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Is Business The Key To Making The World A Happier Place?

Evan Sutter





What is important in your life?

How shall you get it?

What do you have to change?

Are you really happy with this life as it is?





“The trick is not to run away from our suffering”

Thich Nhat Hanh





“Knowing yourself is the beginning of all wisdom”

Aristotle











THE TIME
IS NOW

Be Good To Your

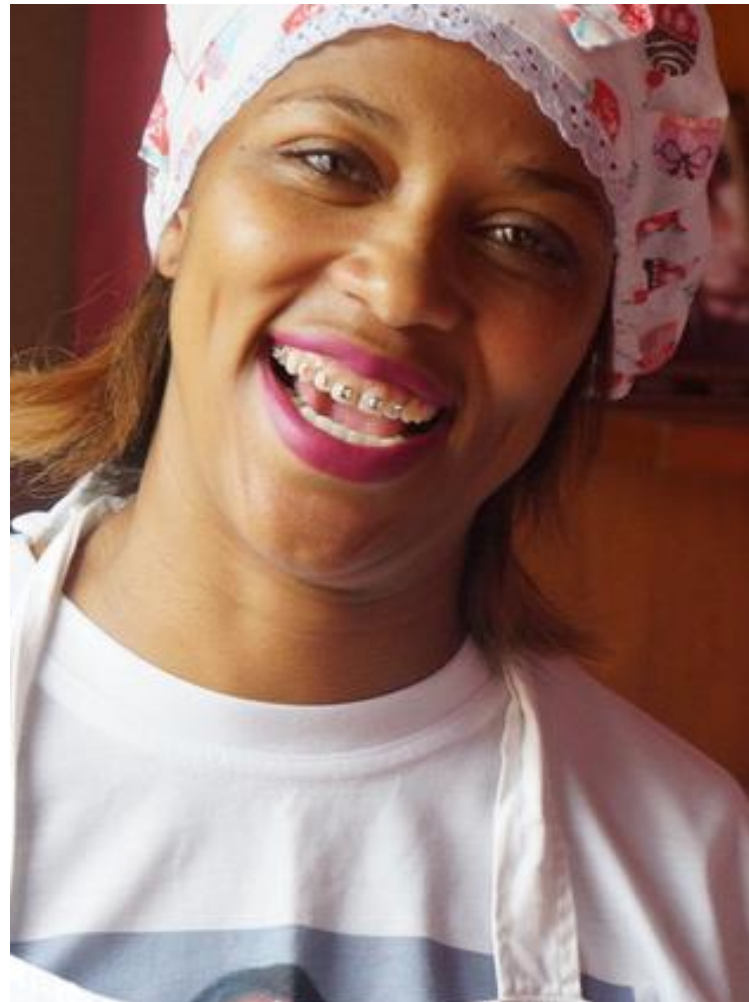


Mother



I SPEAK
For the Trees

There is
N 
Planet B



“If you want to be happy, be”

Leo Tolstoy



Defining Happiness





Individual
Work
A short-term
Leisure
Hedonic
Needs
happiness

Business
Cognitive
A long-term
Affective
Eudaimonic
Eudaimonic
happiness



Decent work
Command over material resources
Personal freedom of actions
A good governance
Social trust within your community
To cultivate mindfulness and virtue
Regular positive emotions in the day
Deep meaning and purpose

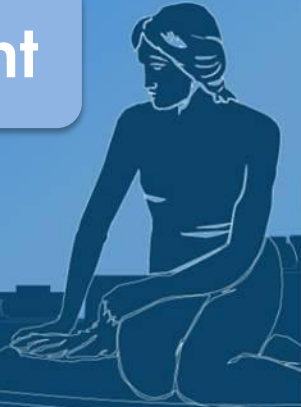
Employees

Customers

HAPPY BUSINESS

Community

Environment





Time Use



People who feel free at work are
2.7 times more likely to be happy
than those who don't

