



HAPPY WORKERS ARE SAFER WORKERS

3 Tips & 5 Powerful Tools to Engage + Connect = Thrive!

Crissy Butts

PROGRAM OVERVIEW

It's proven that mental resiliency affects engagement, performance and safety in the workplace. The quality of our relationships affect the quality of our lives . . . at home, at work, and in our communities. When employees can laugh, talk, and play, companies thrive! A few simple shifts in company culture, can broaden trust, fuel teamwork and activate positive transfer beyond the workplace and into homes, families and communities. Providing preventative tools as an antidote for stress, anxiety, depression, addictions and self destructive behaviors is a Win/Win.

In this fun and engaging program, Happiness Coach, Crissy Butts, shares 3 simple tips and 5 powerful tools to elevate happiness. Tip #1 Strive to stay in gratitude despite the challenges. Tip #2 Increase positive interactions with others. Tip #3 Develop a Sense of Purpose and if necessary, change your path to accomplish it.

OBJECTIVES

Place 5 Free Powerful Tools into the hands of Safety Professionals to help them Engage + Connect = Thrive in their professional and personal lives.

TOOL #1. The Sunshine Strategy is an effective, low cost mental resiliency assessment tool that brings awareness to personal accountability and can be easily updated daily.

TOOL #2. The 21 Day Happiness Challenge helps individuals develop an emotional shift from problem to solution. 42 suggested activities produce natural Serotonin stimulation. Incentives and contests can be initiated for participation.

TOOL #3. The Workplace Table Topic Menu is great for the break room, keep in a company vehicle, or to take on business trips to assist in building deeper communication, trust and empathy in teams of all shapes and sizes. All attendees will get access to a digital copy of 3 different Table Topics Menus that can be used in their professional and personal lives.

TOOL #4. The weekly (or monthly) Workplace Power Hour helps teams engage in laughter, fun, and unity and can use the same model of team-building at home with their families.

TOOL #5. The simple Daily 15 Minute 4 Square Approach is an effective model to support mental and physical Health & Wellness.

Not only will you benefit as a leader from the actionable ideas and unique perspectives presented in this program, but your team will also be able to leverage these strategies to boost the value of your organization every day.

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7 REASONS THE WORKPLACE NEEDS A HAPPINESS COACH

1. Did you know, 51% of the U.S. workforce is not engaged. (Gallup) When employees can laugh, talk, and play with one other, company loyalty increases along with the ability to better solve problems.
2. Did you know family stress inhibits work productivity and 50% of married employees are or will be contemplating divorce? Imagine having a resource library with tools at their fingertips to aid in mending your team's most important relationships.
3. 80% of workers feel stress on the job, nearly half say they need help in learning how to manage stress.
4. It can cost 33% of an employees salary to replace him/her. (HR Dive) Wouldn't it make sense to provide a deeper level of resources that transcend the work environment?
5. Depressed employees lose 27 work days per year. (Harvard) 59% of employees say that health and wellness benefits are important for increasing loyalty to their employer (MetLife)
6. 4 in 5 workers report poor Work/Life Balance. (World Health Organization) Would a blueprint of a simple program be helpful as a resource to calm stress & anxiety and strengthen personal and professional relationships?
7. Did you know suicide claims more lives than war, murder and natural disasters combined. (American Foundation for Suicide Prevention) Providing preventative tools is an antidote to stress, anxiety, depression, addictions and self destructive behaviors.

ABOUT CRISSY BUTTS



Crissy Butts, Happiness Coach, works with organizations wanting to improve the mental resiliency of their teams by helping them Engage, Connect & Thrive! She shares powerful tools to reduce stress, build community, and strength relationships. She has written on Global Happiness in International Focus Magazine, and is the author of You Choose Your Path, 50 Ways to Strengthen Family in 50 Days, The Sunshine Strategy, 21 Day Happiness Challenge, (Workplace) & Family Power Hour. She has worked with Microsoft, Fathers & Families Coalition of America, and endorsed by leaders from JetBlue, BlueZones, and Child & Protective Services.

Her humorous compelling adventures from living in a rustic Alaska cabin with an outhouse warm hearts and inspire gratitude. She is a mother to 5, grandma to 15 and married for 30 years to Desmon, a commercial pilot. She enjoys traveling, playing with grandchildren, and serving in her community in Spring, Texas.

For more information or to book Crissy, contact the Safety Institute:

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