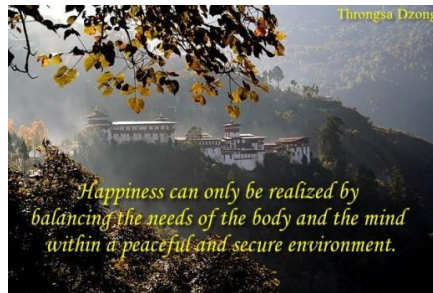
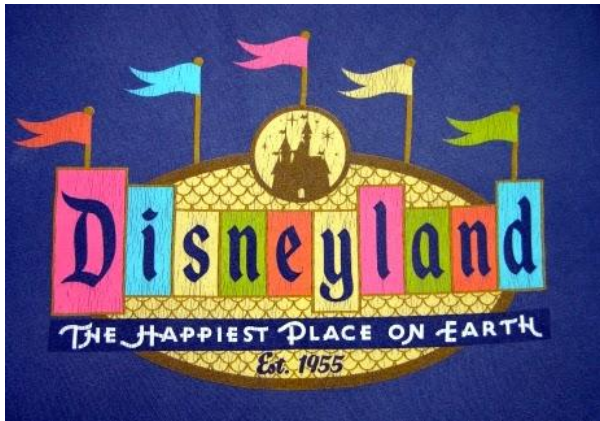
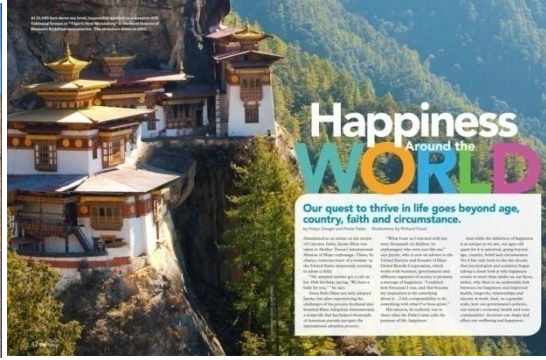
- The government is spending about 5.7% of its total planned budget on health.
- In 2004, Bhutan became the first country in the world to ban the sale of tobacco.
- In a GNH indicator survey 25.5% of respondents reported their health as excellent, 64.1% reported it as good and 66.3% of men and 58.5% of women reported not having any mental or physical illness during the 30 days preceding the survey.

Source: Journal of multidisciplinary healthcare

CONTENTS

- Meaning of GNH
- GNH Indicators
- Case studies-Bhutan, Norway, Switzerland and Denmark
- GNH in India
- Shortcomings of GDP and GNP
- Why GNH
- Critical Analysis of GNH
- Conclusion





**Part II:
Understanding Happiness**

1. National happiness
2. Happiness by Dzongkhag
3. Happiness by region
4. Happiness by gender
5. Happiness by age group
6. Happiness by marital status
7. Happiness by educational level
8. Happiness by occupational group
9. People's Stories

GROSS NATIONAL HAPPINESS

A MEASURE OF GROWTH

Submitted by:

- Aadil Ahmed
- Aanchal Sethi
- Abhijeet Chowdhury
- Abhishek Mehta
- Abhishek Sharma



