

Brad Montgomery. Description of Program for Event Materials

## **Laugh-O-Nomics — Connecting Happiness At Work to Business Success**

### **What is it?**

According to *Webster's Dictionary* "Laugh-O-Nomics" means ..... Ok, you got us— it's not in the *Dictionary*. Yet.

The science is clear: happy people perform better than their unhappy peers. Learn the hows and whys of happiness as it relates to your life and your job. You'll learn some of the science behind happiness; but even better, you'll learn some surprisingly simple techniques to incorporate immediately at work and at home that will make you — and your organization — happier.

Common sense tells us that happiness is good; it turns out that science backs it up. And lucky you, happiness is a strategy that we can breakdown into skills that you can start using today. You'll leave with specific techniques you can incorporate today to make yourself happier (and more successful at work) today.