

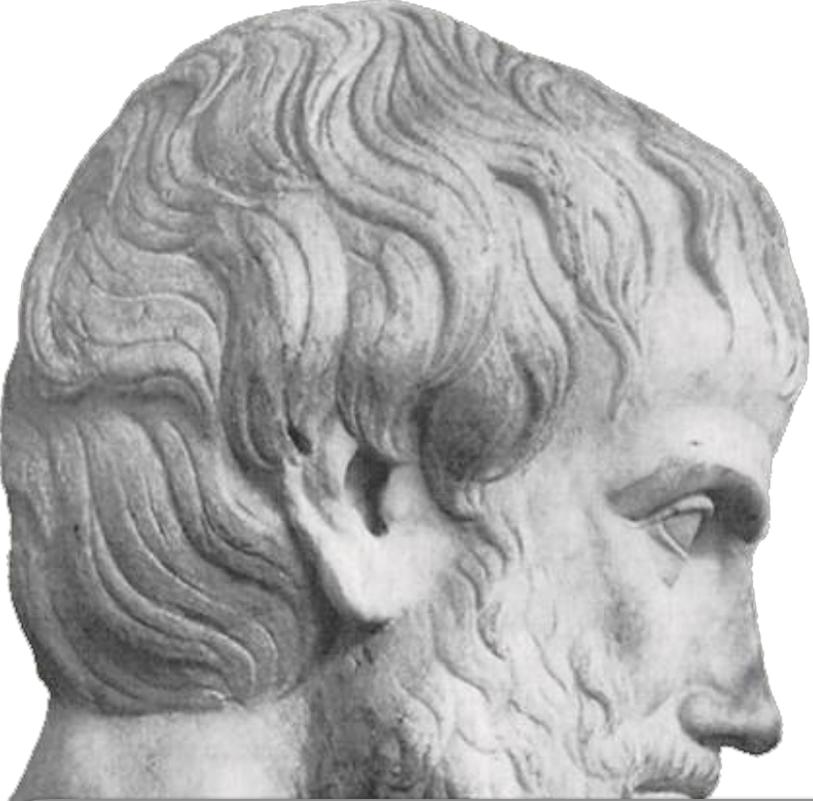
Rowan Manahan



**INTERNATIONAL
CONFERENCE
ON HAPPINESS AT WORK**

MAY 18+19

2017



Pleasure in the job puts perfection in the work

These little notes will
(hopefully!) mean that
these slides will make sense.

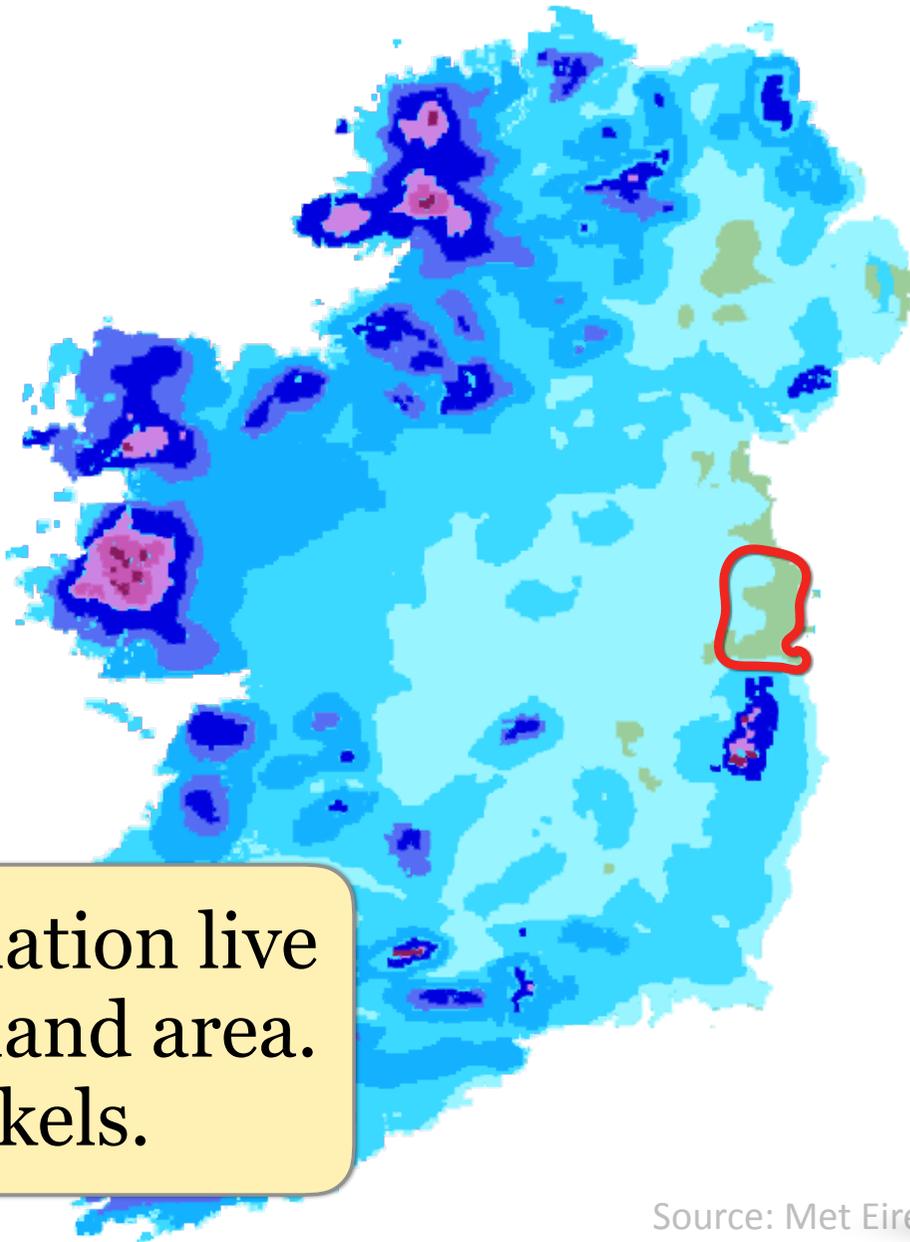
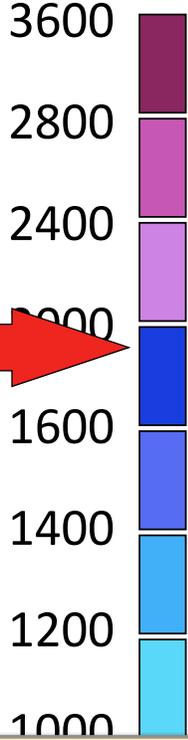
@Rowan_Manahan



I'm Irish, which means that it can be very hard to be happy, because it rains so much.



mm rain



28% of the Irish population live in 1% of the available land area. The rest use snorkels.



