



CAN YOU FIND HAPPINESS IN THE WORKPLACE?

Watch the [video](#) titled “Pursuing Happiness in the Workplace?” by LearnFree.

1 WARM UP

Task: Let's begin with a fun game. Can you match the university degrees to the professions?

computer science	medicine	engineering	history	communications
business studies	accounting	architecture	law	fine arts

- | | |
|---------------------------------|--------------------------|
| 1. Surgeon. | medicine. |
| 2. Civil Engineer. | engineering. |
| 3. Auditor. | accounting. |
| 4. Museum Curator. | history. |
| 5. Attorney | law. |
| 6. Urban Planner. | architecture. |
| 7. Marketing Manager. | business studies. |
| 8. Public Relations Specialist. | communications. |
| 9. Data Scientist. | computer science. |
| 10. Sculptor. | fine arts. |

Task 2: Discuss the following questions as a class.

- Did you go to university? What did you study?
- Do you think it is important to go to university in order to get a good job?
- Would you like to go back to university and study something new?
- If you could do any of the jobs listed, which one would bring you the most happiness? Conversely, which one would bring you the least amount of happiness?

2 WHAT MAKES YOU HAPPY AT WORK?

Task 1: Which factors in the box contribute to your happiness at work? Rank them from the most significant (1) to the least significant (6).

Solving challenging problems.	Being creative.	Helping others / community.
Receiving recognition.	Achieving goals.	Learning and personal growth.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Task 2: Answer the following questions as a class.

- a. What challenges do you find most rewarding to solve at work?
- b. Does your manager encourage you to be creative?
- c. Share a work experience where helping others at work made you feel happy.
- d. How is recognition rewarded in your job?
- e. What are some goals you need to achieve in your job?
- f. How does your job contribute to your personal growth and learning?

Task 3: Work as a class to complete the following task:

- Create a list of 3 more factors that make you happy while you're working. After creating your list, share it with the class. Explain each item on your list and provide a real-life example of when you personally experienced it at work.

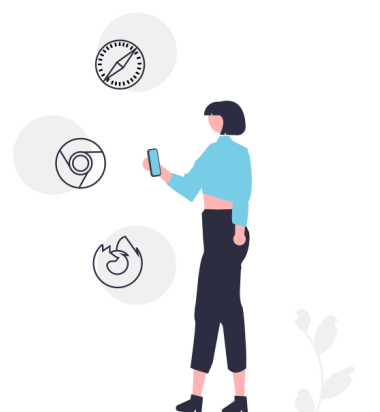


3 WHAT MAKES YOU UNHAPPY AT WORK?

Task 1: Which things in the box make you feel unhappy at work? Rank them from most likely to make you feel unhappy (1) to least likely to make you feel unhappy (6).

Customers	Unmanageable workload	Management
Boredom	Poor work-life balance	Your attitude

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Task 2: Answer the following questions as a class.

- a. How do you currently manage your workload?
- b. What problems can a poor work-life balance lead to?
- c. Can you describe a typical interaction with customers in your workplace?
- d. How would you describe the managerial approach within your workplace?
- e. Have you experienced boredom at work? If so, what aspects contribute to it?
- f. How would you describe your attitude at work?

Task 3: Work as a class to complete the following task:

- Create a list of 3 more factors that make you unhappy while you're working. After creating your list, share it with the class. Explain each item on your list and provide a real-life example of when you personally experienced it at work.



4 COWORKERS AND HAPPINESS

Task 1: Complete the quotes from the [video](#) using the words in the box.

rely	coworkers	fun	personalities
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“You spend a lot of time with your **coworkers**, so do your best to build relationships with them. Yes, the workplace can be filled with conflicting **personalities** and world views, but when work gets difficult, you can **rely** on each other. Plus, having friends at work can help make your day more **fun**.”

Task 2: Can you match the words in the box to their antonyms (1-8)?

Reliable	Collaborative	Empathy	Open-minded
Positive	Adaptable	Proactive	Enthusiastic

- | | |
|---------------------|-----------------------|
| 1. uncommunicative. | Collaborative. |
| 2. pessimistic. | Positive. |
| 3. stubborn. | Adaptable. |
| 4. lazy. | Proactive. |
| 5. intolerant. | Open-minded. |
| 6. insensitive. | Empathy. |
| 7. disinterested. | Enthusiastic. |
| 8. undependable. | Reliable. |

Task 3: Describe the people below using the words above, giving examples and explanations, then discuss how their actions contribute to your happiness at work.

- Colleagues.
- Management.
- Customers.



5 BURN BRIDGES

Task 1: Complete the quotes from the [video](#) using the words in the box.

long run

bridges

head up high

come back

“Finally, if you leave your job, don't burn **bridges**. While the thought of telling off people who have wronged you may seem tempting, it will only hurt you in the **long run**. For instance, your new job may contact your old one in reference to your work history, and you don't want some cathartic insult to **come back** and haunt you. Leave your job with your **head up high** and your name in good standing.”

