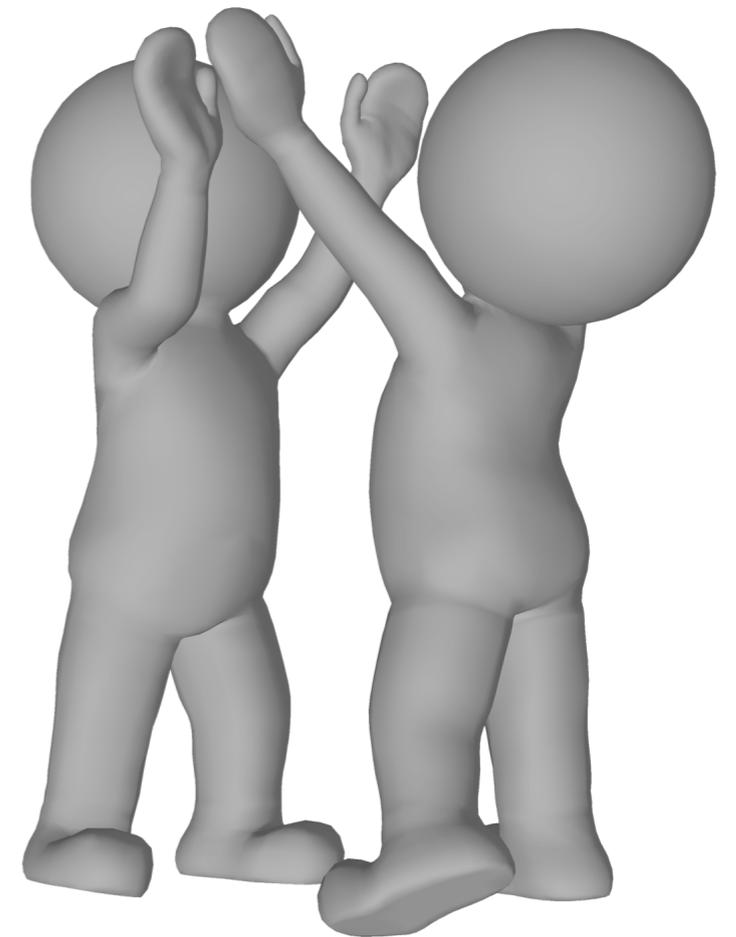


Positive Safety Cultures

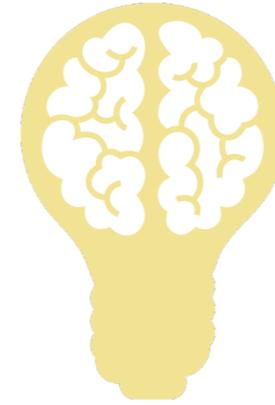
Paul Krismer



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H A P P I N E S S W O R K S !

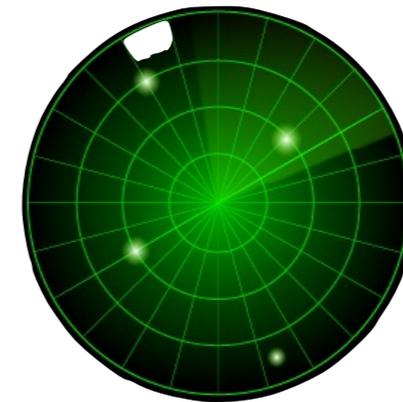
**Success and Happiness
are Correlated**

