

# The Happiness Advantage | Orange Frog Workshop™ for HR Professionals

Training for Employee Engagement, Talent Development and Organisational Change



## Training that Brings the Happiness Advantage to Life at Work

### Benefits of the Happiness Advantage:

- ▶ 56% greater sales
- ▶ 3x more creative
- ▶ 31% more productive
- ▶ 40% more likely to receive promotion
- ▶ 23% fewer fatigue symptoms
- ▶ Up to 6x more engaged
- ▶ 39% more likely to live to age 94

[Achor, HBR, 2012]

"This is a structured, evidence-based program covering the key elements on practical ways of being happy at work and in personal life."

*Patrick, N., HR Manager, Tourism Industry, HK*

"This workshop really brought depth to my knowledge of happiness and the factors that make an individual and organization happier. It was very practical and gave step by step examples of things I personally could do differently as well as lots of suggestions and ideas I could implement back at work."

*Zoe C, Head of Learning & Development,  
Law Firm, HK*

## The World Leader in Evidence-based Happiness at Work

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## Leading Positive Results

**Would you be interested in knowing how you can:**

- **increase employee engagement by 6 times**
- **increase creativity by 3 times**
- **and increase productivity by 31%?**

## The Challenge

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%.

According to Gallup's State of the Global Workplace Report 2013, the percentage of engaged employees living in East Asia is the lowest among all global regions. In China (including Hong Kong), only 6% of employees are engaged which does not reach the global average of 13%. About two-thirds of employees (68%) are not engaged, while 26% are actively disengaged. According to their category descriptions, "actively disengaged employees aren't just unhappy at work; they're busy acting out their unhappiness. Every day, these workers undermine what their engaged coworkers accomplish".

Would you like to rewrite the social script for your organisation to increase the quality of employee experience?

## The Happiness Advantage / Positive Thinking

Our brains are hardwired to perform at their best when they are positive. What's more, stressed and negative brains CAN be trained to see more possibility. Studies have confirmed that change IS possible. We CAN permanently raise our happiness baseline and adopt a more positive mindset. This competitive edge is available to all who put in the effort.

## 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.

The parable of The Orange Frog, 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 a frog 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.

[Register Now](#)



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## 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 work 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'. His research on happiness has made the cover of Harvard Business Review. His TED talk is one of the most popular with over 20 million views. Shawn spent 12 years teaching at Harvard University, USA.



### About the facilitator, Khyati Kapai :



A seasoned trainer and coach with 17 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 Six Seconds EQ Practitioner and a certified Thiagi facilitator. Khyati is the only licensed trainer of Shawn Achor's Happiness Advantage / Orange Frog – Leading Positive Results™ 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 (UK).

*"Khyati brings happiness at work to life through a skillful blend of discussion, reflection, experiential exercises and creative sharing. Makes it "do-able" to be happier at work and increase workplace positivity."*

*Sally Dellow, Director, Dramatic Difference*

Register Now

## THE HAPPINESS ADVANTAGE ORANGE FROG WORKSHOP™ for HR Professionals REGISTRATION DETAILS

### Dates and Time

Monday, 25 May 2020  
9:00 am - 6:00 pm

### Fee

HKMA Member: HK\$3,700  
Non-Member: HK\$3,900  
Early Bird Discount: HK\$200 less per person  
(for payment received before 25 April 2020)  
Group Discount: HK\$200 less per person  
(for two or more bookings from the same company joining at the same time)

### Venue

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

### 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. **Please register early in order to receive your copy of the Orange Frog storybook to read before the workshop.** 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 (☐Mr / ☐Ms) \_\_\_\_\_

Telephone No. \_\_\_\_\_

Signature: \_\_\_\_\_

Company Chop and Date: \_\_\_\_\_

Please reserve one seat for the Orange Frog Workshop:

☐ Monday, 25 May 2020 SG-A6937-2020-1-SS

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

Name: ☐Mr / ☐Ms \_\_\_\_\_ HKMA Membership No.: \_\_\_\_\_

Position: \_\_\_\_\_

Company: \_\_\_\_\_

HKID Card No. (For verification of the applicant's identity): \_\_\_\_\_ Date of Birth (YY/MM/DD): \_\_\_\_\_

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 ☐ Others (Please specify): \_\_\_\_\_

### Personal Data Collection Statement

- The personal data of applicants are collected and kept for purposes of processing of applications of course enrolment, course admission, student and member administration, course research and statistical matters.
- The personal data provided in this form will be used by the Association for direct marketing, including special offers, training and education programmes, awards and competitions, membership, alumni, promotional activities and other services and activities that it may arrange.
- Applicants wishing for access to and/or correction of personal data may send their written requests to the Association.

If you do not wish to receive information as stated in point 2 of this statement, please indicate your objection by ticking the box. You may at any time send your written requests to the Association. ☐

### Applicant's Declaration

- I declare that the information provided in this form and the attached documents is correct and complete. I authorize the Association to obtain information about my public examination results and records of studies from concerned institutions (if necessary).
- I understand that the information provided in this form and the attached documents 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 have noted, understood and agreed to the contents of the Personal Data Collection Statement.
- I have noted that photographs and video clips of the workshop may be used for promotional purposes.

### Notes

- I understand that all handout materials obtained in class are strictly for my own educational purposes.
- I have understood all the "Notes for Application" listed in Application Form.

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_