Source: Met Eireann, 30 yr average rainfall (mm)

ARBEJDSGLÆDE

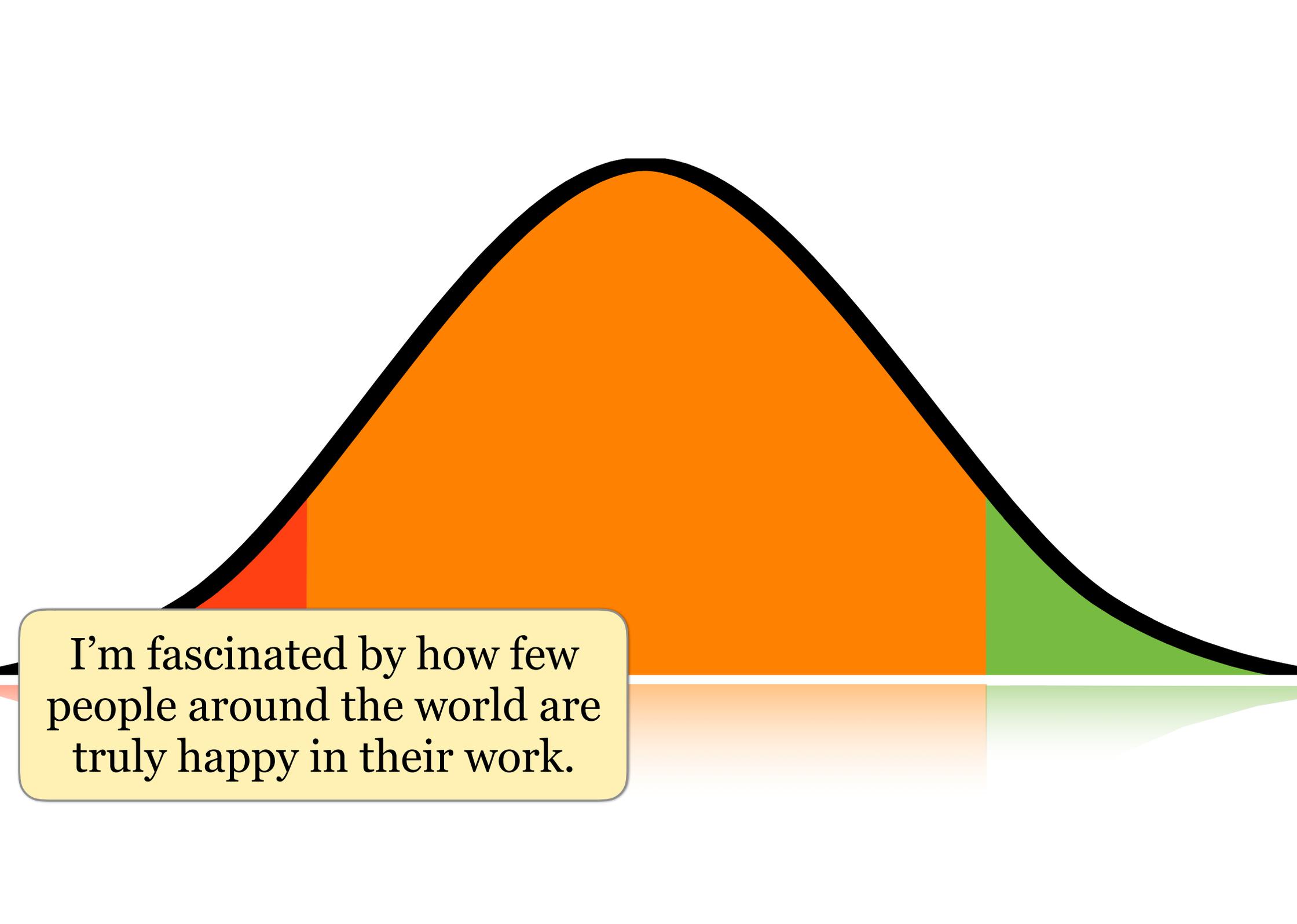
So I met this crazy Muppet -
and we did a radio show in
Ireland where he was called
The Swedish (!) Chef





ARBBI MEDE

... and I was Oscar The Grouch!



I'm fascinated by how few people around the world are truly happy in their work.



And because I didn't have
all the answers, I asked
my mother.

Don't put all
your eggs in one
BASKET

Irish Mother Wisdom

#1



People aren't against
you, they are for
THEMSELVES

Irish Mother Wisdom

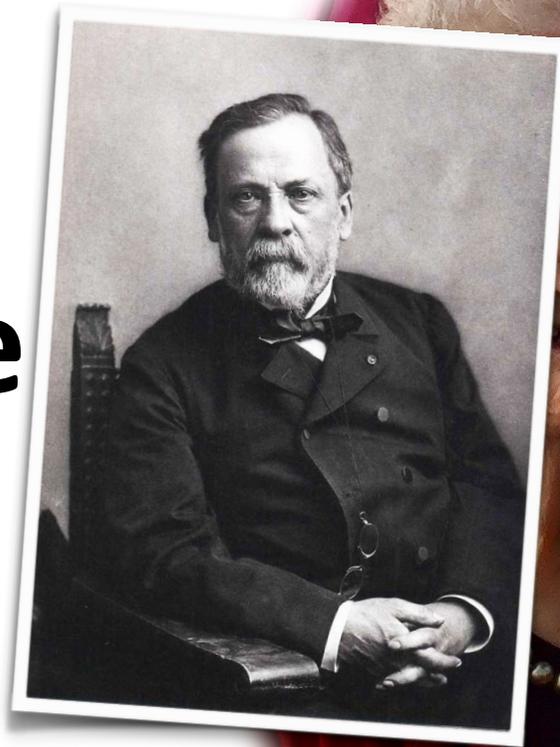
#2



Chance favours the prepared mind

(stolen) Irish Mother Wisdom

#3



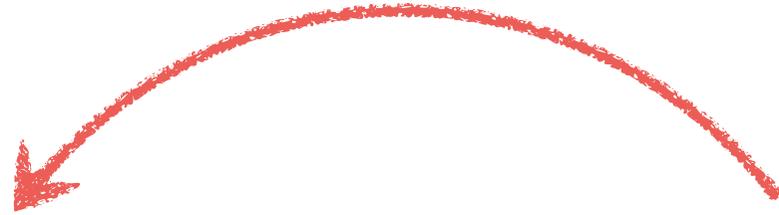
WHY?

Why does this matter? Why do so many people around the world get excited about this?

