



The Workplace Happiness eBook

We asked

What makes you happy at work?

You answered



March 20
International
Happiness
Day

happy

A large yellow arrow graphic pointing to the right, located on the left side of the slide.

March 20th is the official
International Happiness Day,
as proclaimed by the General
Assembly of the United
Nations.



With this day, **happiness** and **wellbeing** have been recognized as universal goals and aspirations in the lives of human beings around the world.



One of our commitments at Hppy is to help individuals and organizations create **happier workplaces**, where people feel valued and fulfilled.



**That's why, on this very
special day, we've asked
people from all over the
world to tell us**



WHAT MAKES THEM HAPPY AT WORK?

happy

International Happiness Day



What makes you happy at work?

“I’m thankful for working with inspirational people, for having an empowering company culture and for being industry leaders.”

Ben Cotton, [HubSpot](#)



What makes you happy at work?

"Watching the connections we build between people develop into real action that makes the lives affected better."

Glenn Burr, [Small Giants](#)



What makes you happy at work?

"Creativity. Creating work makes me happy."

Sam Barker, [Sam Barker Photography Ltd.](#)



What makes you happy at work?

**"Laughing with my colleagues.
It's great to have camaraderie
at work."**

Jo Sharff, [Happy Track](#)



What makes you happy at work?

**“Fun. Colleagues make me
happy at work.”**

Ashley Hever, [Enterprise Jobs](#)



What makes you happy at work?

“A good work environment, working with great people, working on great things, listening to great music and autonomy!”

Youn Jung Chung, [Firefly Vault LLC](#)



What makes you happy at work?

“Doing stimulating work. Doing something that makes a difference with people I like being with.”

Robin Hall, [Robin Hall HR](#)



What makes you happy at work?

**“Positive atmosphere in the office,
and freedom to work on tasks
and achieve goals without being
micromanaged :)”**

Ana Brzakovic, [Delta Holding](#)



What makes you happy at work?

“Our peeps love getting a 90-minute massage every month!”

Amelia Wilcox, Founder and CEO
[Incorporate Massage](#)



What makes you happy at work?

“Working with amazingly talented people.”

The Digital Marketing Team at [Insperity](#)



What makes you happy at work?

**“Smart and cool digital projects
made with clients that have
amazing visions for the future!”**

Flavian Cristea, [Grapefruit UX Agency](#)



What makes you happy at work?

“Having a purpose that I can relate to and that is aligned with my vision of the world I want to live in.”

Corneliu Chițanu, Entrepreneur and iOS developer



What makes you happy at work?

“I'm happiest at work when I see people engaged with the same goals and projects I care about.”

Mihaela, [DPDHL](#)



What makes you happy at work?

“The culture at Edelweiss: exciting place to work, differentiated approach, empowering environment, long term focus, wisdom with values, excellence via ideation, inspiring leadership, smiling colleagues, Suno(Listen), Samjho(Understand), Suljhao(Solve) mindset.”

Manoj Kumar Chaudhary, [Edelweiss Financial Services](#)



What makes you happy at work?

“Meaningful work - making a difference.”

Kim McCoy, [The Hospital & Healthsystem Association of Pennsylvania](#)



What makes you happy at work?

“When I've really helped someone and built a stronger relationship with them in the process.”

Leigh Limpic, [Cornerstone OnDemand](#)



What makes you happy at work?

“My colleagues. I am a complex person and I love it that I have 4 colleagues that I can have a good relationship with on a different level of 'myself'. I see them as very different than myself and we, as individuals, are quite the opposite from one another but I love the 'awkward silence' we work in and how well we work as a group. We defend each other and we never back down when times get rough. I will be leaving them soon, and I will miss them so.”

Roxana Irinei, [Capgemini](#)



What makes you happy at work?

“Good leadership, with a culture I like and have some fun with colleagues.”

Peter, PB&P



What makes you happy at work?

“The sense of achievement when everyone is pulling in the same direction and you're achieving a common purpose!”

Andrew Shortland, [Staffordshire County Council](#)

A close-up photograph of a hand holding a silver moka pot, pouring dark coffee into a blue and white striped cup. The background is blurred, showing a desk with papers and a blue object. A semi-transparent dark grey rectangle is overlaid on the center of the image, containing text.

What makes you happy at work?

Coffee. Colleagues. Coffee.

The Hppy Marketing Team



What makes you happy at work?

“Being in HR provides me with an opportunity to meet and talk with many different people. While autonomy in their work is often at the top of a person’s job satisfaction “happy” list – working in a mission driven organization seems to take the cake. Happiness is a natural byproduct when you know you are working for the greater good.”

Claudia, [Animal Welfare League](#)



What makes you happy at work?

“Working with people I respect and like to be around. A great space that is a comfortable and pleasing environment also helps!”

Jodi Braseth, [Workplace Resource](#)



What makes you happy at work?

“The workplace provides me the opportunity to make my co-workers feel appreciated by doing special acts of kindness and by providing joy and fun in the workplace. It's also a place for me to be creative, take initiatives and feel like my contribution to the company makes a positive difference. We spend so much time at work that it's essential to assure ourselves that we have the best time possible when we are there all while being efficient and productive to our employer. When we do good, good comes back to us !!!”

Micheline Cousineau, [Assante Wealth Management](#)



What makes you happy at work?

“Appreciation and work as a family and enjoy work are things that make me happy, as well as clarity of purpose. I like to know where I'm going every day and what I look forward to achieve, I have to be the motive for continuity of giving.”

Dhababa Saeed, [ADM](#)



What makes you happy at work?

**"Achieving good things makes
me happy at work."**

Charles Baybutt , [Happy Track](#)



What makes you happy at work?