Career



**Creativity
Logic
Memory**

Health



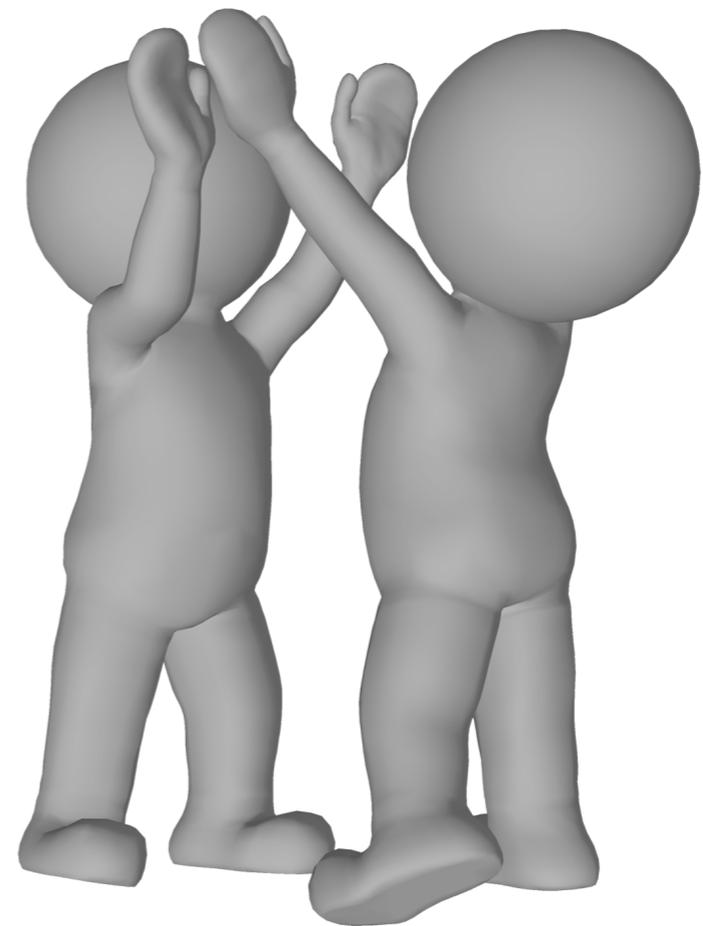
**Literally
see more**

**Marriage/
Friendship**



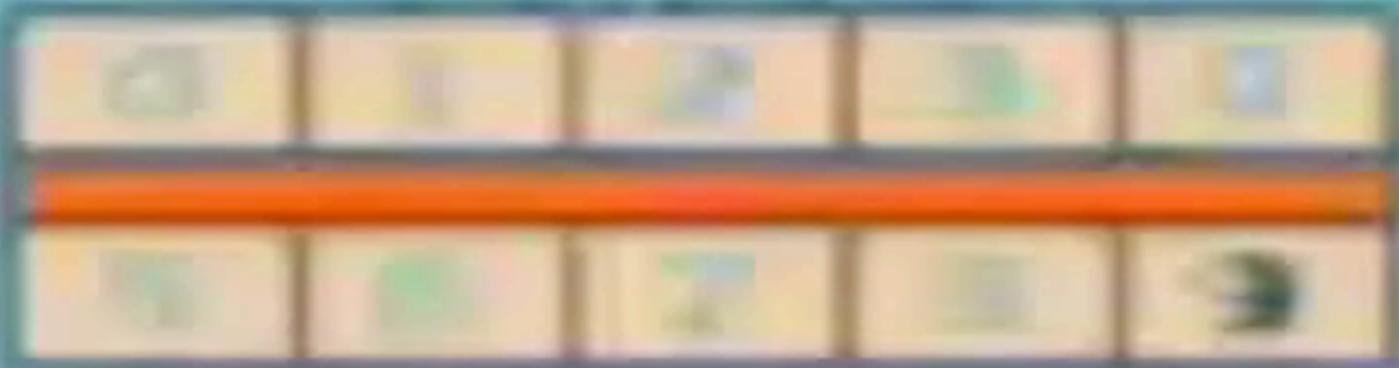
Energy

How to be Happy?



