

Happiness at work



Team happiness matters

Happiness at work isn't just a perk; it's a necessity. Happy teams are more productive, innovative, and loyal. When your employees thrive, so does your business.



Unhappy employees are always a red flag, so it's no surprise our [research](#) shows low job satisfaction as a strong driver of employee turnover.

Now, we challenge you:

Take these simple, fun ideas and put them into action! But remember, happiness at work isn't just for this week – it always matters! See this as the first step toward building happier, more engaged teams every day.

Let's make this week one to remember!

Post it-notes

We're spicing up the office with some post-it fun – join us!

To spark your creativity, we've included a bunch of example messages you can write. Whether it's a motivational quote or a playful joke, these notes are sure to bring smiles and brighten up everyone's day.

- "Happiness is working with great people (like you)"
- "You know you're making a difference here, right?"
- "Your hard work is a big part of our progress"
- "Your positive vibes is our caffeine!"
- "Life's short—eat the office snacks!"
- "Can we get a round of applause for making it this far today?"
- "Don't worry, be happy"
- "Your smile makes the winning difference!"
- "If you can dream it, you can do it! (But coffee helps.)"
- "Coffee break? Let's make it a smile break too!"
- "Take a break, take a breath, take a smile!"
- "Happiness is finding a Post-it note when you least expect it! P.S You're shining today"
- "Smile! It's the best work accessory."
- "Be the reason someone smiles today. Or laughs. Or both!"
- "You're awesome. Yes, YOU!"
- "Just in case no one told you today: You're awesome and your work matters!"
- "Your happiness is our secret ingredient."
- "Need a boost? Smile at a colleague!"
- "You make [company] a happier place!"

Do this...

1. Pick the messages that you think will resonate most with your team.
Feel free to add your personal touch! – let your creativity shine!
2. Write them down on post-it notes.
3. Stick them in unexpected places around the office – by the coffee machine, in the snack cabinet, in and on the fridge, meeting rooms etc. Spread them around so your colleagues are reminded throughout the day. The more spots, the better!

Praise cards

A little recognition goes a long way. When you take a moment to highlight someone's hard work or simply share a kind word, you're helping to create a more uplifting and supportive environment. It's a simple act that can brighten someone's day and reinforce the positive culture we're aiming for.

So, grab those praise cards and start sharing the love! Let's make this week about not just celebrating happiness, but actively spreading it. The more you give, the more you'll get back – and together, we can make the workplace an even happier place to be.

[Download praise card](#)



Do this...

1. Download the praise cards.
2. Print them out.
3. Place 1-3 praise cards on each team member's desk. Encourage everyone to write and give these cards to the colleagues who's made their days a little brighter.

Or, if you're feeling extra creative, follow our lead and set up a praise wall in the office where everyone can stick their cards and share the love!

Psss... Did you know that Winningtemp has its own praise feature? It's such a simple way to brighten someone's day. You just pick a value, add a little message, and hit send – perfect for spreading those good vibes and increase the team spirit.

Bathroom posters

We want to remind everyone, even during those quick breaks, to pause, smile, and be inspired. That's why we've added some uplifting posters to the office bathrooms!

Each poster features a unique message aimed at boosting morale and spreading positivity, to make every corner of the workplace a little happier.

[Download poster](#)



Do this...

1. Download the posters.
2. Print them out.
3. Hang them up on the inside of the bathroom doors.

Voilà! You're all set to spread a little more joy and make your team's bathroom breaks a bit brighter.

Happiness wall

By celebrating the most important resource – our people – we believe greater motivation and job satisfaction will follow.

To create a sense of belonging and being part of something meaningful, we'll be printing photos from our journey, sharing the happy moments we've experienced together over the years. Perhaps you could do the same?

Do this...

1. Collect snapshots that capture your team's best moments like events, team activities, and all the fun stuff you've done together.
2. Get those photos printed in a size that works for your space.
3. Find a spot where everyone can see and enjoy the wall.
(We've chosen a spot at the entry so no one can miss it)
4. Arrange your photos on the wall and add some captions or little notes to give each photo a bit of extra meaning.
5. Invite everyone to add their own photos or notes. The more personal, the better!

And then – step back and enjoy the positive energy! It'll be a great daily reminder of the awesome moments you've shared as a team.



Now, let's make this happen!

We hope this toolkit has sparked some inspiration for celebrating International Week of Happiness At Work with your team. Remember, it's not just about one week – it's about setting the stage for lasting happiness and engagement in the workplace. You have the power to create a positive, uplifting environment where everyone feels valued and motivated. So, let's make it happen!

And to sustain this momentum beyond just a week, Winningtemp's platform is designed to support long-term employee engagement. Our tool can help you turn these moments of happiness into everyday wins for your team.

[Book a demo](#)

And don't forget...

We challenge you to share your own Happiness at Work initiatives on your social media. Not only will it boost your employee branding, but it'll also spread the positivity even further!

Use the hashtag #happinessthatworkweek, tag us so we can see how you're celebrating, and let's show the world how we all making workplaces happier, one smile at a time.

Psss... We'll be sharing behind-the-scenes moments, ideas, and plenty of smiles on our LinkedIn, so make sure to follow us there to see how we're celebrating throughout the week.

[Follow us](#)

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