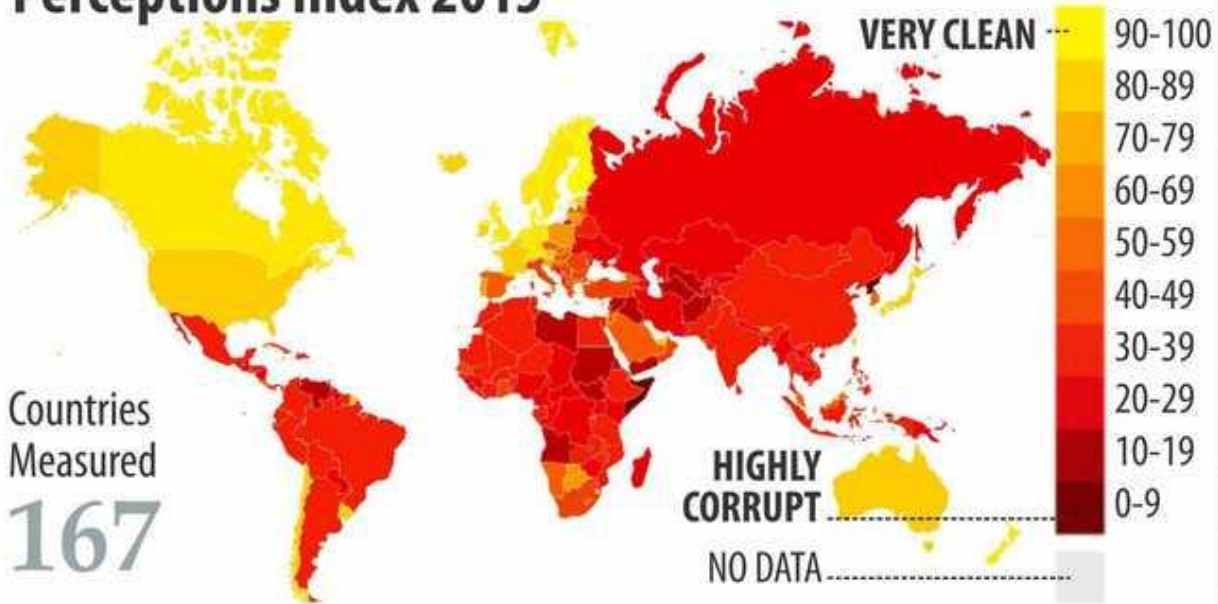
Happiness in Public Policy

Examples of happiness policy and a happiness policy screening instrument.

CORRUPTION

(Countries ranked according to their perceived levels of public-sector corruption)

Perceptions Index 2015



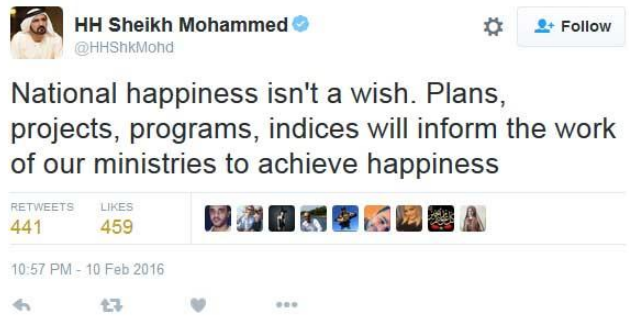
RANK	COUNTRY	SCORE
1	Denmark	91
2	Finland	90
3	Sweden	89
4	New Zealand	88
5	Netherlands	87
6	Norway	87

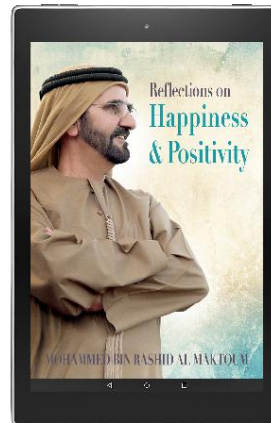
RANK	COUNTRY	SCORE
7	Switzerland	86
8	Singapore	85
9	Canada	83
10	Germany	81
10	Luxembourg	81
10	UK	81

RANK	COUNTRY	SCORE
16	USA	76
76	Brazil	38
76	India	38
83	China	37
117	Pakistan	30

Source: Transparency International

PTI GRAPHICS





HH Sheikh Mohammed @HShkMohd · Feb 8

A new post, Minister of State for Happiness, will align and drive government policy to create social good and satisfaction.

[#WorldGovSummit](#)

