

PERK

Your Way
to Workplace
Happiness

P = Purpose

People who have found purpose in their work are the ones who jump out of bed on Monday. Does your work give you Purpose?

E = Engagement

People who are actively engaged at work very rarely watch the clock. Do you feel engaged at work?

R = Resilience

Resilience at work is about understanding challenges, problems and responsibilities, and using them as opportunities to learn and grow. Do you feel resilient at work?

K = Kindness

People who are better able to mediate their own feelings towards other people and who always act from a place of professional kindness, are happier at work. Do you feel kind at work?



"Happiness is an ongoing process of fresh challenges, it takes the right attitudes and activities to continue to be happy."

E d D i e n e r



Jessica Dang
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