LEARNING

EARNING

YEARNING

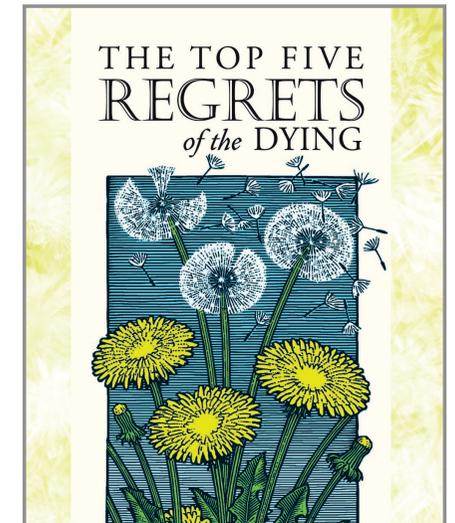


DREAMS

SECURITY

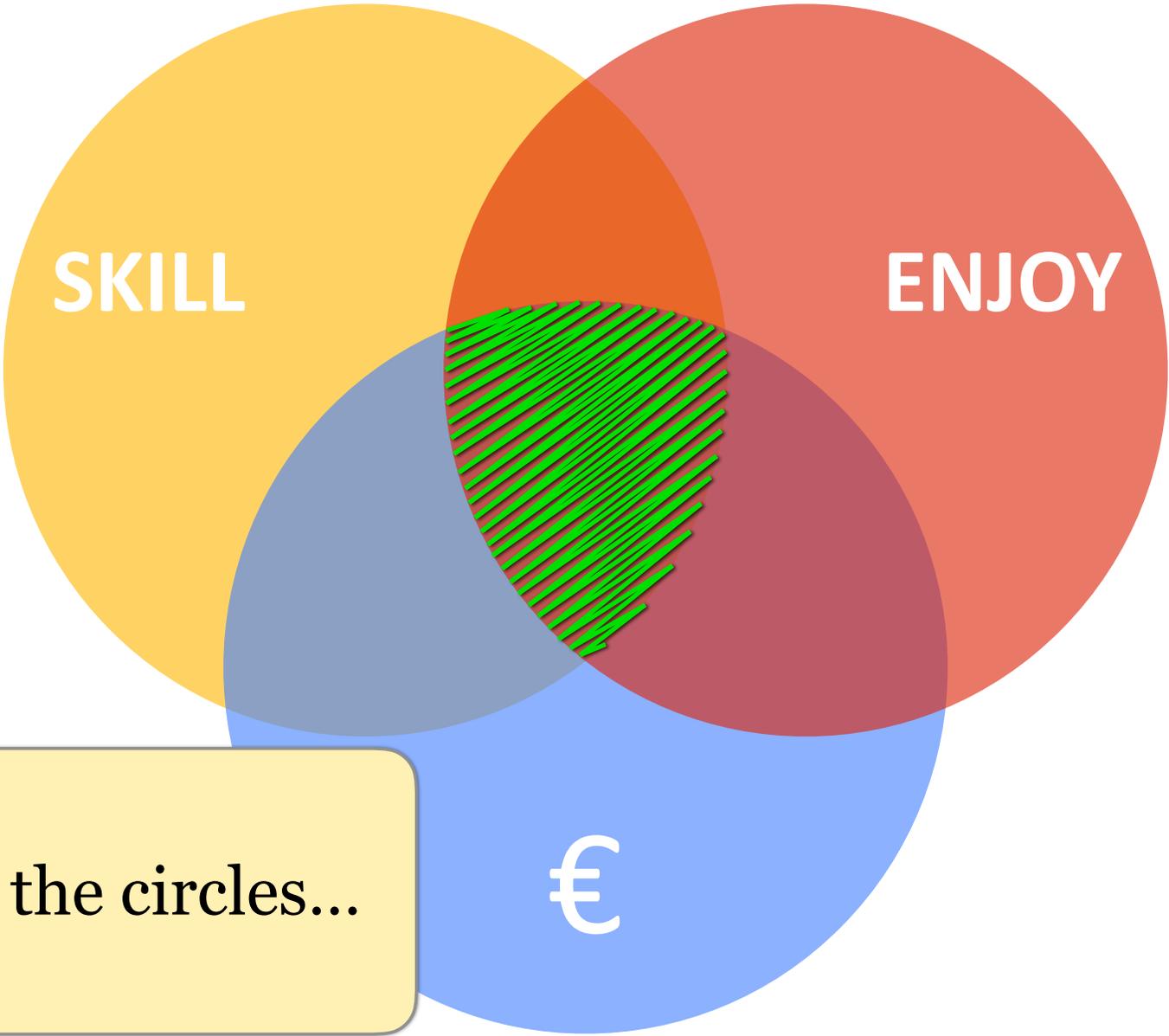
"IF ONLY"

Christopher Morley's 3 ingredients of a good life - but they've gone awry ...



HOW?

How do you do this, what do you need to focus on?

