



THE EVEREST *Leadership Academy*

Emotional Intelligence Happiness

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Happiness Isn't the Absence of Negative Feelings

- Five elements essential to lasting happiness:
 - Positive emotion – peace, gratitude, satisfaction, inspiration, hope, curiosity – a sense of purpose
 - Engagement – losing ourselves in a task or project
 - Relationships – meaningful, positive relationships help being happy
 - Meaning – serving a cause bigger than ourselves / a vision
 - Accomplishment / Achievement – we must strive to better ourselves

“As our lives include empathy, gratitude, meaning – we are happier”



A Misconception About Happiness

That happiness is being cheerful, joyous, and content all the time; always having a smile on your face. It's not – being happy and leading rich lives is about taking the good with the bad, and learning how to reframe the bad.

“ Experiencing a wide range of emotions – both positive and negative – was linked to positive mental and physical well-being”

- Happiness is a means and not an end – we think if we get what we want, then we'll be happy – our brains actually work in the opposite direction.

What's really important is the journey.



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- We're not happy when we're chasing happiness. We're happiest when we're not thinking about it, when we're enjoying the present moment because we're lost in a meaningful project, working toward a higher goal, or helping someone who needs help.
- Happiness is not the absence of suffering; it's the ability to rebound from it.
- Happiness is not the same as joy; happiness includes contentment, well-being, and the emotional flexibility to experience a full range of emotions.

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The Power of Small Wins

- The more frequently people experience a sense of progress, the more likely they are to be creatively productive in the long run
- The power of progress is fundamental to human nature
- When people realize that they have clear and meaningful goals , sufficient resources, helpful colleagues, they get an instant boost to their emotions, there motivation to do a great job.



Creating Sustainable Performance

- Vitality – the sense of being alive , passionate, and excited
- Learning – the growth from learning new knowledge and skills:
 - People who are developing their abilities are likely to believe in their potential for further growth