Robert Half & Happiness Works



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DOING BEING



Living Standards

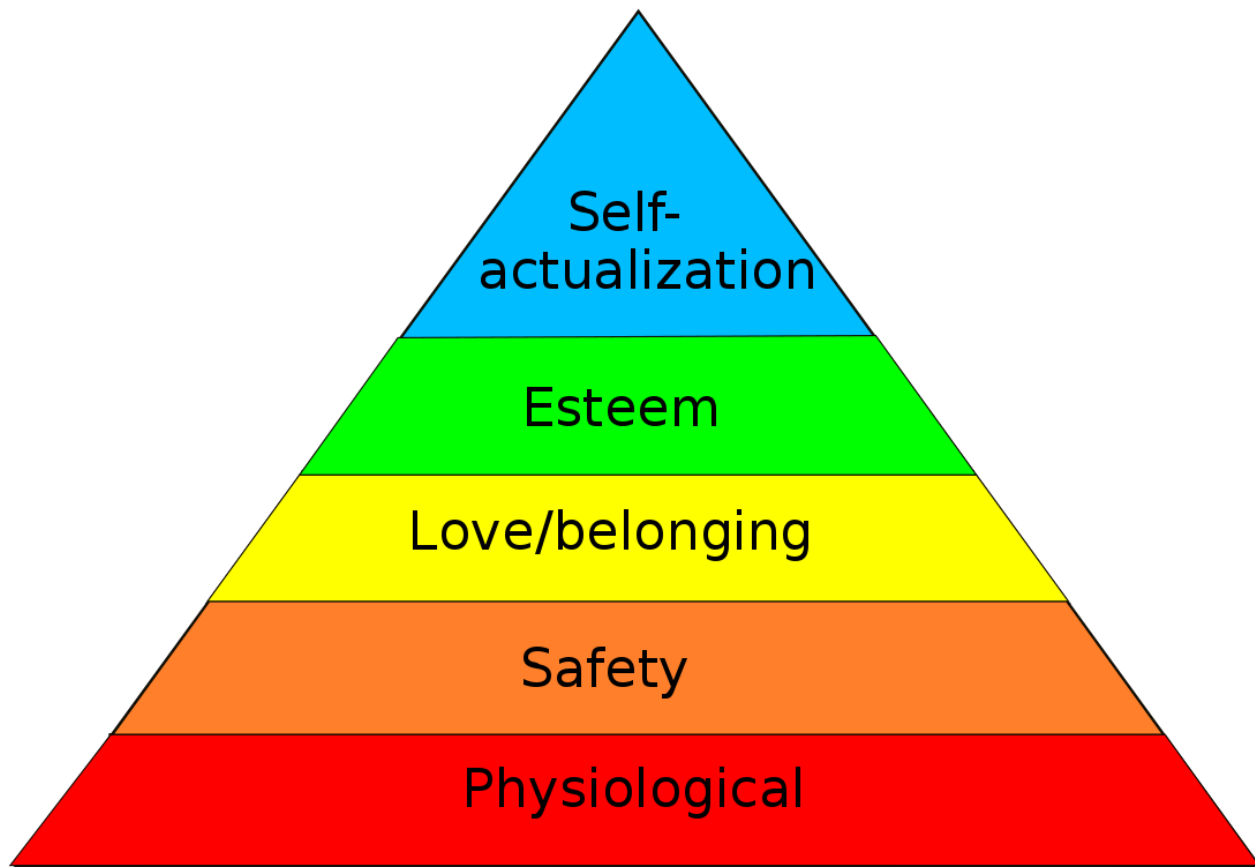
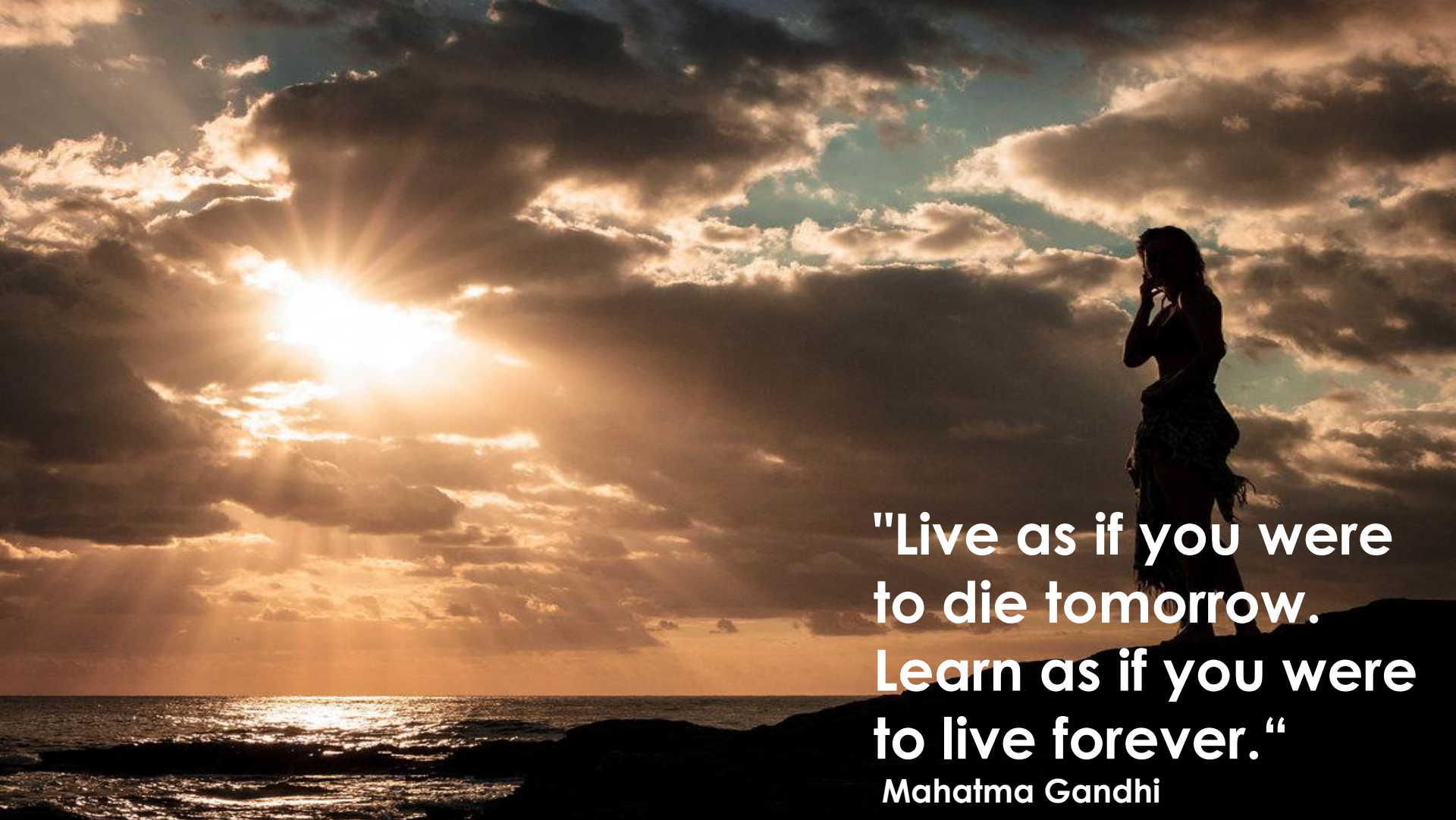




