

**It pays to be happy! ...Reduce absenteeism –  
Alleviate stress - Cultivate an emotionally resilient  
workforce – Promote empowerment - Engage and  
retain happy and healthy people**

**The concept of “Happiness at Work” is fast becoming a hot bed of discussion and is increasingly being explored in the workplace.**

**There is no doubt about it; life is becoming increasingly challenging and stressful. Levels of workplace stress are alarmingly high and with the economic challenges we face, more pressure is being put on people to increase their productivity at work with seemingly no additional reward.**

As deep public-sector cuts loomed, David Cameron told a conference in 2010 that it was time *“We admitted that there's more to life than money,”* adding: *“It's time we focused not just on GDP but on GWB – general wellbeing.”*

The “Happiness at Work” Conference 2011 aims to raise awareness of the ways in which ‘happiness’ contributes to business success and sustainability. We have invited a range of industry experts and speakers who will deliver presentations on the benefits of happiness including essential ideas and information and solid business evidence examples.

With much evidence and many success stories emerging about the benefits of happiness and wellbeing it seems that an investment in happiness makes great business sense.

We have chosen 2nd November for the event as this is [National Stress Day](#). Our feeling is that we want to move people away from focussing on

stress and to take a more proactive approach to wellbeing by focusing on Health and Happiness in the Workplace.

**£195 plus VAT  
PER  
DELEGATE**

We have been working very successfully on our Workplace Wellness and Modern Life Skills programmes which are proving to be increasingly popular. As a result, we are beginning to see the impact embracing happiness at work has on absenteeism and indeed mental health in the workplace. Really it is about encouraging individuals to take more personal responsibility.

We are charging **£195** plus VAT for each delegate to cover costs and all profitable proceeds will be donated to the [Action for Happiness](#) registered charity.

### **What is included?**

- Key note presentations
- Interactive workshops
- Discussion groups
- Network and idea sharing
- 3 course lunch
- Refreshments
- A copy of ‘The Happy Handbook’
- A very positive experience!

### **The main aims of the conference are to:**

- Raise awareness around the importance of promoting a healthy and happy business culture
- Help organisations to reduce stress and sickness absenteeism
- Demonstrate how happy employees can make organisations more successful
- Encourage employers to genuinely put people at the heart of their organisations
- Encourage individuals to take more personal responsibility
- Support building a happier and healthier society

## Conference Speakers

## Profile

### Richard Denny



*Richard Denny is an international business growth specialist, speaker and author. He has acquired the status of a legend in the conference speaking world.*

*“The master of professional salesmanship” The Times  
“The millionaire maker” Birmingham Post and Mail  
“The UK’s Guru of Motivation” The Daily Mail*

*He is unique in that his presentations not only motivate, inspire and educate but his audiences take away and use highly practical ideas that achieve enhanced performance.*

### Dr David Batman



*Dr David Batman qualified in medicine 1973 and worked initially for 11 years as a General Practitioner. Following further higher specialist training in Occupational Medicine he has been working for the last 23 years with Nestle UK and Ireland as Chief Medical Officer and Head of Safety and Employee Wellness.*

*David is currently a member of Dame Carol Black’s working groups at the Department of Work and Pensions Occupational Health Sounding Board and Department of Health which developed the Public Health Responsibility Deal which focus on the issues of food, alcohol, physical activity, health in the workplace and the role of behaviour change.*

### Liggy Webb



*Liggy is widely respected as a leading expert in the field of Modern Life Skills and Workplace Wellness. As a presenter, consultant and author she is passionate about her work and improving the quality of people’s lives. She is regularly asked to speak at conferences and high profile events and is the author of various books (one of which is *The Happy Handbook - A Compendium of Modern Life Skills*) and contributes to various industry publications. As a consultant with the United Nations she travels extensively and has recently returned from Afghanistan which she describes as her biggest life education to date!*

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**Mark Williams**



*Action for Happiness was launched in April 2011. Mark Williams is the Director who champions the movement which is supported by his holiness the Dalai Lama supports and who says "In encouraging people from all walks of life to play a part in creating a happier society, Action for Happiness is taking an admirable initiative. I wish the project every success and am happy to give it my support."*

*Mark has an MBA from IMD business school in Switzerland, where he received the President's Award for outstanding achievement. He also holds a PhD and first class honours degree in Electronics and Communications from the University of Bristol. He is a member of the Institute of Directors, a Sainsbury Management Fellow and a Chartered Engineer.*

*"We urgently need a change in priorities. So if you believe in a more caring society that puts well-being before wealth, and prioritises the things that really matter, then join us - add your voice and take action. Together we can create a better, happier future".*

**Gerry Moutrey**



*Gerry Moutrey has 10 years of experience with Investors in People and is also a coach, trainer, IIP assessor and adviser. Gerry has been key in his involvement with the IIP Health and Wellbeing Best Practice Award and will be able to share some essential information about this award. Gerry also founded Sunzo Associates and has spent over 20 years in senior team management roles in both the public and the private sector.*

**Happiness at Work Conference**

**Hosted by The Learning Architect on the 2<sup>nd</sup> November 2011**

**Venue: [www.cotswoldconferencecentre.com](http://www.cotswoldconferencecentre.com)**

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## Agenda for the Day

Time	Event	By
09.30	Reception and refreshments	Cotswold Conference Centre
10.00	Welcome and Introduction	Liggy Webb
10.30	<b><i>"It Pays to Be Happy" – A solid business investment for promoting a happy and healthy workplace</i></b>	Liggy Webb
11.00	<i>"Why Happiness Matters"</i>	Mark Williamson
11.30	Refreshments	Cotswold Conference Centre
11.50	<i>"Workplace Wellness - Engaging business and employees in challenging and complex times"</i>	Dr David Batman
12.20	<b><i>"Using health, wellbeing and happiness to facilitate business improvement"</i></b>	Gerry Moutrey
13.00	3 Course Lunch	Cotswold Conference Centre
14.00	Happiness Workshop	The Learning Architect
15.00	<i>"Is it really my job to make you happy?"</i>	Richard Denny
15.30	Feedback Session	Everyone
16.00	Close of Conference	Liggy Webb

Places cost £195 plus VAT per delegate

To book your place call us: +44 (0)1242 700027

Email us: [info@thelearningarchitect.com](mailto:info@thelearningarchitect.com)

All proceeds  
go to Action  
for  
Happiness