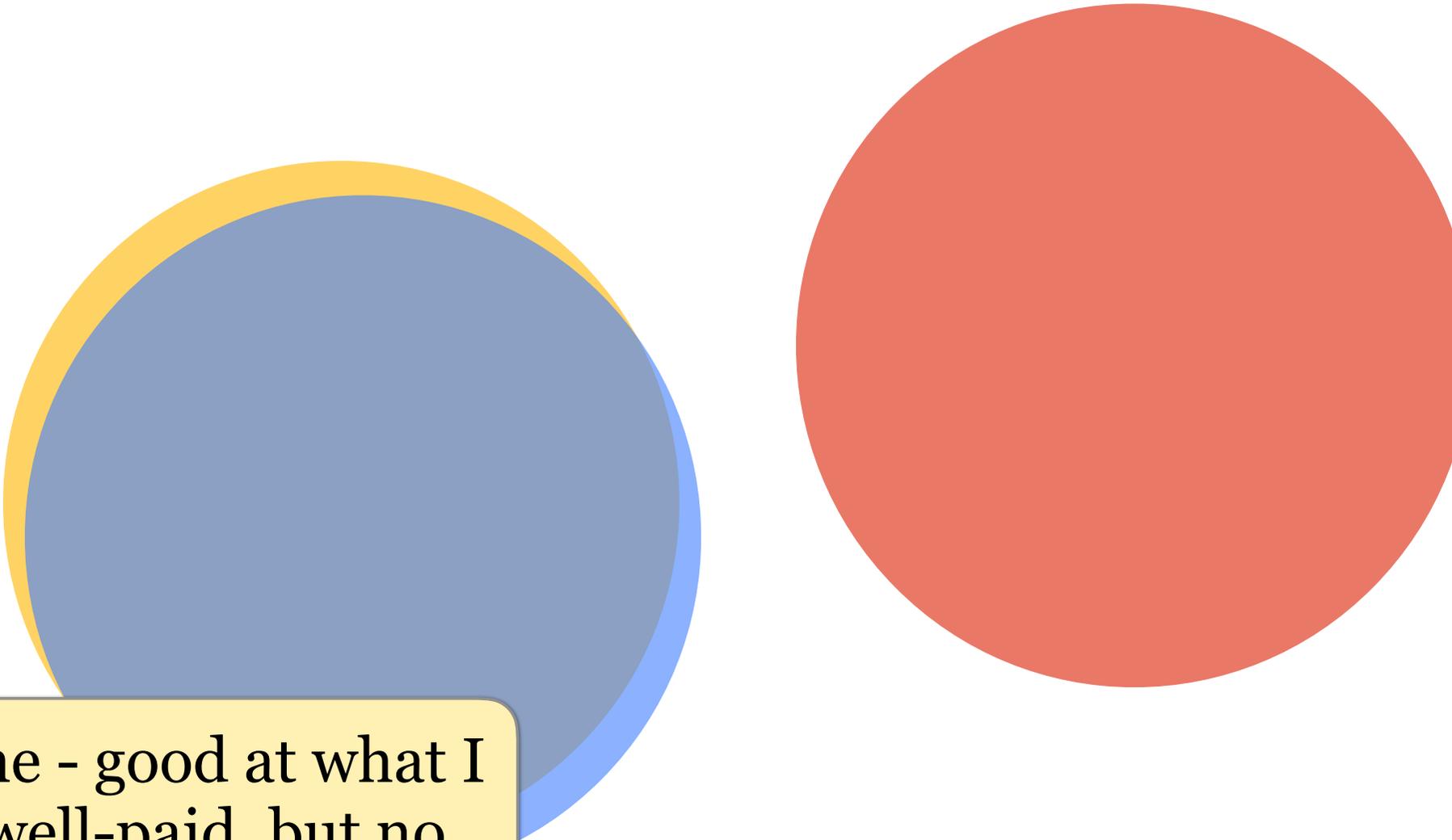


SKILL

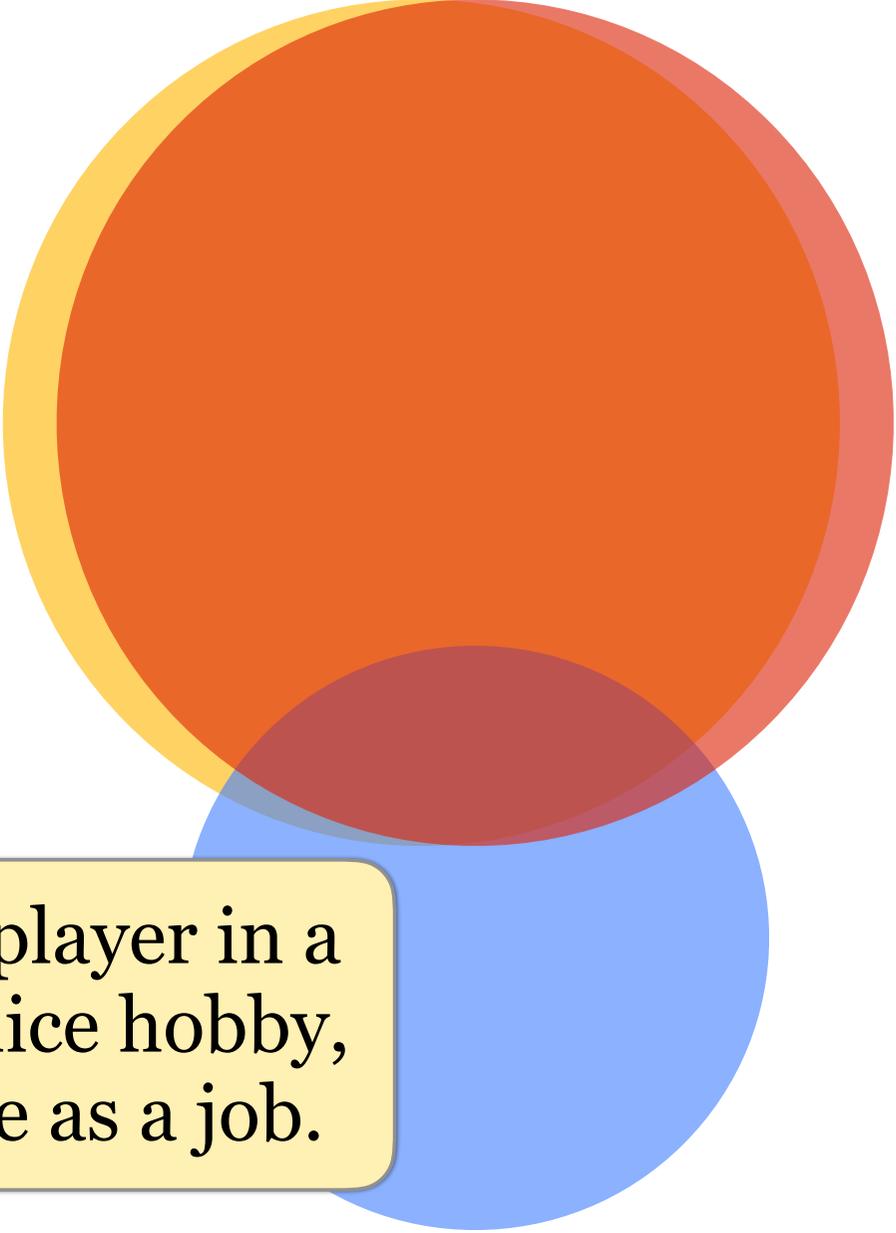
ENJOY

€

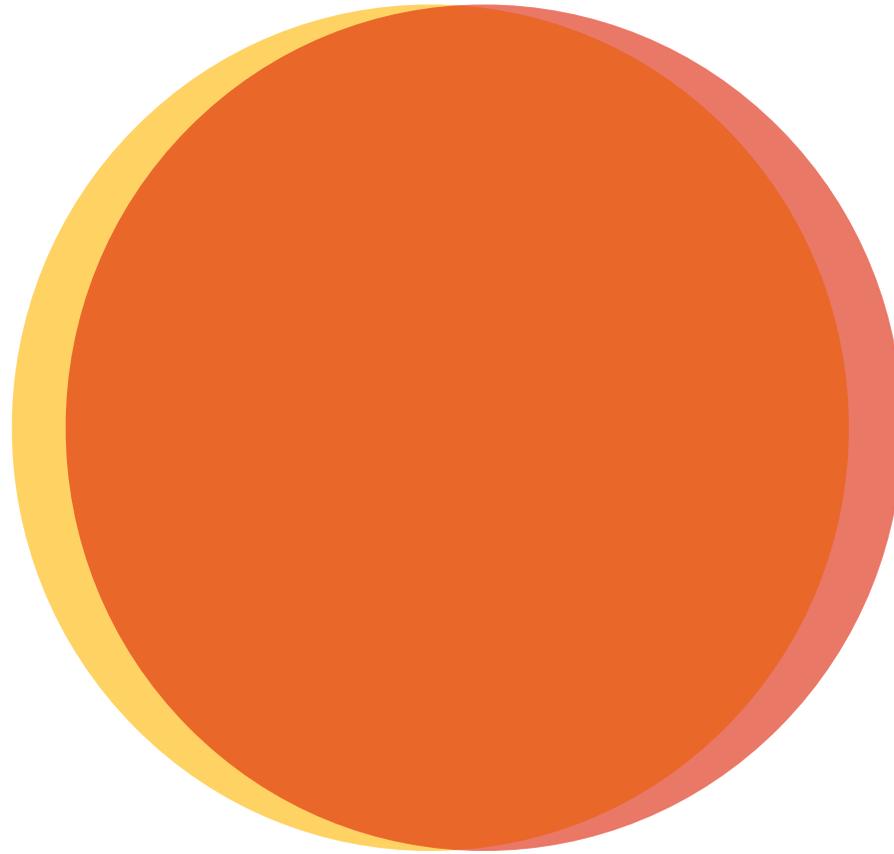
Balancing the circles...



This was me - good at what I did, and well-paid, but no satisfaction in the work.