“Continuous motivation and encouragement, job empowerment, transparency, positive relationship between the employee and the direct supervisor and positive relationship between colleagues at all levels, cooperation, passion towards job, creative and innovative work environment, individuals talents support.”

Anisa Abdulla



What makes you happy at work?

“Responsibility. Authority. The faith of my reporting manager and my company that I can do it.”

Chitra, , [Advantmed LLC](#)



What makes you happy at work?

“New successes of every of my subordinates, interesting tasks allowing to realize myself and smiles on faces of colleagues - these are the things making me happy at work the most.”

Alexander, [Kaspersky Lab](#)



What makes you happy at work?

“The view from my desk makes me happy. It make a huge impact working in an inspiring environment, and there isn't much more inspiring for me than the Empire State Building and downtown Manhattan.”

Brigette, [MetLife](#)



What makes you happy at work?

“Functional autonomy and working in a place where creativity and experimentation are always valued. Longer association with a sense of pride, opportunities to grow, which provide continuous learning and development.”

Jagannath Prasad, [JSW Energy Ltd](#)



What makes you happy at work?

“What I like best about my work is the leisure to implement my ideas at work if they are actually nice. The freedom of doing it any way we want to work it out with just the aim defined. I get to interact with many team members everyday eventually I get to learn a lot of new things everyday. And the best part is that I get a chance to spread smiles to my team members.”

Laxshmi Hirani, [Advantmed LLC](#)



What makes you happy at work?

“What I love most about going to work is the fact that I have a dedicated, ambitious and fun team to meet every day. With the right people by my side, even the toughest challenge becomes surmountable.

Alright, I may be biased, since I'm the CEO of the company. But CEOs should also have something to look forward to every day, right?”

Georgiana Ghiciuc, [Beaglecat](#)



What makes you happy at work?

**“Seeing the people who I have hired,
move up to more responsibilities
and receive promotions.”**

A. Patterson



What makes you happy at work?

“I’m lucky enough to do what I love every day—with generous amounts of freedom, flexibility, and trust. That alone is cause to be happy, but what makes me even happier is my colleagues. I am surrounded by amazingly talented and interesting people who encourage my creativity, challenge my thinking, and inspire me to be the best I can be.”

Allison Bannister, [Baudville Brands](#)



What makes you happy at work?

“I'm happy if my work and my team's efforts are appreciated, trust is given and if I know that I will have my supervisor back when needed.”

Karla, [Unicef](#)



What makes you happy at work?

“The thing which always makes me happy at work is the idea of changing the world everyday - we are moving travel bookings towards online commerce and changing the whole process to more efficient. Working in the Yonderbound team makes me feel important, because I know that without my daily contribution, our mutual result would never be the same.”

Anastasia, [Yonderbound](#)



What makes you happy at work?

“Well, I work from home 60% of the time. The other 40% I go to meetings and events. So that makes me happy :)”

Lucian, [Trusted.ro](https://www.trusted.ro)



What makes you happy at work?

“The people I work with on a daily basis make me really happy with their enthusiasm, values and total dedication.”

Amanda Loakes, [Roche](#)



And then there were some of
you who shared more than
we could have asked for...

A story of happiness
at work.

What makes you happy at work?

"As TV reporter turned happiness scholar, I am always thinking about positive and meaningful work experiences.

For me, there is nothing happier than working with others to serve. I enjoyed working as a TV reporter and news director. There was something so meaningful, working with fellow journalists to help share a story with the community. On top of hoping that we were making a difference, we were unified in our work.

What makes you happy at work?

We worked together as professionals, and, that bond created a family in the newsroom.

Presently, as a happiness scholar who focuses on work satisfaction, innovation, and entrepreneurship, sharing those stories, collecting data, and adding to the body of knowledge surrounding positive psychology brings me joy.”

Kortni Alston, [Multimedia Journalist](#)

What makes you happy at work?

“My employment is in the live bedding plant business. The greenhouse industry is like so many other agricultural entities, we depend heavily on immigrant labor. We are fortunate enough to be able to take advantage of the H2A program that allows us to legally hire seasonal labor, almost exclusively from Mexico.

Our H2A workers have in infectious happy spirit, they create in me a desire to find ways to better engage them contributing to an increased level of happiness for all of us.

What makes you happy at work?

I honestly look forward to the opportunities I have every day to walk or ride my bike through the operation interacting with these great people.

Their spirit increases my engagement in the business and increases my contribution to the organization."

Randall Barker, [Olson's Greenhouse Gardens](#)

What makes you happy at work?

“There are several things that makes me happy at work:

- 1. Purpose - I like to feel there is a purpose to my work; that things there would not be the same without me there; that what I do, saves some money or helps selling more products.**
- 2. Appreciation - I get so shiny when others acknowledge the greatness of my work. I try, like most of my colleagues, to do extraordinary work.**

What makes you happy at work?

And I like it when others see it and appreciate it. Oh... but I hate it when somebody tells me in a polite way "Great work". I want the real appreciation, if I deserve it, or the improvement feedback if it's needed. But I feel so many people are just spreading fake appreciation words, because they read in a book to do so or just because they do not really understand the work that other do.

3. Learning - I am happy when I feel I become better every day.

What makes you happy at work?

4. Sense of humor - I like more the work when I can joke with my colleagues. Even if everything else ... sucks, if I get to really laugh several times in the day, it makes all else more bearable. "

Alexandra - Change Manager at
[Philips](#)



**We want to thank everyone
involved in this project and
we hope you use this eBook
as inspiration to make your
workplace happier!**



**Become a part of this eBook
and help us grow it into an
even bigger story of happiness
at work!**

**Tell us what makes you
happy at work**