

The Happiness Advantage | Orange Frog Workshop™

Training that Brings the Happiness Advantage to Life at Work

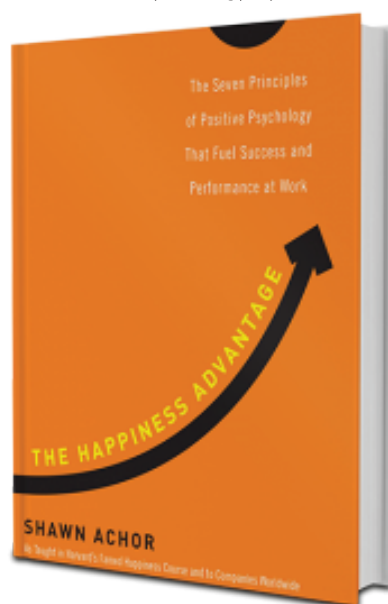


For Team Leaders, Managers and Professionals

Based on the New York Times best-seller The Happiness Advantage: The Seven Principles of Positive Psychology by Shawn Achor.

- ▶ 37% greater sales
- ▶ 3x more creative
- ▶ 31% more productive
- ▶ 40% more likely to receive promotion
- ▶ 23% fewer fatigue symptoms
- ▶ Up to 10x more engaged
- ▶ 39% more likely to live to age 94

[Achor, HBR, 2012]



The World Leader in Evidence-based Happiness at Work

The Happiness Advantage | Orange Frog Workshop™

Leading Positive Results

**Would you be interested in knowing how you can increase
your organization's productivity by 31%
...with the same employee workforce and resources?**

The Challenge

One of the biggest challenges facing businesses today is Uncertainty and Constant Change. Uncertainty creates discomfort and leads to low morale and engagement. People feel insecure and start working in silos. Companies with low engagement also find it more difficult to hire and retain the right talent.

If any of this sounds familiar, then the time to act is **NOW!**

The single greatest advantage in the modern economy is a happy and engaged workforce.

According to the report Global Perspectives 2015: Worldwide Trends in Employee Engagement by ORC International, Hong Kong is second bottom out of 20 countries with an engagement score of only 51%.

The Happiness Advantage / Positive Thinking

Positivity CAN be learnt. All your employees can learn to be more positive, which has a ripple effect and creates a positive culture in the organization.

Large businesses aren't the only ones to realize these benefits. There are strong implications for small and medium-sized enterprises (SMEs) as well. The rapid pace of business can strain the limited resources of a small staff, making it difficult for an SME to attract and retain quality employees. Engaged and happy employees stay longer and contribute more.

The Magic of the Orange Frog Parable

Stories have been used throughout history to carry forward our most important lessons – and there is a reason – they work. Parables in particular are effective because they force the brain to dual process each idea making it stick in our brain and also allowing us to enjoy the learning process – while withholding judgment.

Caught between two worlds, Spark was exactly like every other frog in his pond with one notable exception. Spark emerges from a tadpole with a slight but noticeable orange spot. And this orange spot makes Spark feel uncomfortably different. What's more, Spark begins to make a disconcerting observation; when Spark does things that make him feel better (and produce more positive results) the orange spots increase. Spark is left with a difficult decision; be normal, which makes him less conspicuous, or continue doing those things that make him happier, more productive and... more orange.

So begins the parable of The Orange Frog, a disarming tale that serves as the starting point for Happiness Advantage | Orange Frog Workshop™. By the end of the story, readers see and feel pressures they recognize in their day-to-day lives. They also witness the most remarkable transformation that take place when Spark finally chooses to adopt an orange way of life. Not only does his own personal satisfaction and productivity increase, these same results slowly start to ripple out to the other frogs in the pond.



The Happiness Advantage | Orange Frog Workshop™

The Happiness Advantage | Orange Frog workshop provides a blueprint for increasing employee engagement and fostering a POSITIVE MINDSET

Workshop Objectives

1. Increase Individual Positivity (Self Leadership)
2. Sustain Team Happiness and Adaptability (Team Leadership)
3. Increase Happiness and Engagement across the Organization (Culture Shaping)

Course Outline

- Understand the latest research on positive psychology and its impact on peak performance
 - Recognize the driving / restraining forces (behaviours) and key factors required to achieve higher fulfillment and performance
 - Comprehend Shawn Achor's 7 principles that fuel success and performance at work
 - o The Happiness Advantage
 - o Fulcrum & Lever
 - o Tetris Effect
 - o Falling Up
 - o The Zorro Circle
 - o The 20-second rule
 - o Social Investment
 - Learn to apply each of the 7 principles at work
 - Understand the power of Social Scripts and Learn how to reframe or rewrite them to be more empowering
 - Create a road map (action plan) for the future – using positive performance principles to individual experience as well as the organization's future
 - Describe the Ripple effect of positivity on teamwork
- * Visit <http://www.hkma.org.hk/orangefrog> for schedule and registration form.