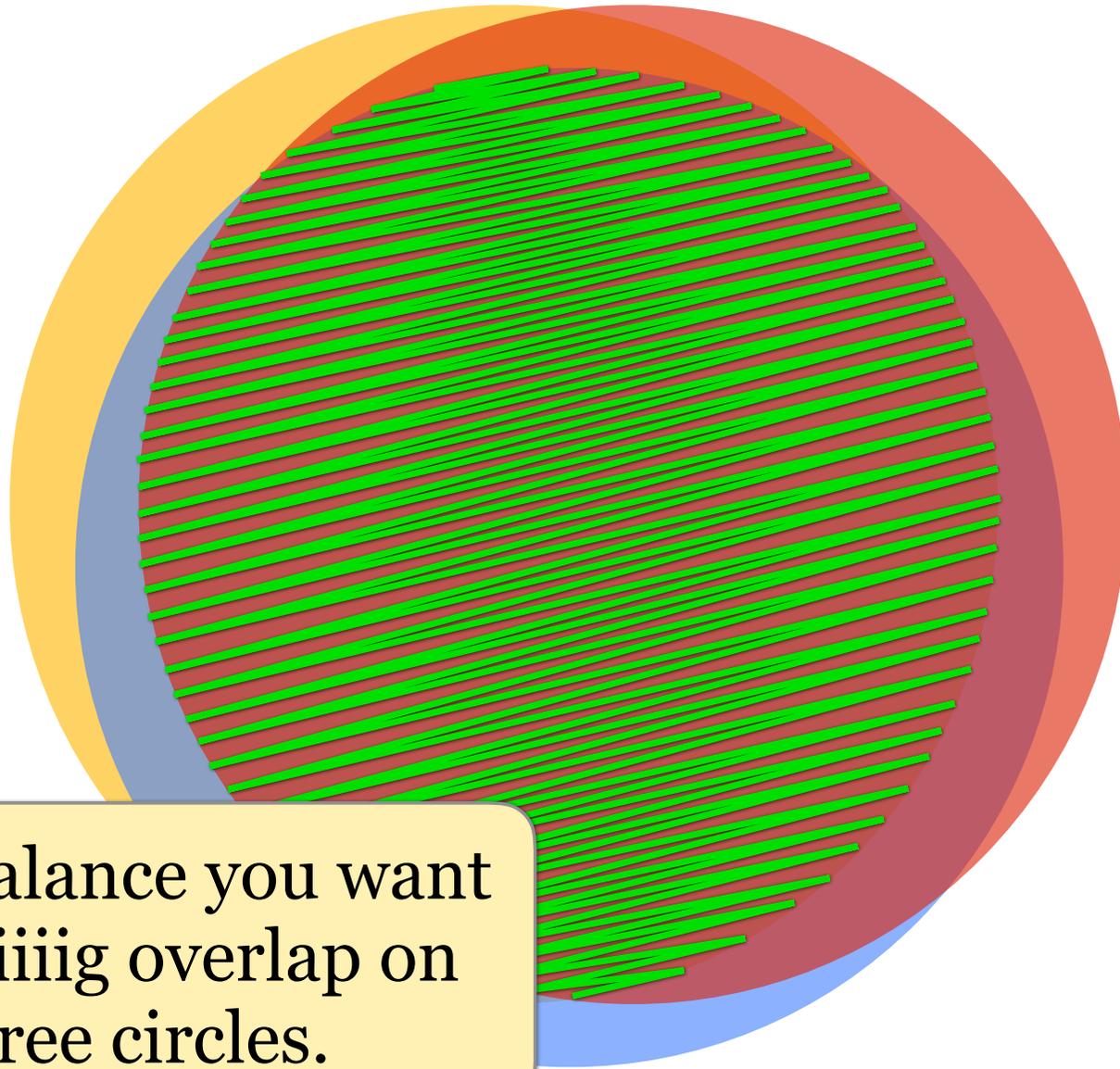


This is the guitar player in a
Wedding Band - nice hobby,
but not affordable as a job.



Starving artist - how come
there are never any
starving lawyers?





This is the balance you want to find - biiiiig overlap on your three circles.

WHY NOT?

Why does this happen so rarely? Why have so few people got this balance?

A satellite-style map of the Middle East region, showing the Mediterranean Sea to the west, the Red Sea to the south, and the Persian Gulf to the east. The landmasses are primarily tan and brown, indicating arid or semi-arid terrain. A large, dense green area is visible in the northwestern part of the map, likely representing a forested or agricultural region. The word "DENIAL" is superimposed in the center of the map in large, bold, orange capital letters.

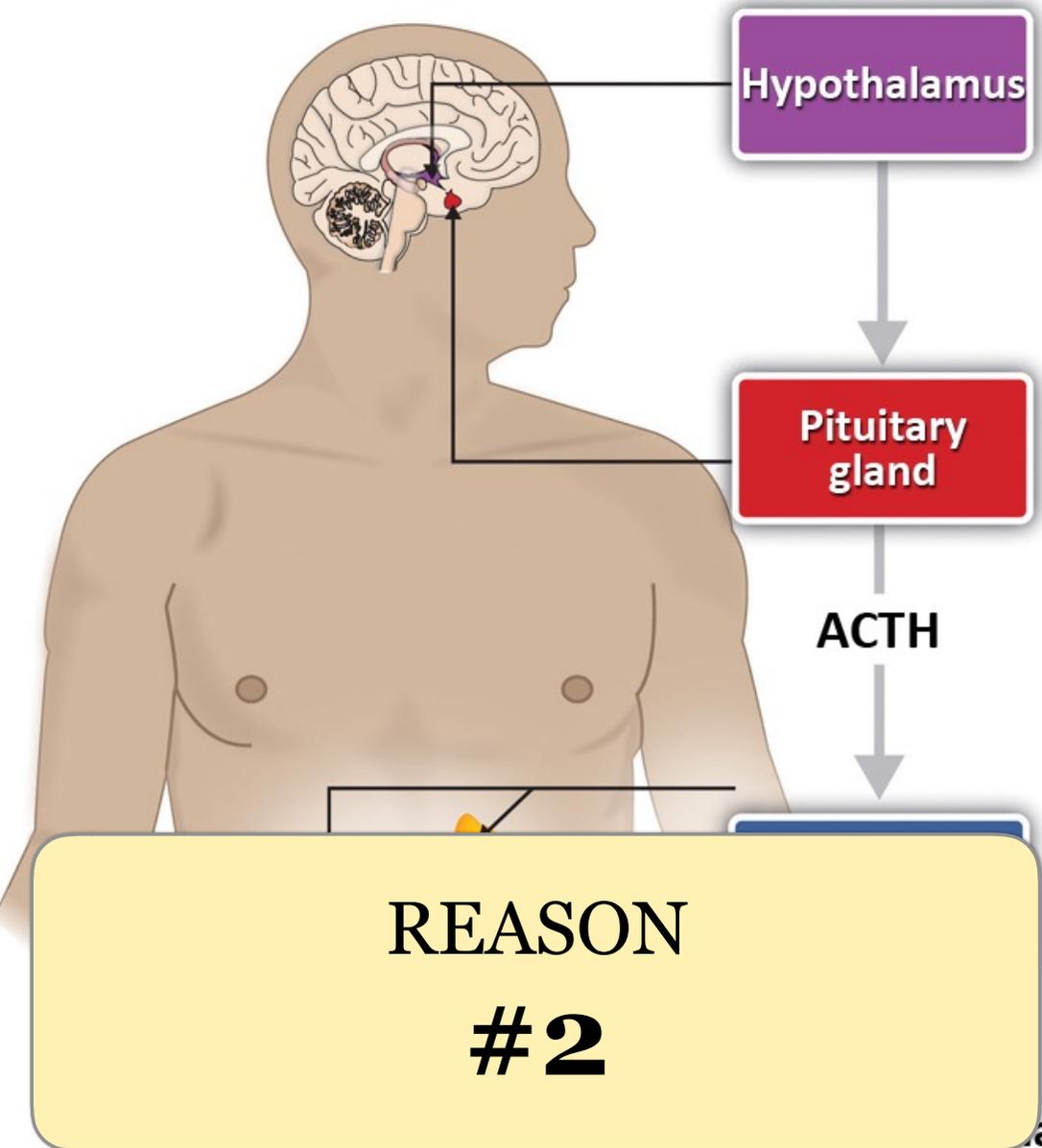
DENIAL

REASON

#1



And this is because most
people live in the moment -
“My next banana”



