



Curriculum Guide for **International Week of Happiness at Work**

Why and What? From the [International Week of Happiness at Work](#) Organization

Everybody wants to be happy. Also at work. We spend a lot of time at work after all. Plus, when we are happy at work, we are likely to also be happier in the rest of our life. We believe that Happiness at Work should be on the list of top priorities for all organizations, big and small, national and international.

Work-Life Balance

Navigating Parenthood While Thriving as an Academic

[Register Here](#) | October 26, 2023, at 12:00 pm CST *recording available after 30 days*

For too many academics, whether and when to start a family, and how to balance parenthood as a full-time academic, remain challenging questions often rooted in either/or thinking: that you can thrive as a parent or as a scholar, but not as both.

While there is some truth to the belief that parenthood can add a challenging twist to one's academic career, it is possible to design a successful career as an academic and parent where you thrive rather than merely survive, both personally and professionally.

Navigating Work-Life Balance as a Woman Leader in Higher Education

[Register Here](#) | Available Now

The stresses of the past year have hit women especially hard. From taking on extra work to helping family members and managing the logistics of remote learning for their children, women's workload — both mental and physical — has dramatically increased during the pandemic. We have heard time and again from women that they are in need of strategies that help set healthy boundaries in their personal and professional lives.

Advocating for Yourself in Personal and Professional Relationships

[Register Here](#) | Available Now

Time and again we have heard the message that the impacts of working from home, homeschooling, childcare, and managing your new normal have created new areas of stress for women. Whether trying to juggle a full-time job with being a teacher to their children or finding that publishing and other career-advancement endeavors have fallen in priority, women in particular have felt the emotional, personal, and professional costs of the pandemic.

The Power of Vulnerability

[Link Here](#) | TEDxHouston, June 2010

Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share.

Enhancing Your Overall Well-Being

Sustainable Development and Well-Being

[Link Here](#) | Register through LinkedIn Learning under Blackboard, SRSU Faculty Central

Did you know that you can incorporate the Sustainable Development Goals (SDG) framework into your daily life? This course shows you how. Explore the three basic objectives of sustainable development—



economic prosperity, social fairness, and environmental sustainability—and why sustainable development matters to our happiness and well-being.

Building Better Digital Habits for Focus and Well-Being

[Link Here](#) | Register through LinkedIn Learning under Blackboard, SRSU Faculty Central
In today's world, we're constantly surrounded by screens and devices. For all their benefits, they can also have a negative effect on your focus, work, and general well-being. This course gives you an opportunity to audit your digital habits to determine what habits are serving you and what habits are leaving you feeling distracted and drained. Instructor Chris Flack guides you through the impact your digital habits have on your work performance and well-being—including the effects of being reactive to technology, task switching, information overload, and always-on culture. Chris explains ways to build habits to have a more proactive relationship with technology by being intentional about your working environment, reducing digital multitasking, building flow and focus, and simple tools that help build productive digital habits. Finally, learn how sleep, exercise, mindful practice, and work culture can help reinforce your new digital habits.

Self-Compassion: The Proven Power of Being Kind to Yourself

[Link Here](#) | Register through LinkedIn Learning under Blackboard, SRSU Faculty Central
Self-Compassion is an urgent call for us to be more kind to ourselves. Based on empirical psychological research, this popular book looks at the causes and effects of the vicious self-criticism and feelings of inadequacy that plague many of our minds. It shows a healthier, more compassionate way to relate to ourselves. In this audiobook summary, you can gain valuable lessons from the book, such as understanding the lasting impacts of your upbringing and society on your self-worth and the dire consequences of self-criticism. Get advice for implementing self-compassion in your daily life, including making the appropriate psychological space from pain and resisting judgment of others. This guidance can help you kick-start the journey of self-forgiveness and kindness.

Three Steps to Mental Well Being at Work

[Link Here](#) | Register through LinkedIn Learning under Blackboard, SRSU Faculty Central
As people transition back into the world and the workforce following the isolation of the COVID-19 pandemic, there's much uncertainty on the best ways to go about this. In this course, Dr. Jay Kumar, author of *The Science of a Happy Brain*, outlines three powerful steps that can guide you and your company to peace of mind and well-being, post-pandemic. Dr. Kumar uses the values of being ready, resilient, and reflective to deliver strategies that can help restore and rehumanize your own work life and your company's workforce. He explains the ways that your brain sabotages your mental health and well-being and offers strategies to nurture and retrain the brain to resilience. Dr. Kumar shares accessible ways to cope with stress and the daily pressures related to working virtually, and provides practices to maintain a sense of interdependence in the midst of our recent independent—and in some cases, isolated—lives.

The Power of Introverts

[Link Here](#) | TED2012
In a culture where being social and outgoing are prized above all else, it can be difficult, even shameful, to be an introvert. But, as Susan Cain argues in this passionate talk, introverts bring extraordinary talents and abilities to the world, and should be encouraged and celebrated.



Personal Achievement and Growth

Actualize Your Purpose: A Workshop on Improving Your Well-Being

[Register Here](#) | Recording Available after October 12, 2023

The pandemic has fundamentally altered the way we work: remote and hybrid environments, students and colleagues in greater need of support, and demands for greater work-life balance. This is the perfect time to take stock, check in with yourself and your goals, and start creating work habits that work for you.

