

Customized Innovative Solutions

Create More Happiness in the Workplace

2.5 - 4 hours, based on desired customization and focus for your organization

Being happier sounds great – but how can we actually make it happen? Based on scientific research, this seminar will focus on the 4 G's of Happiness: Gratitude, Giving, Gifts and Growth. Discover practical strategies to create more happiness in the workplace and in everyday life. You'll leave this upbeat seminar with tools you can implement immediately in the workplace to find the good in each day.

Learn about:

- Why people are unhappy in the workplace
- Factors that affect happiness on the job
- Strategies to implement happiness in the workplace
- How to deal with stress effectively
- Why happiness is important

Benefits & Outcomes:

- Happiness boosts problem-solving and productivity in yourself and your employees.
- Love your job.

Instructor Kari Meixl, MBA



Kari Meixl has a passion for spreading the power of happiness everywhere she goes. Most of her career has been in sales and marketing leadership roles within engineering, manufacturing, and healthcare industries. Her favorite part of any role she's had is building relationships – with colleagues, staff and customers.

She now focuses on building relationships with students at Fox Valley Technical College where she has been a Marketing Instructor since 2019. Kari serves on a number of non-profit boards in the Fox Valley and plays tennis and pickleball whenever possible. She's the mother of two teenage boys so nothing scares her.