Task 2: Discuss the following questions as a class. Have fun!

1. What does it mean to “burn bridges”?
2. How could burning bridges hurt you in the long run?
3. Why could it be tempting to burn bridges?
4. Do you still have a good relationship with the people at your previous job?
5. How can leaving a job on good terms lead to overall happiness?
6. What does it mean to have “your name in good standing”?

Task 3: Answer the following general questions based on the [video](#).

- a. What are some ways to make your workday more pleasant and productive?
- b. How can you identify what makes you happy at work?
- c. What steps can you take if you're unhappy at work?
- d. How can your attitude at work impact your happiness?
- e. What should you do if you're bored with your job duties?
- f. Why is building relationships with coworkers important?



6 DEBATE

Task 1: Study the statements, then decide if you agree or disagree with them. Use the language in the table at the bottom of the page to help structure your answer.



John

In my view, employee happiness doesn't matter as long as the company is profitable.



Oli

I believe remote work is the best route to happiness at work because it offers flexibility and a better work-life balance, leading to increased satisfaction and productivity.



Beth

I believe employers shouldn't be responsible for their employees' happiness; it's a personal responsibility.



Amy

I think that increasing one's salary is the only way to increase happiness at work because it offers financial security, and the ability to pursue personal goals outside of work.

Express an opinion It seems to me that... I feel that... I'm absolutely convinced that... In my opinion,... I believe / suppose / feel (that)...	Express disagreement I don't agree with you about... I can't accept your view that... I have a different opinion... I'm not sure if... I'm not convinced that...
Express pro's and con's There are two sides to this point... On the one hand...,on the other hand... An argument for / against is... Some people think that...,others say that... The advantages / disadvantages are...	Summarise So, in conclusion... To summarise.. Overall, it is clear that... As a result.. The bottom line is...

HOMework

1 HOW TO FIND HAPPINESS AT WORK

Task 1: Read the following article, then complete the question on the next page.

In today's fast-paced work environments, finding happiness at work can feel like an impossible task. However, happiness in the workplace is not only beneficial for our mental well-being but also enhances productivity and overall job satisfaction. Here are four practical ways to find happiness in the workplace:

Embrace a Positive Mindset: A positive outlook is crucial for finding happiness anywhere, including the workplace. Start your day with positive thoughts about your work and colleagues. Focus on the aspects of your job that you enjoy and find meaningful. Rather than focusing on challenges, see them as opportunities for growth and learning. By changing your mindset towards positivity, you'll not only feel happier but also approach tasks with energy and enthusiasm.

Build Relationships: Developing strong connections with colleagues can increase happiness at work. Take the time to get to know your coworkers beyond their roles. Engage in deep conversations, show interest in their lives outside of work, and offer support when needed. Having supportive relationships at work can also decrease stress and aid job satisfaction.

Prioritise Work-Life Balance: Achieving a healthy balance between work and personal life is essential for overall happiness and well-being. Set boundaries around your work hours, and try to

disconnect during your time off. Make time for activities and hobbies that bring you joy and relaxation outside of work. Prioritising leisure activities prevents burnout and enhances your ability to perform effectively in the workplace.

Find Meaning in Your Work: Take time to reflect on the purpose and impact of your work. Consider how your contributions align with your personal values and aspirations. Identify tasks or projects that resonate with you and provide a sense of fulfilment. By connecting your work to something meaningful, you can feel more engaged and invested in what you do, leading to greater job satisfaction and happiness. If you're struggling to find meaning in your current role, explore opportunities to take on new challenges, projects, or a new job that aligns better with your interests and passions.

In conclusion, finding happiness in the workplace is achievable by implementing practical strategies that focus on positivity, relationships, work-life balance, and mindfulness. By prioritising your mental and emotional well-being, you can create a more fulfilling and enjoyable work experience for yourself and those around you. Start incorporating these approaches into your daily routine and watch your happiness grow!



Task 2: Research the definitions of the following words and phrases, then use them in example sentences.

1. fast-paced work environment.
2. meaningful.
3. enthusiasm.
4. set boundaries.
5. burnout.
6. personal values.
7. resonate.
8. mindfulness.



Task 3: Write detailed answers to the following questions.

- a. How does embracing a positive mindset contribute to happiness in the workplace?
- b. What role do relationships with colleagues play in increasing happiness at work?
- c. Why is achieving a healthy work-life balance important for overall happiness?
- d. How does finding meaning in one's work contribute to happiness in the workplace?
- e. How can prioritising mental and emotional well-being lead to a more fulfilling work experience?
- f. What are some practical strategies suggested in the article for increasing happiness in the workplace?
- g. How can viewing challenges as opportunities for growth and learning impact one's happiness at work, according to the article?
- h. Do you agree that it is important to engage in deep conversations and show interest in co-workers' lives outside of work?
- i. Summarise what you learned in the article and the main lesson about finding happiness at work (200–250 words).