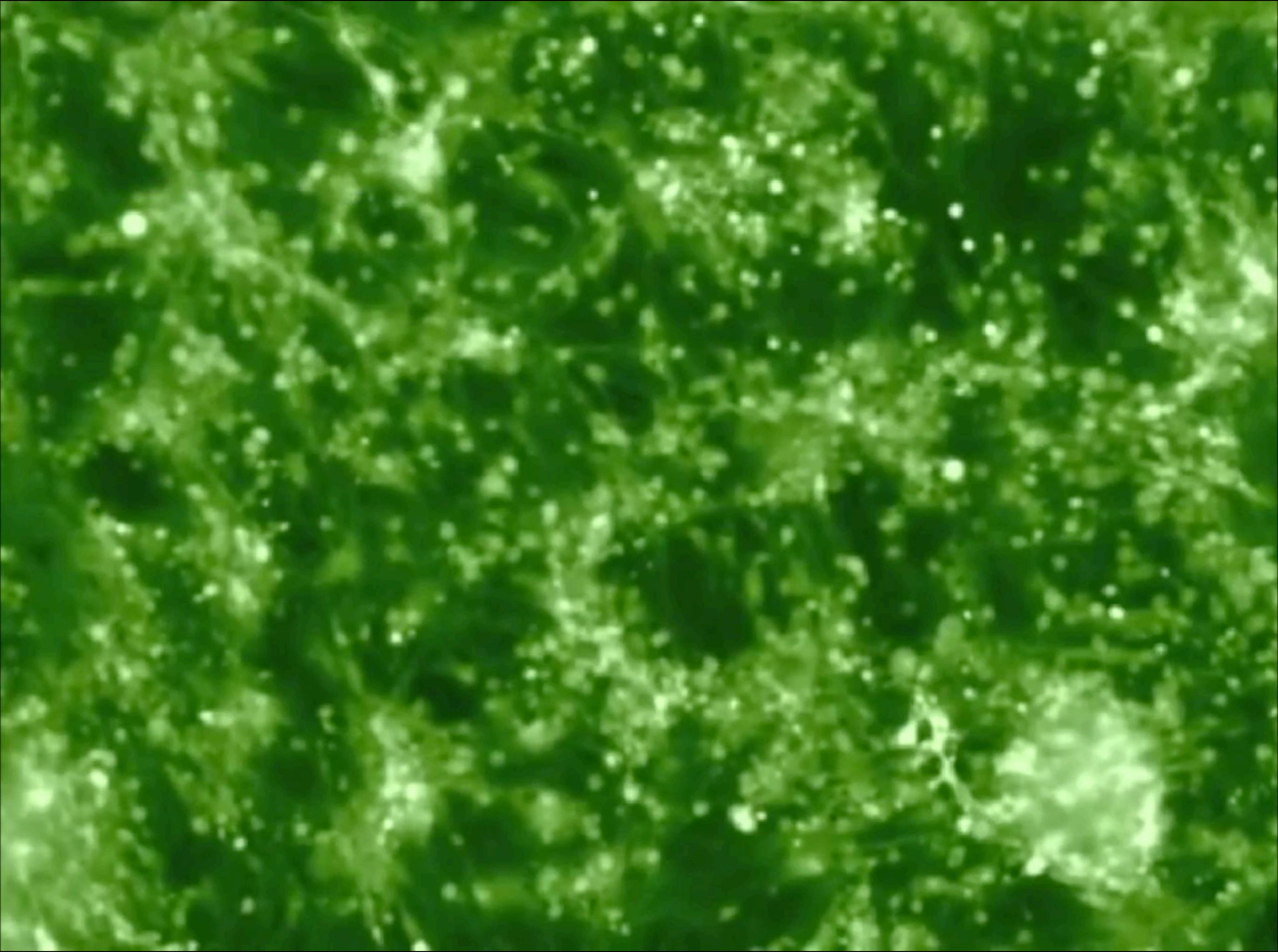
A-TYPE

LEVEL



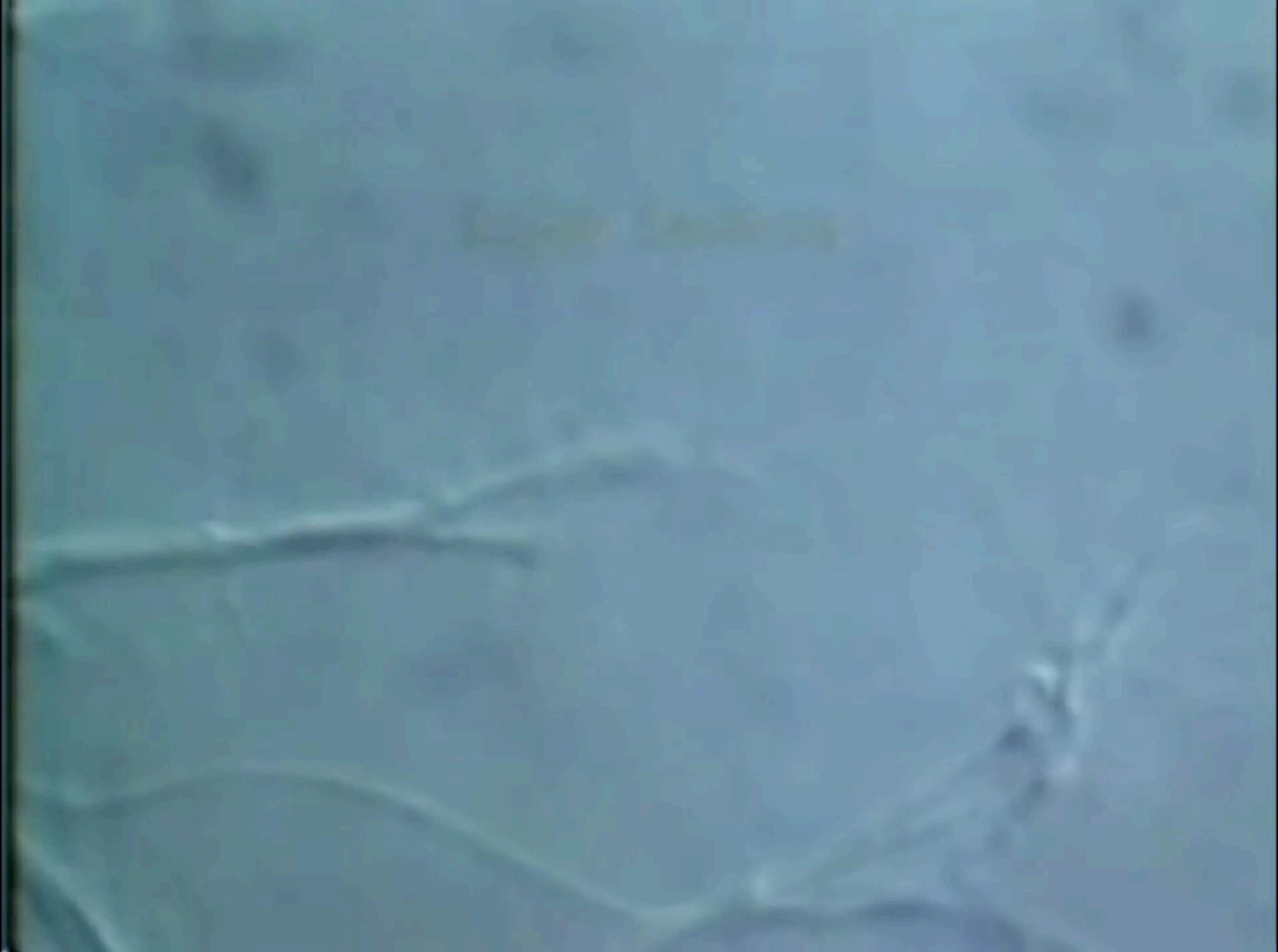
TOP-SCORE

