



MOTIVATION

Happiness: Sustaining a Motivating Work Culture



+971 4 556 7171
800 7100 (within UAE)



www.meirc.com



meirc@meirc.com



Meirc
Training & Consulting

Why Attend

The ultimate aim of any person is to be happy. In this course, we will discuss how to be happier specifically at your work place which in turn will increase your motivation, productivity, and job satisfaction. This course also develops the necessary skills for employees to improve their self-confidence and self-esteem which are very important for career success.

Course Methodology

This course uses several self-evaluation questionnaires aimed at helping participants discover themselves. The course also features the use of a number of case studies, practical team exercises, practical individual exercises, and roundtable discussions.

Course Objectives

By the end of the course, participants will be able to:

- Explain the science and art of being happy
- Shift to a happy attitude at work and solidify employee/manager relations
- Increase work productivity and motivation on the job
- Capitalize on the benefits of a happy work culture
- Reduce personal anger and increase personal happiness

Target Audience

All professional employees at all levels who want to understand how happiness can increase work productivity, job satisfaction, and motivation. Also, all Individuals who need to improve their relations with others at both the personal and work level.

Target Competencies

- Work productivity
- Employee motivation
- Happy attitude
- Self confidence
- Self esteem
- Building happier work relations
- Anger management

Note

Course Outline

- The science and art of happiness
 - Definition of happiness
 - Internal sources of happiness
 - External sources of happiness
 - Positive thinking
 - The ten negative styles of behaving
 - How negativism can harm your health
 - Secrets of happy employees
- Shifting to a happy attitude at work
 - The 7 steps approach to changing attitudes
 - Deciding to change today
 - Shifting your focus
 - Being curious
 - Developing an attitude of gratitude



- Deciding not to be perfect
 - Believing in yourself
 - Taking action
- Improving self confidence
- Improving self esteem
- Characteristics of high self-esteem people
- Increasing work productivity with happiness
 - The right physical environment and work atmosphere
 - The appreciation system
 - Happy work protocols for different occasions
 - Motivating management styles
 - Happy employee/manager relationship
 - The reward system
 - The carrot and stick approach does not increase work happiness
 - Sources of positive energy at work
- Benefits of a happy work culture
 - Happy employees are more productive and motivated
 - Happy employees fix work problems rather than complain about them
 - Happy employees have more energy and optimism
 - Happy employees are better decision makers
 - Happy employees are more loyal to their company
 - Happy employees learn faster
 - Happy employees have more courage/initiative to do new tasks
- Reducing anger at work while increasing happiness
 - Definition of anger
 - Triggers of anger
 - Proper techniques to control anger
 - Tips to stay cool, calm, and collected
 - Effective strategies for anger management
 - Ways to reduce personal anger and increase happiness



Location & Date

22 - 26 Sep, 2019	English	Dubai	Double Tree Hilton - Business Bay Hotel
24 - 28 Nov, 2019	Arabic	Dubai	Double Tree Hilton - Business Bay Hotel

Fees: US\$ (including coffee breaks and a buffet lunch daily)

Per participant - 2019 US\$ 4800

Fees + VAT as applicable

UAE Tax Registration Number 100239834300003



Courses in Interpersonal Skills and Self Development

Dates	Course Name	Language	Location	Fees
7 - 11 Jul, 2019	Emotional Intelligence Workshop	Arabic	Dubai	US\$ 4800
7 - 11 Jul, 2019	ILM Endorsed Win-Win Negotiation Skills	English	Dubai	US\$ 5100
7 - 11 Jul, 2019	Managing Multiple Tasks, Priorities and Deadlines	English	Dubai	US\$ 4800
14 - 18 Jul, 2019	High Performance Teams	Arabic	Dubai	US\$ 4800
29 Jul - 2 Aug, 2019	Best Practices in Conflict Resolution and Adaptability	Arabic	Vienna	US\$ 4800
4 - 8 Aug, 2019	Creative Problem Solving and Decision Making	English	Kuala Lumpur	US\$ 4800
18 - 22 Aug, 2019	Managing Conflict: Power through Influence	English	Dubai	US\$ 4800
18 - 22 Aug, 2019	Time Management and Stress Control	Arabic	Dubai	US\$ 4800
25 - 29 Aug, 2019	Developing an Accountability Mindset	English	Dubai	US\$ 4800
26 - 30 Aug, 2019	Best Practices in Conflict Resolution and Adaptability	Arabic	Vienna	US\$ 4800
1 - 5 Sep, 2019	Managing Multiple Tasks, Priorities and Deadlines	Arabic	Riyadh	US\$ 4800
8 - 12 Sep, 2019	The Power of Positive Attitude	English	Dubai	US\$ 4800
15 - 19 Sep, 2019	Emotional Intelligence Workshop	English	Dubai	US\$ 4800
18 - 20 Sep, 2019	Managing Multiple Tasks, Priorities and Deadlines Bootcamp	English	Beirut	US\$ 3600
22 - 26 Sep, 2019	Learning through adaptability	English	Dubai	US\$ 4800
24 - 26 Sep, 2019	Creative Thinking and Innovation Techniques Bootcamp	English	Beirut	US\$ 3600
29 Sep - 3 Oct, 2019	Creative Thinking and Innovation Techniques	English	Dubai	US\$ 4800
13 - 17 Oct, 2019	Achieving Performance Excellence Using Emotional Intelligence	English	Dubai	US\$ 4800
13 - 17 Oct, 2019	Creative Problem Solving and Decision Making	Arabic	Dubai	US\$ 4800
20 - 24 Oct, 2019	Time Management and Stress Control	Arabic	Abu Dhabi	US\$ 4800
27 - 31 Oct, 2019	Certified Master Negotiator	English	Dubai	US\$ 5100
27 - 31 Oct, 2019	Communication and Relationship Management Skills	English	Dubai	US\$ 4800
27 - 31 Oct, 2019	Managing Multiple Tasks, Priorities and Deadlines	English	Dubai	US\$ 4800
10 - 14 Nov, 2019	Creative Problem Solving and Decision Making	English	Dubai	US\$ 4800
10 - 14 Nov, 2019	Five Productivity Traits for Optimal Results	English	Dubai	US\$ 4800

Courses in Interpersonal Skills and Self Development

Dates	Course Name	Language	Location	Fees
10 - 14 Nov, 2019	Managing Conflict: Power through Influence	Arabic	Dubai	US\$ 4800
17 - 21 Nov, 2019	ILM Endorsed Win-Win Negotiation Skills	Arabic	Dubai	US\$ 5100
24 - 28 Nov, 2019	High Performance Teams	English	Dubai	US\$ 4800
8 - 12 Dec, 2019	Creative Thinking and Innovation Techniques	English	Dubai	US\$ 4800
8 - 12 Dec, 2019	Emotional Intelligence Workshop	Arabic	Dubai	US\$ 4800
8 - 12 Dec, 2019	Social Skills in the Workplace	English	Dubai	US\$ 4800
15 - 19 Dec, 2019	Managing Multiple Tasks, Priorities and Deadlines	Arabic	Dubai	US\$ 4800
22 - 26 Dec, 2019	Creative Problem Solving and Decision Making	Arabic	Dubai	US\$ 4800
22 - 26 Dec, 2019	Time Management and Stress Control	Arabic	Dubai	US\$ 4800
29 Dec - 2 Jan, 2020	Five Productivity Traits for Optimal Results	English	Dubai	US\$ 4800



Meirc Timeline