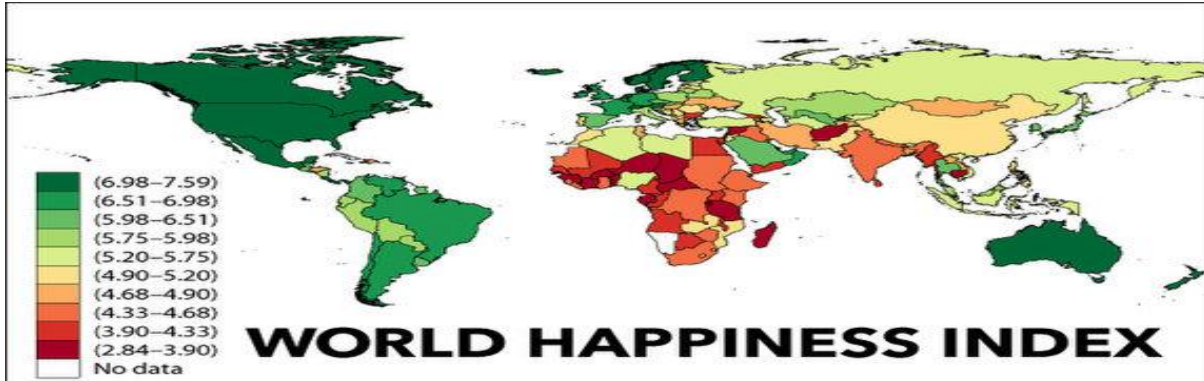


928



873

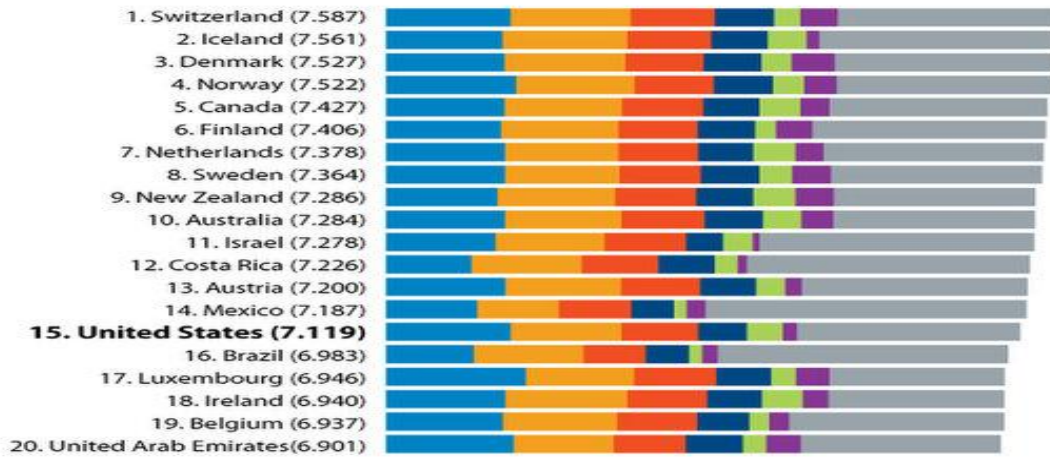




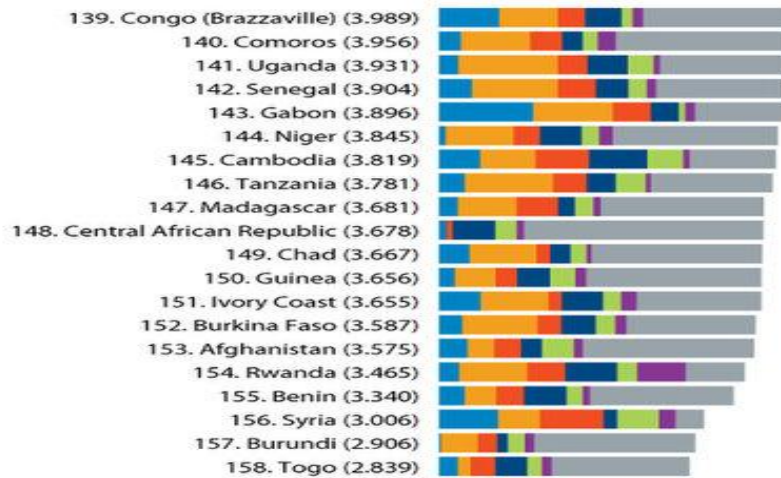
The index shows six key variables that contribute to the total score, relative to a hypothetical country called "Dystopia" representing the worst scores from the 2012-2014 index.

- GDP per capita
- Social support
- Healthy life expectancy
- Freedom to make life choices
- Generosity
- Perceptions of corruption
- "Dystopia"

TOP 20 HAPPIEST



BOTTOM 20



SOURCE: UNITED NATIONS WORLD HAPPINESS REPORT

KARL TATE / © LiveScience.com



