



Create workplace joy in stressful environments

“Make your workplace a better place”

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The
Leaders
Studio



Why Create joy?

“Make your workplace a better place”

- Joy gives us wings, it helps clear our minds
- We have the opportunity to influence the positive changes in our work environment, instead of waiting for someone else to
- Our well being drastically improves, as does the health of those around us
- We create future scenarios that are more beneficial for us and those around us



Creating joy

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- Emotional Intelligence (Self awareness + self regulation/management + social awareness + relationship management)
 - How am I feeling?
 - What am I thinking?
 - What am I bringing to this situation?
- Values alignment
 - What are your values?
 - What are the values of those around you and the organisation?
- Boundaries
 - Know yourself and communicate it effectively
 - Respect for other’s boundaries
 - Don’t feed workplace drama
- Belonging
 - Proactively connect across the organisation
 - Seek networks across your organisation
 - Connect to internal service providers (HR, finance, IT etc)



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- Feeling engaged and motivated at work
 - Self-Determination Theory (Deci, E. L., & Ryan, R. M. (1985))
 - i. Autonomy
 - ii. Competence
 - iii. Relatedness
 - Maslow’s Hierarchy of Needs (Abraham Maslow, 1943)
 - i. Physiological
 - ii. Safety
 - iii. Belonging
 - iv. Esteem
 - v. Self-actualisation
- Perspective
 - Express gratitude and feel it
 - Proactive in changing your narrative
- Be the standard you wish to see “Be the change you want to see...” - Gandhi
 - Courage and vulnerability



Creating joy

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- Your wellbeing
 - Morning routines
 - Mindfulness practice
 - Nutrition and exercise
 - Purpose and values
 - Relationships outside of work
 - Finances



Some of our services

“Make your workplace a better place”

1. Executive and manager coaching: interpersonal dynamics, team dynamics and engagement, leading changes at work, resilience, perception and mindfulness
2. Strategic advisory on developing and implementing people initiatives (especially when introducing change)
3. Mentoring program for Human Resource Professionals
4. Recruitment panel membership to advise you on best fit senior leaders and executives and understanding their drivers and how they fit in to your organisation
5. Online courses that focus on the psychological transitions throughout change - *coming soon*



Some of our services

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Free resources:

- ❖ ‘Psychology of Change’ and ‘Organisation Development’ Clubhouse room, we host various rooms and topics
- ❖ ‘My Creative Break’ Clubhouse, I co-host weekly clubhouse rooms on reducing workplace stress and increasing joy, join the community!

Contact us if you have questions

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