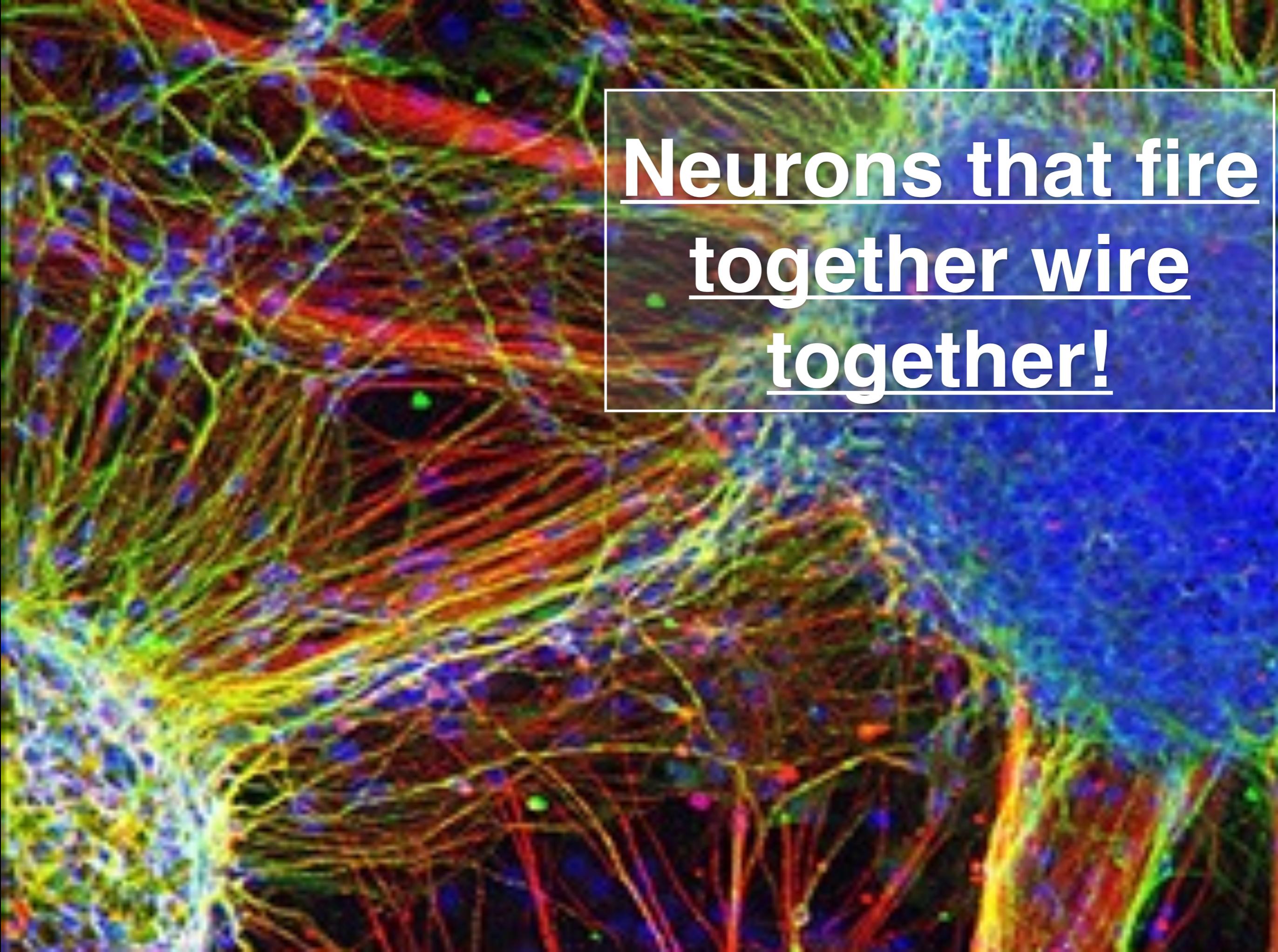
1	AAAAAAAAA	265331
2	AAAAAAAAA	—43493
3	AAAAAAAAA	—43431



