

Information Sheet - Institute of Welfare

Happiness at work

The key to developing happiness at work is to be open, self-aware and willing to work upon yourself - ideally on a day-to-day basis. When you feel good about your job, you begin to look better and achieve a greater level of personal satisfaction.

Some questions you may like to ask yourself

- How passionate are you about your work?
- Are you focusing on what you want from your career?
- Do you feel that you deserve promotion and more money?
- Are you willing to change your mindset to achieve your happiness at work?
- Isn't it time that your personal goals, dreams and aspirations were put in place?

Self-development is vital if you want to advance your career and achieve something better. The process starts with you and what you can do to change things. How and where could you make a positive contribution at work today? For example, consider a thank-you e-mail to someone who helped you last week. If you do begin to transform the way you behave, you will soon discover that your energy will change and so will your motivation. Then you look for different things to bring about your personal satisfaction and contentment.

The human aspect

Sometimes it is too easy to forget that your co-workers are human too. They have their own weaknesses, habits and needs and sometimes that gets pushed aside in the daily rush. To get along better with the people you work with, it is vital that you stop seeing them as separate to you and start understanding their personalities better. To build a strong team and to strengthen relationships within that team, it is vital that each person has an insight into each person's personality and how these are similar or different to their own.

The result - it is then easier to understand what drives and motivates your boss, co-workers and clients in order to build satisfying, empathetic and deeper working relationships. That way, emotions such as resentment, jealousy, fear, revenge and anger which drive conflict within the workplace can be understood for what they are - **a misunderstanding between people.**