Hypothalamus

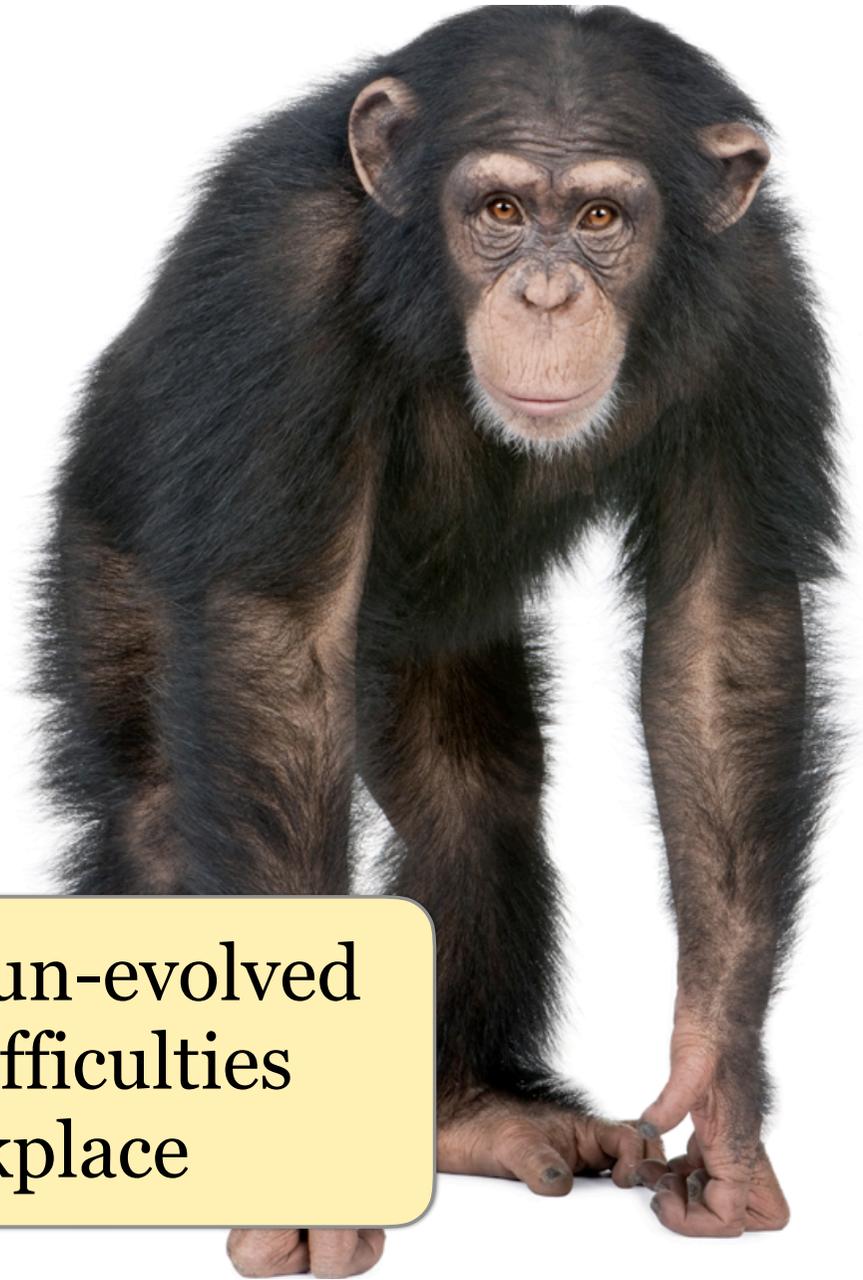
Pituitary gland

ACTH

REASON
#2

FEAR

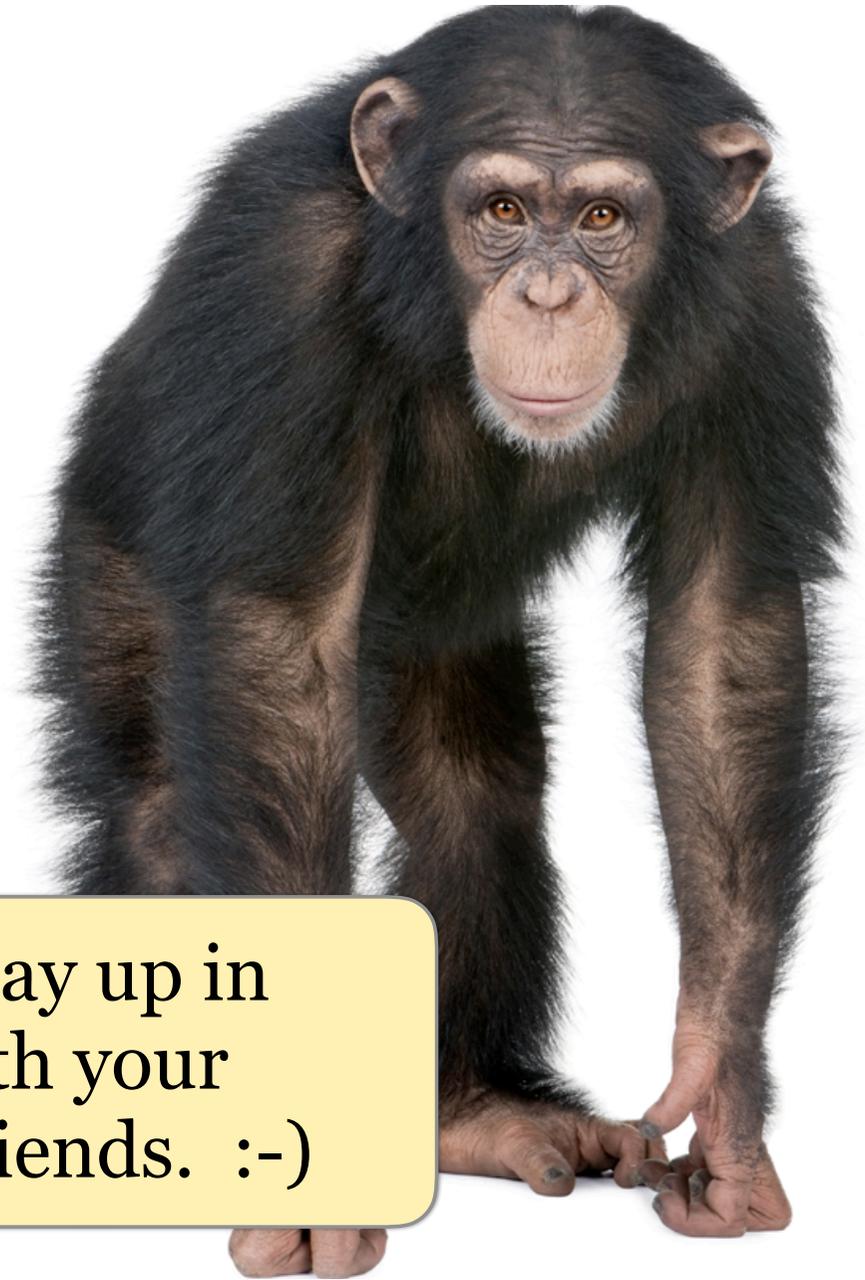
adrenaline &
Noradrenaline



Another rather un-evolved
response to difficulties
in the workplace



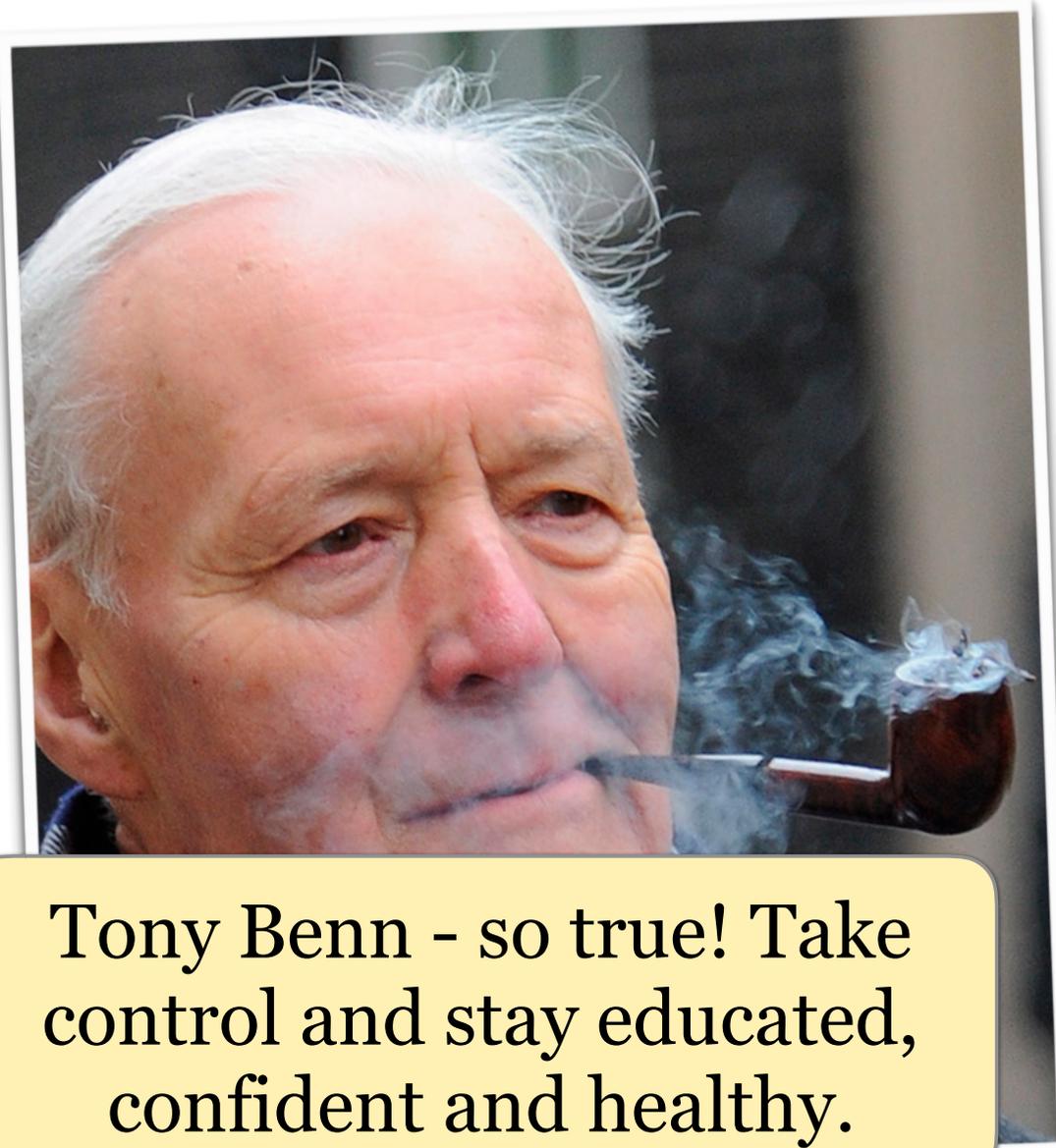
If Lynn can learn to crawl backwards downstairs, you can fix your problems.



Or you can stay up in
the trees with your