Fetal Neurons

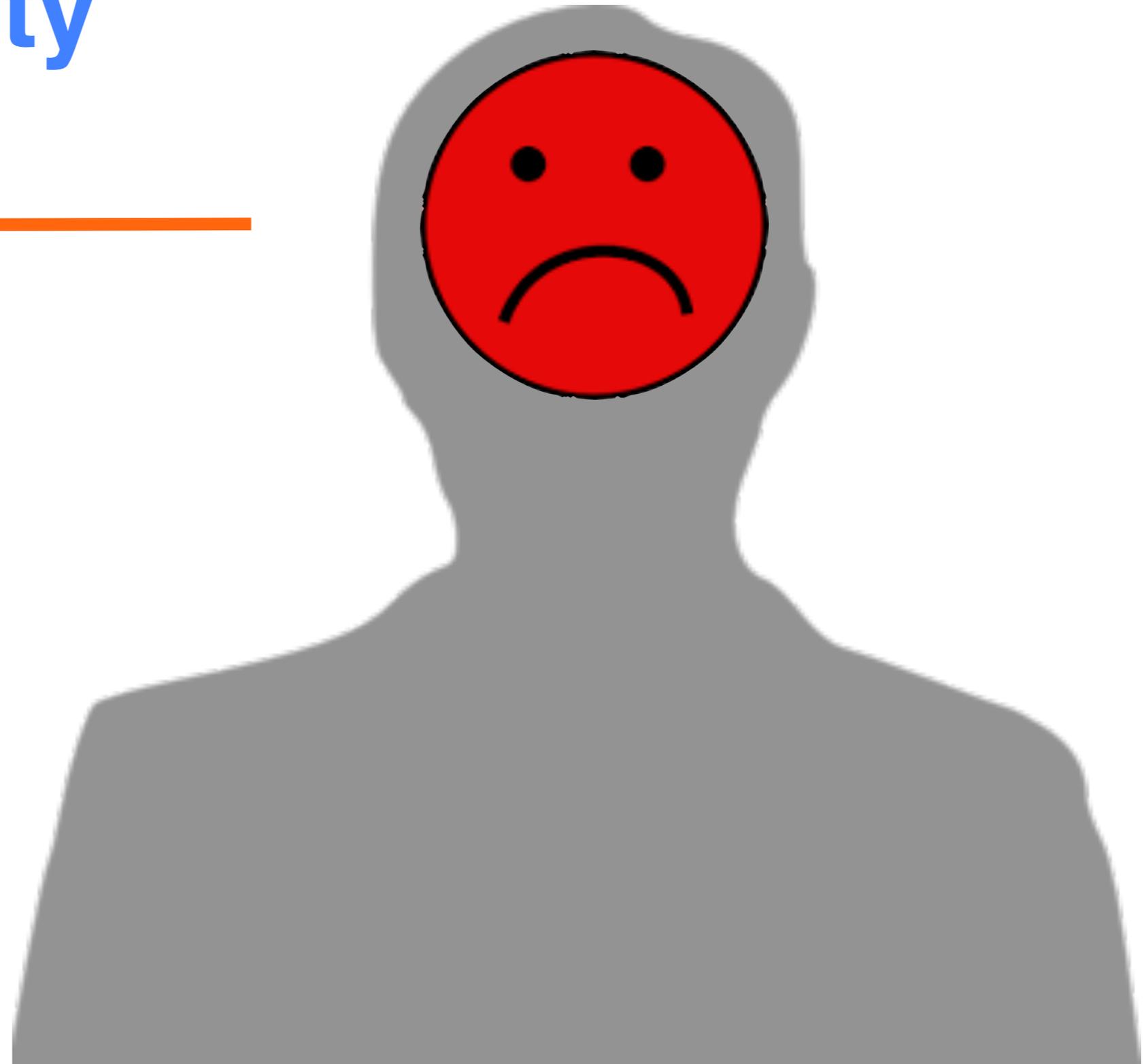




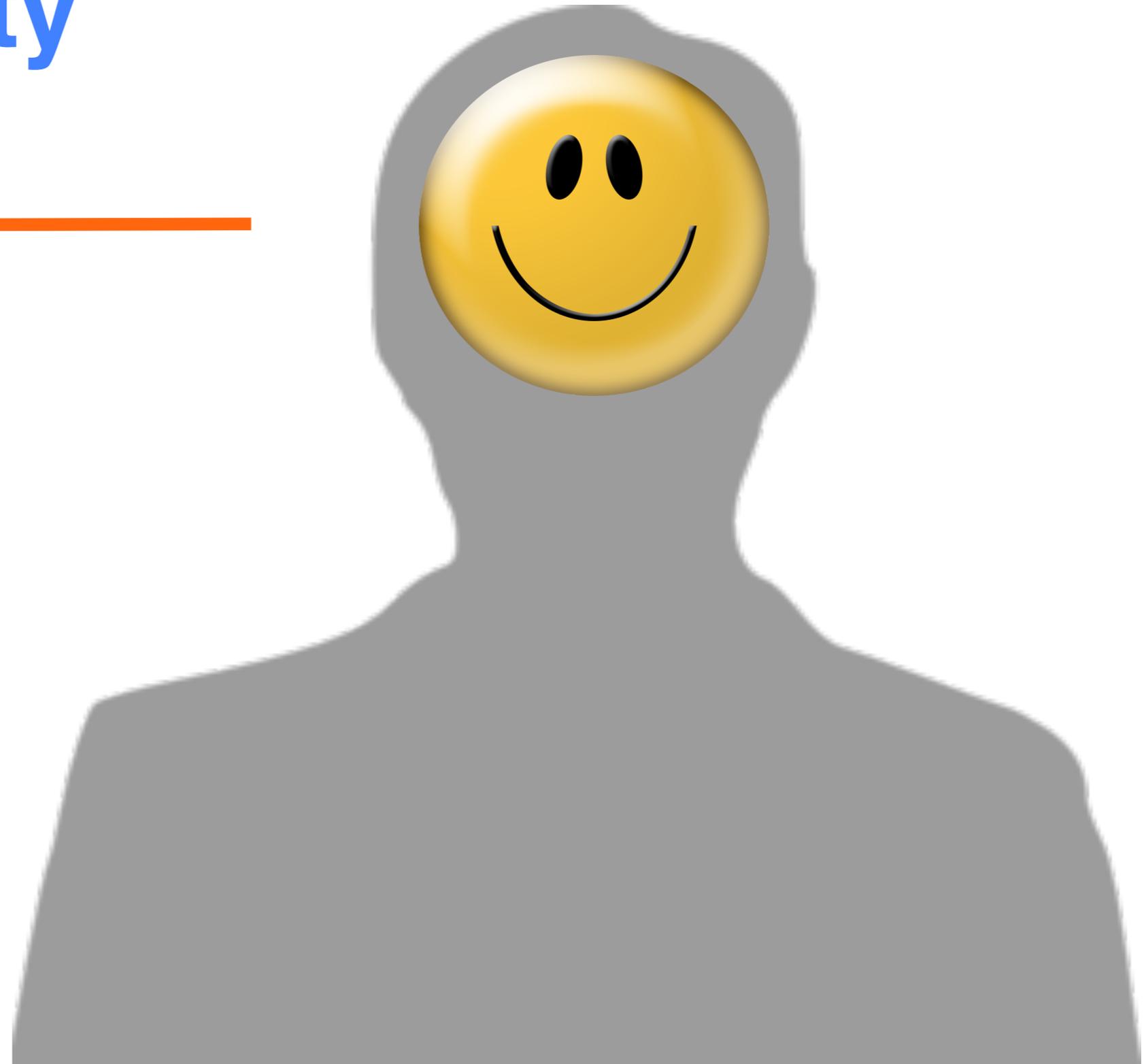
A complex network of neurons is shown, with axons and dendrites in various colors including red, green, blue, and yellow. The neurons are interconnected, forming a dense web. A white box with a black border is overlaid on the right side of the image, containing text.

