



## Happiness at work

Happiness at work is like a party at the office - it's always better when everyone's having a good time!

When employees are happy, they're **motivated and engaged**, which can lead to **more productivity and higher quality work**.

Plus, happy employees are like the life of the party - they provide excellent service and make customers feel welcome and appreciated. And when the work environment is happy, it's like a stress-free party zone, promoting better mental health and reducing turnover.

It's like having a party at work where everyone wants to stay and never leave! So, let's bring the party to work and make it a place where everyone is happy and thriving.

- 1 Positive vibes only:** creating a happy work environment with positive communication, teamwork, and feedback can keep everyone smiling.
- 2 Engage, engage, engage:** get everyone involved and having fun with training, development opportunities, and a recognition program.
- 3 Find your balance:** promote a work-life balance that allows for some much needed R&R time to keep stress levels low and happiness high.
- 4 Empowerment is key:** give your team the freedom to make decisions and feel like they own their work. Trust us, they'll thank you for it.
- 5 Give credit where credit's due:** recognising and rewarding your staff for their hard work and accomplishments can lift morale and boost happiness.
- 6 Reach for the stars:** providing opportunities for career growth and advancement can give your team a sense of purpose and pride in their work.

Creating a happy workplace culture is the key to keeping everyone smiling and satisfied.

**So go ahead and spread some joy in the hospitality industry!**



### SHERRI RING

Hospo Health Lead Coach  
Energy Health – Director,  
Founder  
The Mind Games – Director,  
Founder

