



Unlocking Happiness at Work by Jennifer Moss is available now, priced £14.99 from **Kogan Page**.

ABOUT THE AUTHOR

Jennifer Moss is the co-founder of **Plasticity Labs**, a technology startup that produces software to measure organisational culture, inform leaders of their current and ongoing social/emotional state, and improve employee happiness at work. During her husband's battle with serious illness, Jennifer noticed how 'gratitude' helped her family cope and also created more positive responses from those around them – the start of her journey into 'Unlocking Happiness'.

A **Harvard Business Review** and **Huffington Post** contributor, Jennifer delivers talks across the world on the subject of happiness and gratitude at work (recent appearances include **SXSW**, **TEDXWomen** and the **Chatelaine's W100**). She is the recipient of the Public Service Award from the **Office of President Obama** and in 2015, she was named Innovator of the Year by Canada's national business magazine. Jennifer was recently honoured with the Female Entrepreneur of the Year Award in the 11th annual **Stevie® Awards** for Women in Business (part of the American Business Awards).

NEW BOOK

Does your organisation have a happiness strategy yet?

UNLOCKING HAPPINESS AT WORK REVEALS HOW A WINNING HAPPINESS STRATEGY WILL FUEL PURPOSE, PASSION AND PERFORMANCE, WITH CASE STUDIES INCLUDING VIRGIN, TOMS AND THE BODY SHOP.

We all want to be 'happier' in life, but for many people, being both "happy" and "at work" might feel like an unrealistic dream. For employers and business leaders, happiness of individuals will often be a secondary concern, sitting way down the list of priorities below productivity and revenue. However, as an insightful new book, *Unlocking Happiness at Work* argues, happiness has been proven to be intrinsic to success, and businesses that understand and embrace this can gain a sustainable competitive advantage.

The author, Jennifer Moss, is co-founder of **Plasticity Labs**, a pioneering technology company that produces software to measure organisational culture and the social and emotional state of a business. Her ground-breaking work draws upon decades of scientific research, data, statistics and psychological and neurological studies to not only prove that happiness fuels high performance but also provide practical tools that will enable a billion people around the world to harness the sense of purpose and passion that comes with happiness.

Unlocking Happiness at Work features powerful real-life case studies, including Jennifer's own thought-provoking story that led to her realising the importance

of 'gratitude' following a family tragedy. The book draws upon stories from world-famous organisations, such as **Zappos**, **Virgin**, **TOMS** and **The Body Shop**, backing up anecdotal evidence with real-time data and exclusive access to **Plasticity Labs'** own cutting-edge employee happiness research.

Combining the latest thinking in positive psychology and neuroscience, *Unlocking Happiness at Work* gives readers a true understanding of the science of happiness both at home and at work. It gives practical advice to enable individuals to build solid neural pathways and happiness habits for themselves, and emotional intelligence techniques and management strategies leaders to gain the benefits of compassionate capitalism.

Lively, persuasive and insightful, *Unlocking Happiness at Work* is an exploration of how to be happier and make others happier through the power of 'gratitude', emotional intelligence and an innovative approach to work/life flow. An essential resource for leaders who want to increase sustainability, attract new talent, improve their brand and boost profitability, *Unlocking Happiness at Work*, provides the tools to achieve these goals in a way that is life-enhancing for everyone involved.

EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE

Jennifer is experienced and engaging expert who has spoken to audiences around the world on the topics of happiness and gratitude, including her own **TEDx** talks. She is available for interview, or can provide by-lined articles and expert comment on a number of topics, including:



The science of happiness (at home and in the workplace)

- The ROI of happiness
- 10 real world examples of brilliant happiness strategies
- Happy New Year? Happiness strategy trends we will see in 2017
- 'Gratitude attitude', why being thankful is key to success
- Creating happiness 'habits' within yourself and your team
- How to leverage emotional intelligence against the odds
- 'Compassionate capitalism' – what are the benefits?
- Hidden stresses in the workplace, how to identify and deal with them
- The work/life continuum – what this means and how to achieve it