little simian friends. :-)

HUH?

So how do you bring this to bear in your own life, or persuade your company?



Tony Benn - so true! Take control and stay educated, confident and healthy.

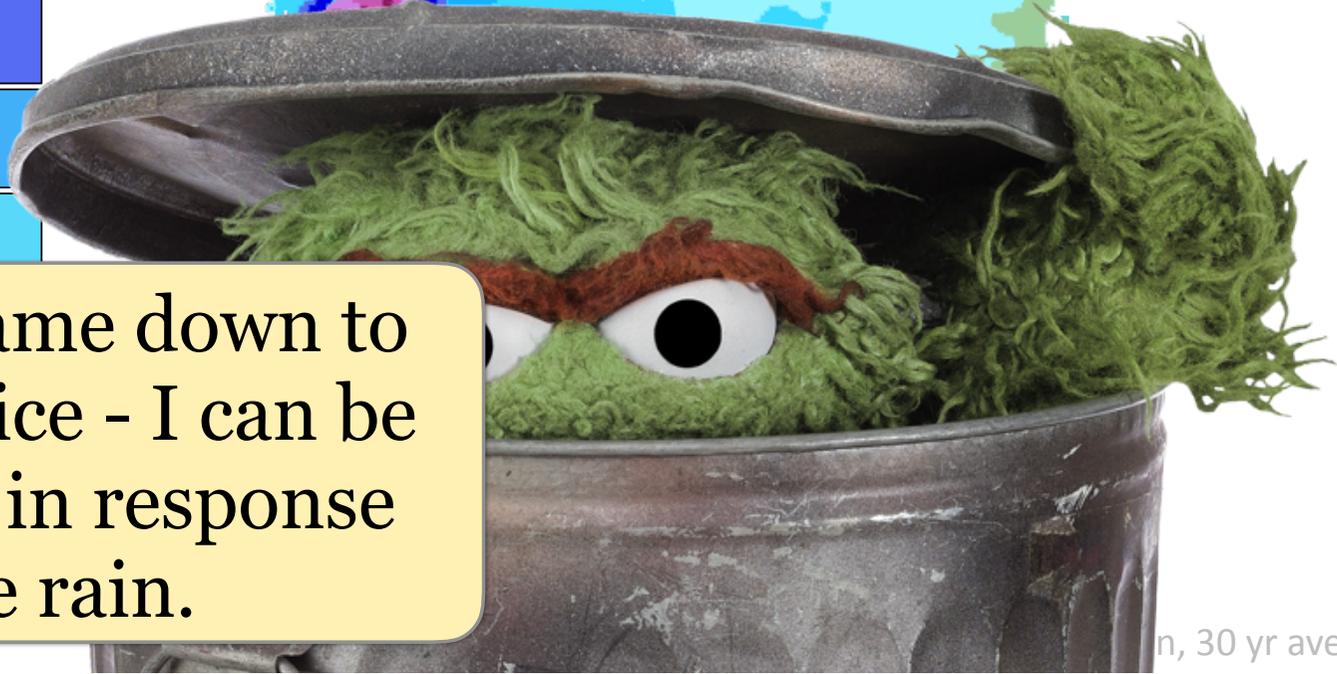
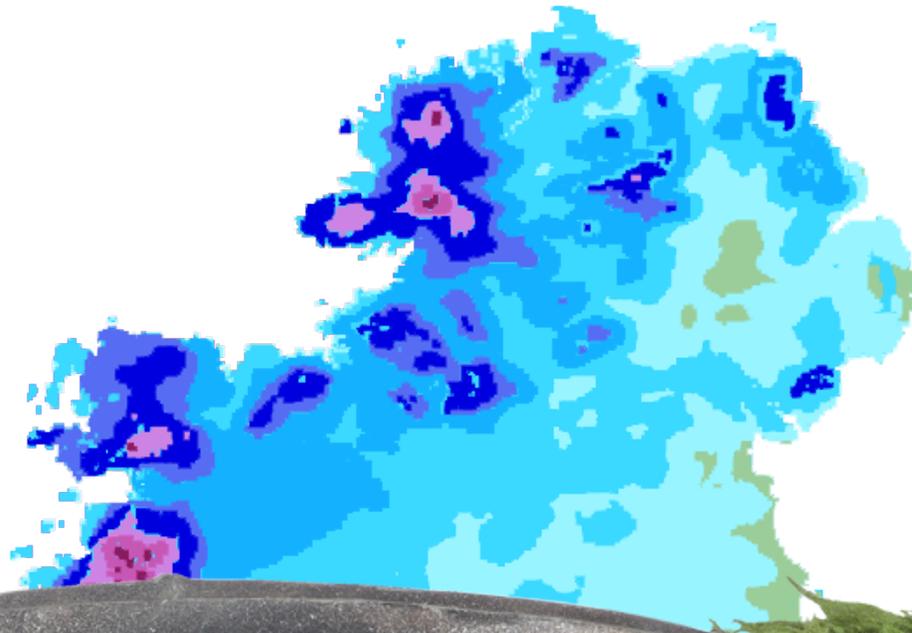
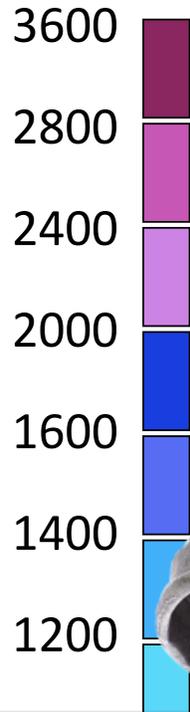
**An educated,
confident and
healthy nation
is difficult
to govern.**

