

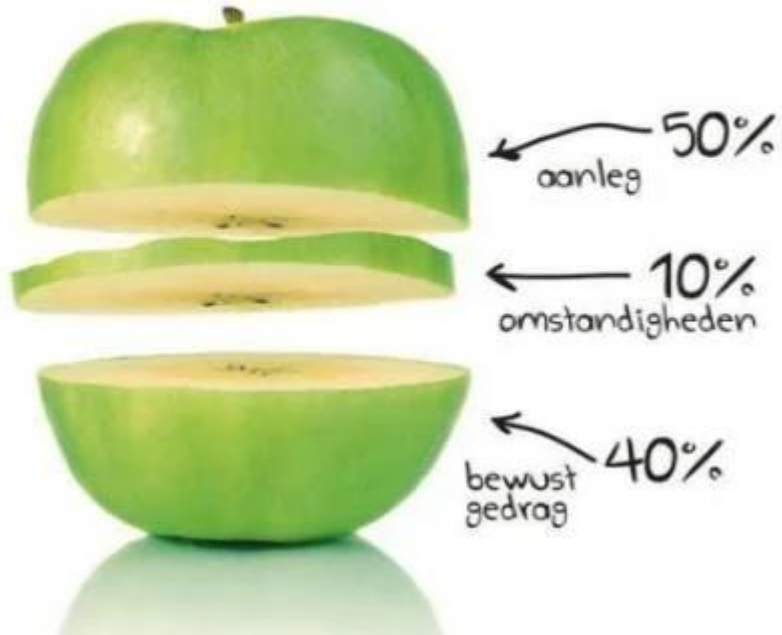


WERKGELUK

SUCCESVOL SAMENWERKEN

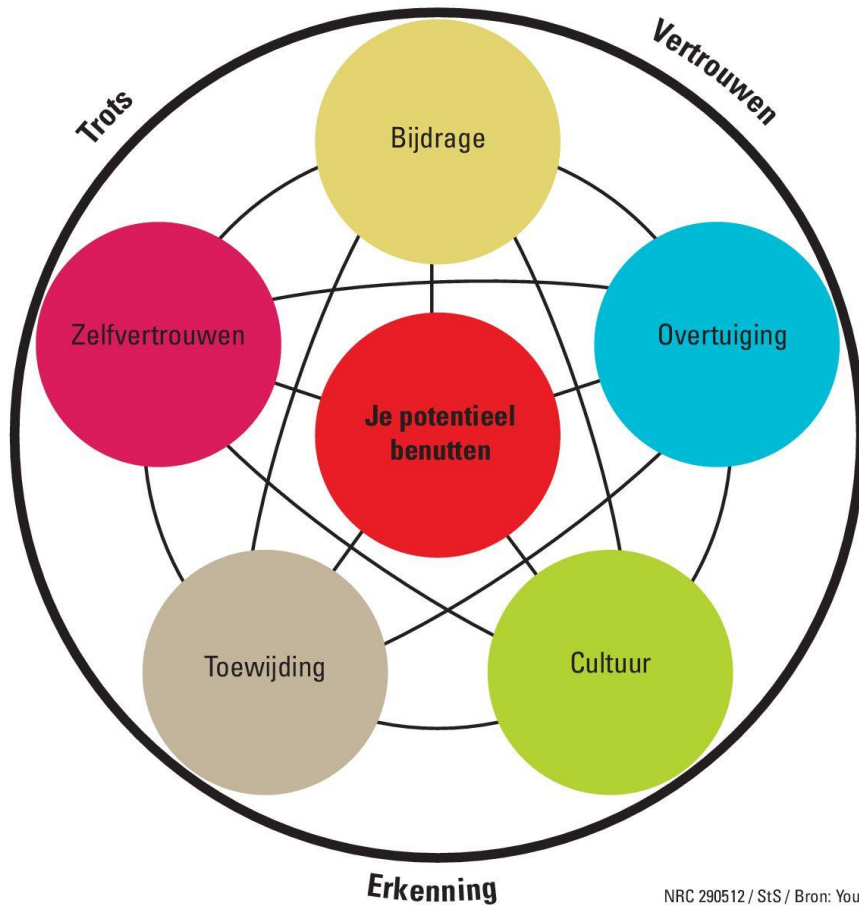
HOOFDSTUK 9

Is geluk maakbaar?



WERKGELUK:

Werkgeluk ontleed



METHODE PERK:



METHODE PERK in STEPS:

HAPPINESS @ WORK

PURPOSE

"Meaningful work" and "sense of calling"

ORGANISATION'S PURPOSE

PRESTIGE

SELF REALISATION

SOCIAL BELONGING

WORK CALLING

ENGAGEMENT

"Enjoyment, Fun & involvement at work"

AUTONOMY

CELEBRATING PROGRESS

PRIORITISE FEEL GOOD
ACTIVITY

CREATE SPACE FOR FLOW

FUN & EMOTIONS

EMPOWER - JOB CRAFTING

RESILLIENCE

"Rebounding from setbacks with no regrets"

MINDFULNESS

SELF COMPASSION

OVERCOMING FEAR OF
FAILURE

DETACHING FROM WORK

KINDNESS

"Care and respect for others"

GIVING

FRIENDSHIP AT WORK

EMPATHY & COMPASSION

BEING GRATEFUL