Photo Credit: Patagonia

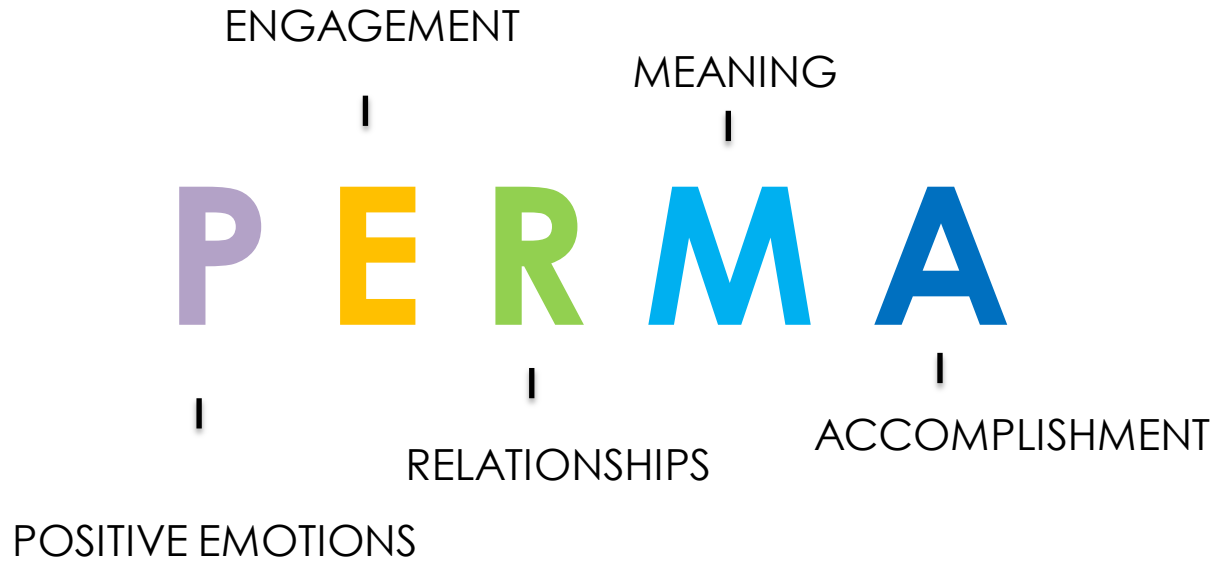


Development



**"Live as if you were
to die tomorrow.
Learn as if you were
to live forever."**

Mahatma Gandhi



Seligman's PERMA Model



Feeling **appreciated**
is one of the top drivers
of happiness

Most important for those under 35

Robert Half & Happiness Works



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Workplace



Hey Mate. Just wanted to let you know that I'm lucky to have such a good friend like you. I know I can always count on you for your support and kindness. You're a good man!

Haha. You okay mate?

Thanks man. Appreciate your message - it means a lot. It has been a tough week, you just made it better! As always!