Neurons that fire
together wire
together!

Negativity Bias



Positivity Offset



Losada Line



**What's going
well?**



Gratitude Practice



Benefits of Gratitude

Increase likability

Better relationships

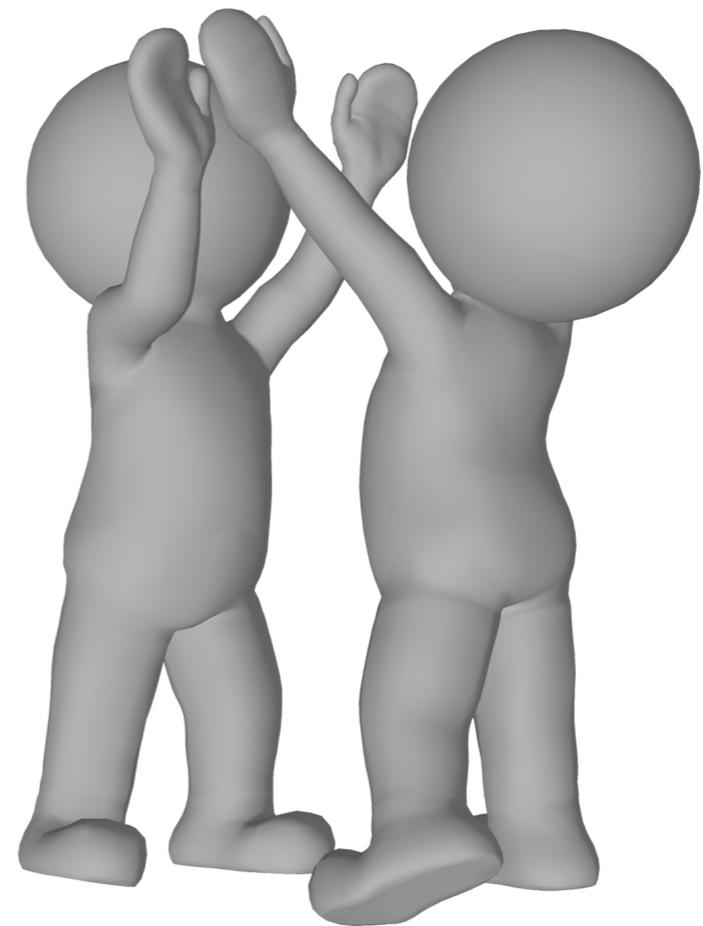
Sleep better - more energy

Improved health

Reach more goals

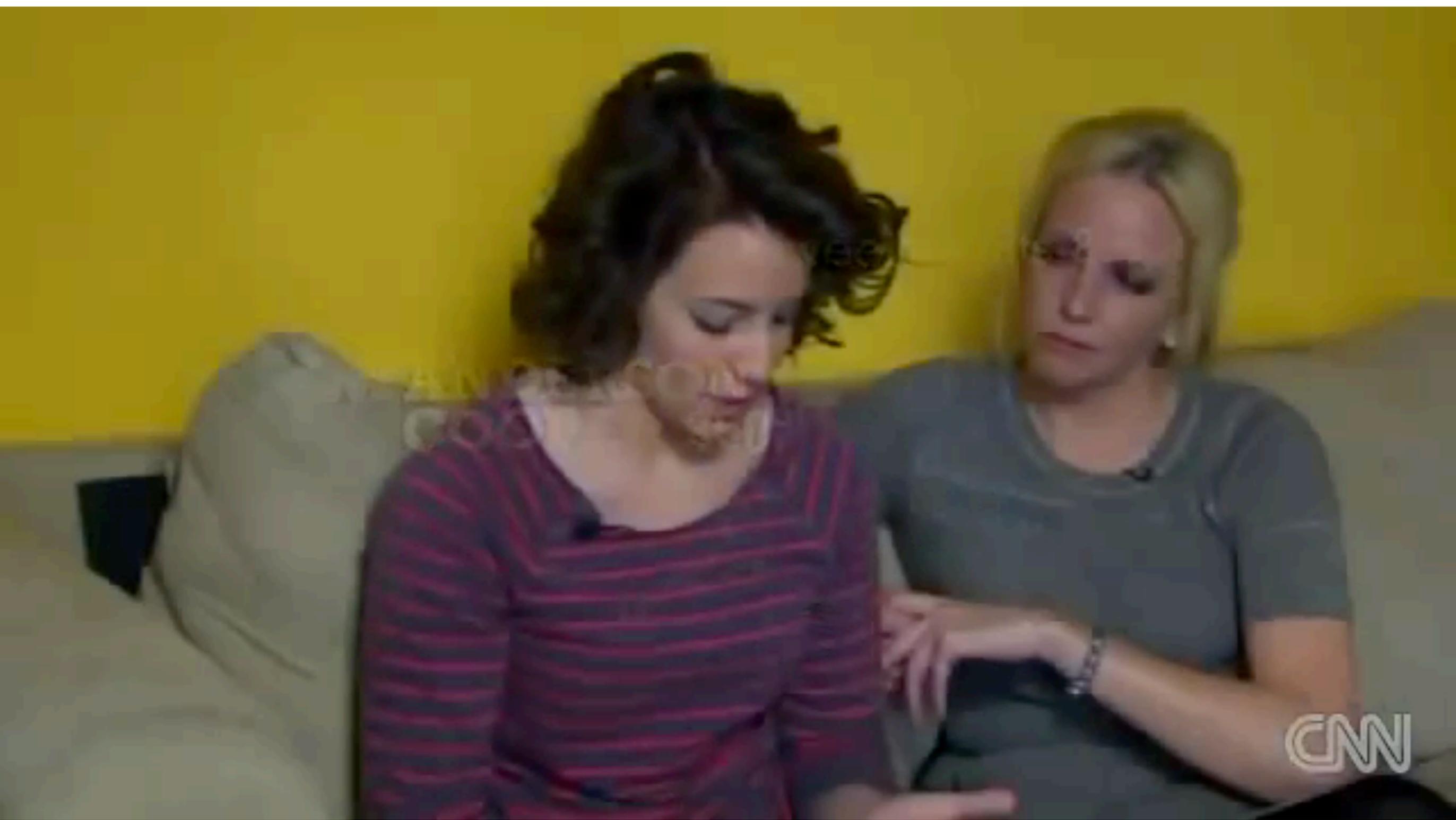


How to be Happy?



Social Relationships

- **Brain Structure**
- **Benefits:**
 - **resiliency**
 - **energy**
 - **sense of purpose**
 - **positivity in the moment**
 - **better income (career)**
 - **physical health (immediate and pervasive)**
 - **reduce anxiety**
 - **improved focus**
 - **better immune response**





Emotional Contagion

Vertical Partnerships



10 Ways to Happiness



Gratitude

Anticipate Positive Events

Social Relationships

Buy Experiences

Practice Altruism

