



PARTNER Huddle Series

THIS WEEK'S
Huddle Topic

Make it a Happy New Year!

Activity



PREPARATION TIPS
Read the Huddle before
facilitating.

Say: "Happiness Expert Dr. Arthur Brooks teaches Harvard students how to be happy at work. Here are his surprising tips:"

Tip 1: Earned success:

The first key to work happiness, according to Brooks, is what he calls "earned success": producing something valuable in your own life and in the lives of others.

For Brooks, happiness at work is not determined by your job title or job rewards; but rather the investment you put into your day. Put simply, "You don't cut corners," Brooks said.

He believes that doing your job without taking shortcuts is an expression of commitment to yourself and others — it is not just a tactic to climb a career ladder. All that matters is that at the end of the day, you can say, on most days at least, 'I did my work with love and with excellence.

Tip 2: Service to others:

Experts agree that positive relationships at work are a necessary ingredient for job satisfaction.

Brooks' second answer to finding joy at work is in line with that finding: do your job in a way that serves others, not just yourself. Deeper satisfaction comes from work that can make a difference in the lives of some. And serving others comes from how you do your job, not what your job is.

He believes that you can serve others whether you work in a bank, put roofs on houses, or raise children.

Ask: "How can these tips help you be happier at work in 2024?"

Huddle Content

- ☑ Being happy at work involves caring about the way you do things and caring for others.
- ☑ Brooks says "Let us face it! There are very few jobs where people really care about each other."
- ☑ Here at Moorings Park, you have an opportunity to do both!

Culture Connection

An important Moorings Park Value is 'Respect for each person.' How are these two tips related to respecting yourself and others?

Announcements

Quote

"Service to others is loving everybody with your ordinary, sanctified work." — *Arthur Brooks*

WOW Moment

Who has a WOW moment to share about how you plan to be happier at work in 2024?



This QR code
will take
you to the
Partner Huddle
Resource Page
to get more
information.



MONTHLY SURVEY!

This QR code will take you
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Complete Survey to win
A \$30 Gift Card!