Diversity & Inclusivity

Compassion

Sharing

Kindness

Mindfulness

Hiring

Policy

Development

Volunteering

Trust

Deep Listening

Open Communication

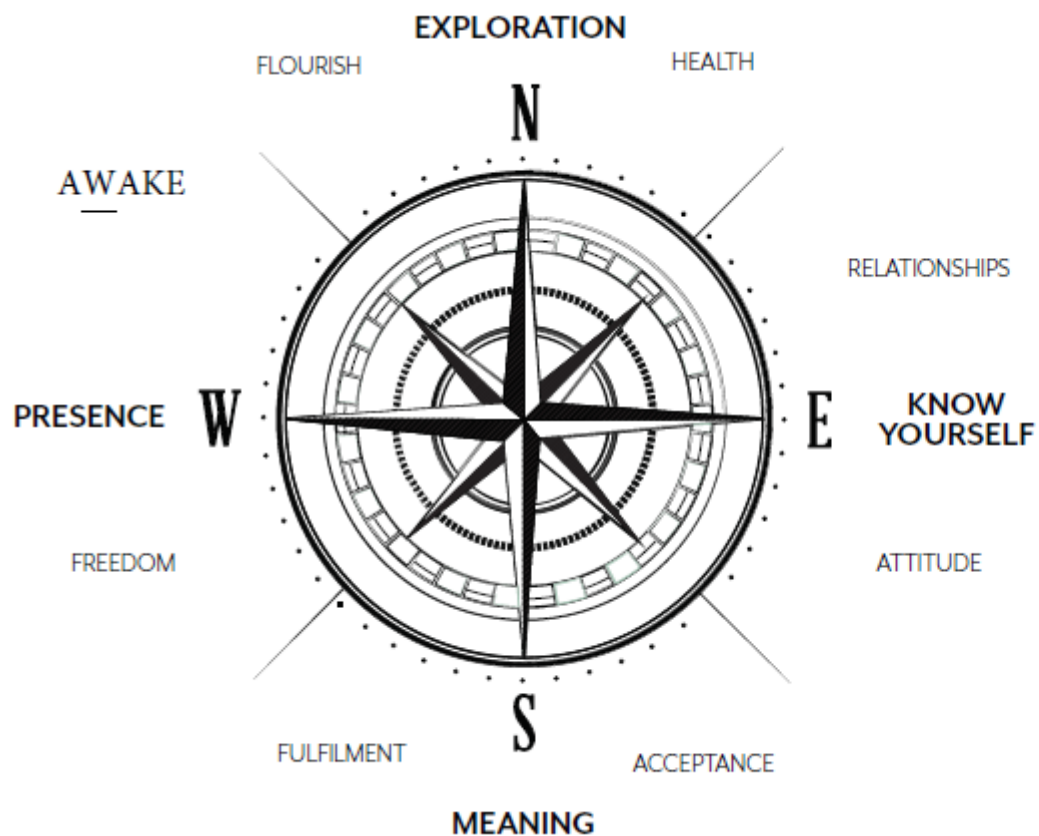


Health

“A lightness of being and playfulness are key elements to the practice of mindfulness, because they are key elements of well-being”

Jon Kabat-Zinn





Awake
Schiffer Books
2020



Time Use



Living Standards



Development



Workplace



Health



Financials

Employees

Customers

HAPPY BUSINESS

Community

Environment





Good Governance



“We never see anything isolated, but everything in connection with something else which is before it, beside it, under it and over it.”

Johann Wolfgang von Goethe



It Shows Cultural Diversity and Resilience



Diversity & Inclusivity

Compassion

Sharing

Kindness

Mindfulness

Hiring

Policy

Development

Volunteering

Trust

Deep Listening

Promotion

Open Communication



Operates in Favour of its Community Vitality



Photo Credit: Fairphone



It has Ecological and Social Responsibilities







Good Governance



Cultural Diversity and Resilience



Community Vitality



Ecological and Social Responsibilities

Employees

Customers

HAPPY BUSINESS

Community

Environment





**Generates
Positive Emotions**

Empowers



**Spreads
Compassion**

1 NO POVERTY



2 ZERO HUNGER



3 GOOD HEALTH & WELL-BEING



4 QUALITY EDUCATION



5 GENDER EQUALITY



6 CLEAN WATER & SANITATION



7 AFFORDABLE & CLEAN ENERGY



8 DECENT WORK & ECONOMIC GROWTH



9 INDUSTRY, INNOVATION & INFRASTRUCTURE



10 REDUCED INEQUALITIES



11 SUSTAINABLE CITIES & COMMUNITIES



12 RESPONSIBLE CONSUMPTION & PRODUCTION



13 CLIMATE ACTION



14 LIFE BELOW WATER



15 LIFE ON LAND



16 PEACE, JUSTICE & STRONG INSTITUTIONS



17 PARTNERSHIPS FOR THE GOALS



**SUSTAINABLE
DEVELOPMENT
GOALS**



People who feel proud
of their companies
are nearly **3 times**
more likely to be happy

Robert Half & Happiness Works



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The Happiness Score

Internal well-being

Benevolent operations

Impact on happiness











Explore. Examine your life
Don't run away from your suffering
Be vulnerable. Be bold. Be kind
Give your time
Play
Be curious. Always be curious





Please

Remember to rate this session

Thank you!

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