

# PROGRAMS FOR EMPLOYERS



Whether your workplace is a statewide corporation or a mission-driven nonprofit in Honolulu, Hawaii's organizations affiliated with Happiness U are thriving and resilient. Our proven strategies increase productivity, teamwork, and engagement while reducing negativity, drama, and stress. We've partnered with the business sector, nonprofits, state, and other government agencies and are a trusted advisor and coach to executive leadership. We help your workforce experience a more positive reality of challenges. More info, full lesson plans, and learning overviews can be provided for any of these class snapshots.

## WAYS WE WORK

We build custom programs designed to address your specific needs. Some of our most popular offerings include a training series, seminars that can include a broad spectrum of workshops with a dynamic collective of teachers who energize and empower, uplifting retreats at our lifestyle studio or at any location statewide, and inspirational presentations to groups of all sizes.

### Thrive with a Positive Mindset

Apply proven strategies that generate a positive perspective for greater productivity and ease. The results: change the reality of any given challenge, rewire your brain to spot opportunity, and increase success.

### Reducing Negativity at Work

Understand negativity's source in order to increase positivity at work and life. Get ready to harness negativity as a force for change.

### Reduce Irritation in the Workplace

Find the root cause of irritations to increase team morale and productivity. Resolve co-worker annoyances and how to stay productive with techniques that shift negative energy to positive and productive workflow.

### Take Action Against Distraction

80% of us check our smartphone before we even get out of bed in the morning. Multi-tasking mayhem has taken our time. Reclaim your focus in the office and prioritize the day's demands with mind mastery.

### Stress Less at the Office

Minimize the challenge of stress, reduce feelings of being overwhelmed, develop positive new habits, and turn anxiety and worry into a performance. These techniques shift negative energy towards balance and productivity.

### Power Body Language for Business

What if success was as easy as tilting your head? Read emotions of the people around you to give you a business advantage. This crash course in body language fluency teaches how to master nonverbal communication.

### Increase Your Energy for Greater Productivity

Operate at your best physically, emotionally, mentally, and spiritually by optimizing the four sources of energy you utilize daily. Get more done in less time at a higher level of quality and in a more sustainable way.



## Empowering Truth & Trust in the Workplace

As a human polygraph, get ready to improve outcomes with clients, patients, colleagues, and customers. Turn evasion into conversations of truth.

## Clear the Clutter

Create space for success, affluence, and creativity. Learn why clutter culmination in your physical and digital space is clogging your potential for success. Ignite a Clutter Buster Campaign that everyone will want to be a part of.

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# ABOUT HAPPINESS U

This center for learning opened in 2013 and is located in Honolulu's Salt Our Kaka'ako and provides an array of monthly classes that help people experience a more fulfilling life. Each month a variety of classes are offered and the school features a talented team of educators who are experts in their field.

CORPORATE PROGRAMS

ONLINE CLASSES

IN PERSON CLASSES

KEYNOTE SPEAKING

*And so much more!*

## ABOUT FOUNDER ALICE INOUE

Nationally award-winning thought leader Alice Inoue inspires purpose and mindful focus to life and work. She is Hawaii's celebrated expert on creating meaningful and joyful existence and has helped thousands of organizations and individuals. Her insights and wisdom are also featured in her two columns published in Hawaii's only statewide daily newspaper and weekly newspaper that is delivered to every Oahu home. She partners with Pacific Business News for an ongoing series of workshops for the business community. She is the founder of Happiness U, a school in Honolulu devoted to personal transformation. She has worked with hundreds of organizations throughout Hawaii.

**To see some of the clients from all sectors of the community, visit [YourHappinessU.com](http://YourHappinessU.com).**



## CONTACT US

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