

Great Game Huddle Notes
January 19, 2016

Angie Crews welcomed huddle participants. She said the huddle will begin a series of motivational programs with the current offering entitled, "Happy Secret to a Better World." The 12 minute video, hosted by Harvard graduate Shawn Achor, outlined the benefits positive psychology has on job happiness and motivation. Mr. Achor discussed the "happiness advantage" and how this emotion turns on every aspect of the brain's learning center. He added that many workplaces measure success by using the "average" category as a benchmark. The major problem with this measurement system is if you study and evaluate based upon "normal" or average, the workforce is likely to remain average. He stressed that it isn't reality that shapes us but the lens through which your brain views the world that shapes your reality. If we can change the lens we can not only change our happiness level but every single educational and business outcome at the same time.

The huddle followed with ideas to promote a positive workplace. Suggestions included creating laughter, sending thank you notes as a form of appreciation, kind words to those that appear to be having a rough day and listening to uplifting music such as the Wind FM.