About Shawn Achor:

This workshop is based on the works of Shawn Achor. Shawn is considered one of the world's leading experts on the connection between happiness and success and is the author of New York Times best-selling books 'The Happiness Advantage' and 'Before Happiness'. Shawn spent 12 years teaching at Harvard University, USA. His research on happiness has made the cover of Harvard Business Review. His TED talk is one of the most popular of all times with over 12 million views.



About the facilitator, Khyati Kapai :



A seasoned trainer and coach with 15 years' experience, Khyati trains people in the area of interpersonal communication through positive personal transformation. As a trained Results Coach, Khyati is committed to 'facilitating positive change by improving thinking'. Khyati is also a certified Thiagi facilitator. Khyati is the only licensed trainer of Shawn Achor's Happiness Advantage / Orange Frog – Leading Positive Results™ workshop in Hong Kong.

Her portfolio of clients include Biosensors International, Fraser & Neave, Hewlett Packard, John Wiley & Sons, Levi Strauss, Natixis Asia Pacific, Mitsui & Co, Thales Asia and Warner Bros. Before moving to the teaching and training profession, Khyati worked in Hong Kong as a Financial Analyst for Citigroup and as a Staff Accountant (Audit) for Deloitte & Touche. She is a CPA with ACCA.

Date and Time

Friday, 20 October 2017
9:00 am - 5:00 pm

Venue

The Hong Kong Management Association
3/F Tower 2 South Seas Centre
76 Mody Road
Tsim Sha Tsui
KOWLOON Tel: 2574 9346

Fee

HKMA Member: HK\$3,700
Non-Member: HK\$3,900
Early Bird Discount: HK\$200 less per person
(for payment received one month before course commencement)
Group Discount: HK\$200 less per person
(for two or more bookings from the same company joining the same session)

Language Medium

English

Registration

Please complete the registration form and return it together with appropriate fee(s) 7 days before the commencement of the class. Reservations by fax (2365 1000) are welcome but are subject to confirmation by payment in full prior to programme commencement. For information, please contact Ms Diana Li on 2774 8552. Successful applicants will be notified by telephone. No separate letter of acceptance will be issued. As space is limited, bookings will be on a first-come, first-served basis.

Registration Form

To: Executive Director
The Hong Kong Management Association
16/F Tower B Southmark
11 Yip Hing Street
Wong Chuk Hang
HONG KONG

Please fill in the following information if a cheque/receipt is not attached.

Our Company undertakes to pay the course fee for the above applicant.

Name of Contact Person _____

Telephone No. _____

Signature: _____

Company Chop and Date: _____

Please reserve one seat for the Orange Frog Workshop:
Friday, 20 October 2017 SG-A6937-2017-1-SS

Enclosed is a crossed cheque (No. _____) for HK\$ _____ (made payable to The Hong Kong Management Association) for the programme.

Name: Mr/Ms _____ Position: _____

Company: _____

HKID Card No.: _____ HKMA Membership No.: _____

Correspondence Address: _____

Telephone No. (Office): _____ (Residence): _____ (Mobile): _____

E-mail: _____ Education Level: _____

Fee paid by ☐ company ☐ self

Where did you FIRST learn about this programme?

☐ Email Promotion from HKMA ☐ Direct Mail by Post ☐ HKMA Website ☐ Other: _____

☐ MTR Station Display (Please specify): _____ ☐ Exhibition (Please specify): _____

Note:

- I shall comply with The Hong Kong Management Association (HKMA) Privacy Policy Statement, the Hong Kong Personal Data (Privacy) Ordinance (Cap.486) and other related regulations which will be changed from time to time. I declare that the data given in support of this application are, to the best of my knowledge, true, accurate and complete. I understand that the data will be used in the admission assessment process and that any misrepresentation, omission or misleading information given may disqualify my application for admission and enrolment in the programme.
- I understand that, upon my registration in the programme, the data will become part of my student record and may be used and processed for all lawful purposes relating to my academic and/or non-academic activities in accordance with the established policy of the HKMA and the Hong Kong Personal Data (Privacy) Ordinance (Cap.486).
- I expressly consent that the personal data will be used for the HKMA administrative, academic, research, statistical, alumni activities and prescribed purposes as allowed by HKMA and the laws of Hong Kong from time to time.

Declaration

I authorize the HKMA to use my data to keep me informed of any direct marketing information including training and education programmes, awards and competitions, membership, alumni, promotional activities and other services and activities that it may arrange.

☒ I consent.

☐ I do not consent.

Signature: _____ Date: _____