Strategies & Mindsets for Actualizing Your Purpose: A Discussion

[Register Here](#) | November 14, 2023, at 12:00 pm CST *recording available after 30 days*

Connecting your everyday work with your life's purpose to find greater well-being contributes to improved professional satisfaction and productivity, but it requires continued reflection and iteration. Join us for a 1-hour discussion where we will further explore themes from Actualize Your Purpose: A Workshop on Improving Your Well-Being.

Recognizing & Resisting Imposter Syndrome: A Discussion Series

[Register Here](#) | October 17, 2023, at 12:00 pm CST *recording available after 30 days*

The competitiveness, individualism, and emphasis on expertise in higher education creates an environment ripe for imposter syndrome, where people across roles and responsibilities feel as if they are not "enough" or ever "doing enough." In this discussion series, you will learn how imposter syndrome operates, both institutionally and psychologically, to keep you from contributing your best self to the world.

What Makes Us Feel Good About Our Work?

[Link Here](#) | TEDxRiodelaPlata, October 2012

What motivates us to work? Contrary to conventional wisdom, it isn't just money. But it's not exactly joy either. It seems that most of us thrive by making constant progress and feeling a sense of purpose. Behavioral economist Dan Ariely presents two eye-opening experiments that reveal our unexpected and nuanced attitudes toward meaning in our work.

Resilience Training

Enhancing Your Personal and Professional Resilience

[Register Here](#) | Available Now

There remains a common misconception in our society that resilience is the ability to keep going at all costs. We lead busy lives and push ourselves to the brink of exhaustion in service of "resilience." But in actuality, true resilience is created when we are able to pause, recharge, and generate the optimism and belief in our abilities that we need to sustain long-term and lead happier, more fulfilling lives.

Managing Difficult Customers

[Register Here](#) | November 17, 2023, at 1:00 pm CST *recording available after 30 days*

In part two of this discussion series, [The Impact of Enhancing Customer Service in Higher Education](#), learn techniques for diffusing common challenges that arise when managing difficult customers. You won't make everyone happy, but you can surely try!

Train Your Mind to Overcome Pressure and Underperformance

[Link Here](#) | Register through LinkedIn Learning under Blackboard, SRSU Faculty Central

In this audio-only course from How to Be Awesome at Your Job, Dr. Ellen Reed reveals how to train your brain to be more solution-focused. As Ellen explains, you can teach your brain to focus on solutions,



rather than problems, to build your mental toughness. She walks you through creating a success log. Making a habit out of the success log will train your brain to focus on improvements, instead of failures and will build up your self-confidence. Ellen also shows you how to recognize when you're fixating on the problem, so that you can shift to thinking about a solution instead. She stresses the importance of not trying to resolve every problem. Plus, Ellen walks you through a mental workout to get yourself fired up to do what you need to do.

The Happy Secret to Better Work

[Link Here](#) | TEDxBloomington, May 2011

We believe we should work hard in order to be happy, but could we be thinking about things backwards? In this fast-moving and very funny talk, psychologist Shawn Achor argues that, actually, happiness inspires us to be more productive.

Emotional Intelligence

The Key Components of Emotional Intelligence for Academic Teams

[Register Here](#) | Available Now

Academic leaders and faculty members often cite the importance of interpersonal skills when leading an academic unit, managing a research team, or functioning as a productive member of any team or unit in academia. However, emotional intelligence and self-awareness are less commonly mentioned as predictors of success among academic teams.

Using Mindfulness to Improve Overall Well-Being and Productivity

[Register Here](#) | Available Now

Mindfulness is a key strategy in initiating our neuroplasticity—retraining our brains to see and experience more opportunities for empathy, curiosity, creativity, and inspired action. This video course will explore mindfulness from the perspective of a coach who works with academics on flourishing in their careers. Specifically, it will focus on the research-based mental resilience and stress reduction features of mindfulness, with an emphasis on the small, practical shifts that mindfulness can produce in our daily attitudes and behaviors.

Practicing Mindfulness: A 9-Day Program for Higher-Ed Professionals

[Register Here](#) | Available Now

We put a lot of pressure on ourselves to show up, keep going, and perform. It's easy to lose sight of the simple moments of joy and substance in our everyday lives. Through this video course, you will develop a daily mindfulness practice that enables you to pause, connect more deeply with what's going on around you, and stay grounded in the present moment.

Comprised of simple techniques that make use of all your senses—thought, sight, hearing, taste, smell, touch, and feeling—you will come away with a variety of mindfulness methods that you can easily integrate into your busy everyday life. Higher ed professionals at all levels who are seeking more intention, purpose, and connection will benefit from this course. This course is valued at \$595, but is free for members.

Emotional Intelligence as a Key Driver for Advancing Women Leaders

[Register Here](#) | Available Now

Women who rise to top leadership positions in higher ed possess a unique skillset that helps them overcome adversity, build resilience, and lead authentically. Kas Metzler studied and interviewed 26 women presidents in California and found some interesting commonalities in how they rose into their roles. Not surprisingly, the link is how they used and honed their emotional intelligence as leaders.