Get Sensory Pleasures

Exercise & Nutrition

Be Spiritual

Know Strengths & Values

Mindful Meditation

Meta Study



Context

Low stress, less anger
Frequent positive feelings
High job satisfaction
Good engagement

Personal
Engagement

Results

Context

Situational Change

Less turnover

Greater customer satisfaction

Enhanced creativity

More energy

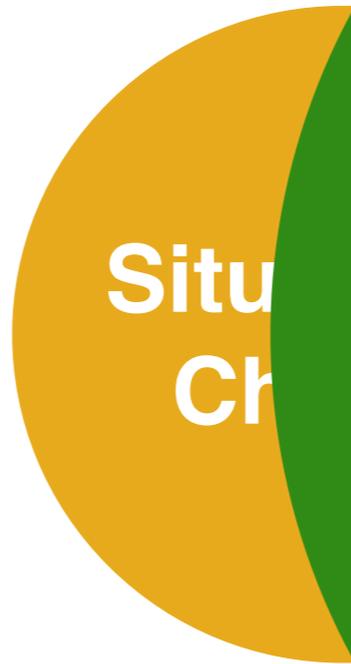
Greater social skills

Organizational citizenship

Fewer sick days

Improved safety

Results





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Speaker/Trainer

- Health & Wellness, including Mindfulness in Industrial Settings
- Leadership Development
- Employee Engagement

One-on-One Coaching

Consulting

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E-MAIL: Spellbinders@shaw.ca



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