An elderly woman with short, curly white hair is smiling warmly at the camera. She is wearing a red top and a pearl necklace. Behind her are two large, shiny, pink balloons that form the letters 'L' and 'O' of the word 'LOVE'. The background shows a window with a view of a body of water and a cloudy sky. The overall mood is positive and affectionate.

**People aren't against you,
they are for themselves**

Because no-one except
(maybe) your Mother cares
as much about your
happiness as you do.

mm rain



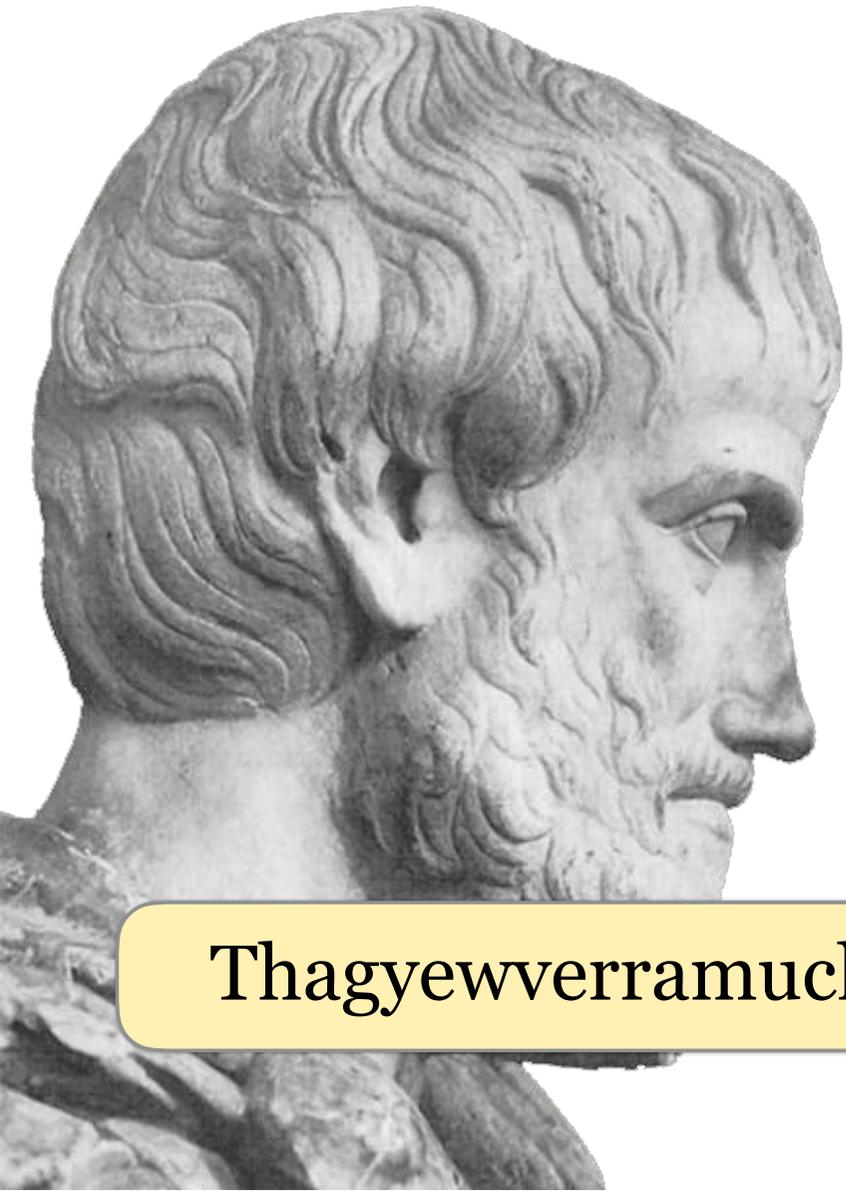
For me, this came down to a personal choice - I can be this Irish Guy in response to all the rain.

n, 30 yr average rainfall (mm)



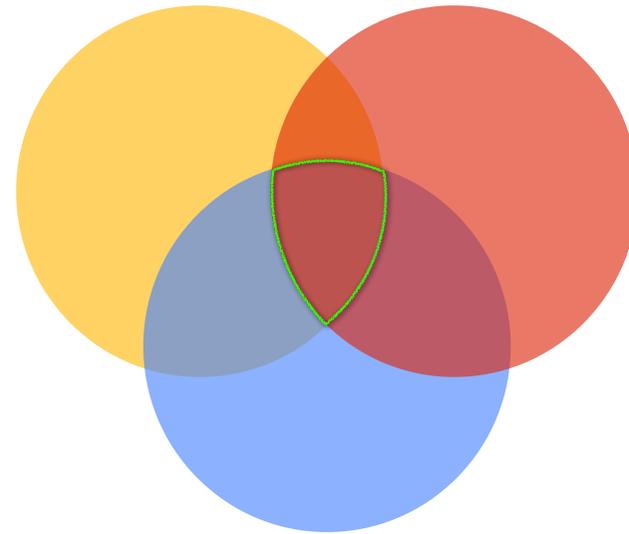
with a **happy** refrain

Or I can be this Irish Guy in response to all the rain - I know which one I want to be.



Thagyewverramuch!

**Pleasure in the job
puts perfection
in the work**



@Rowan_Manahan