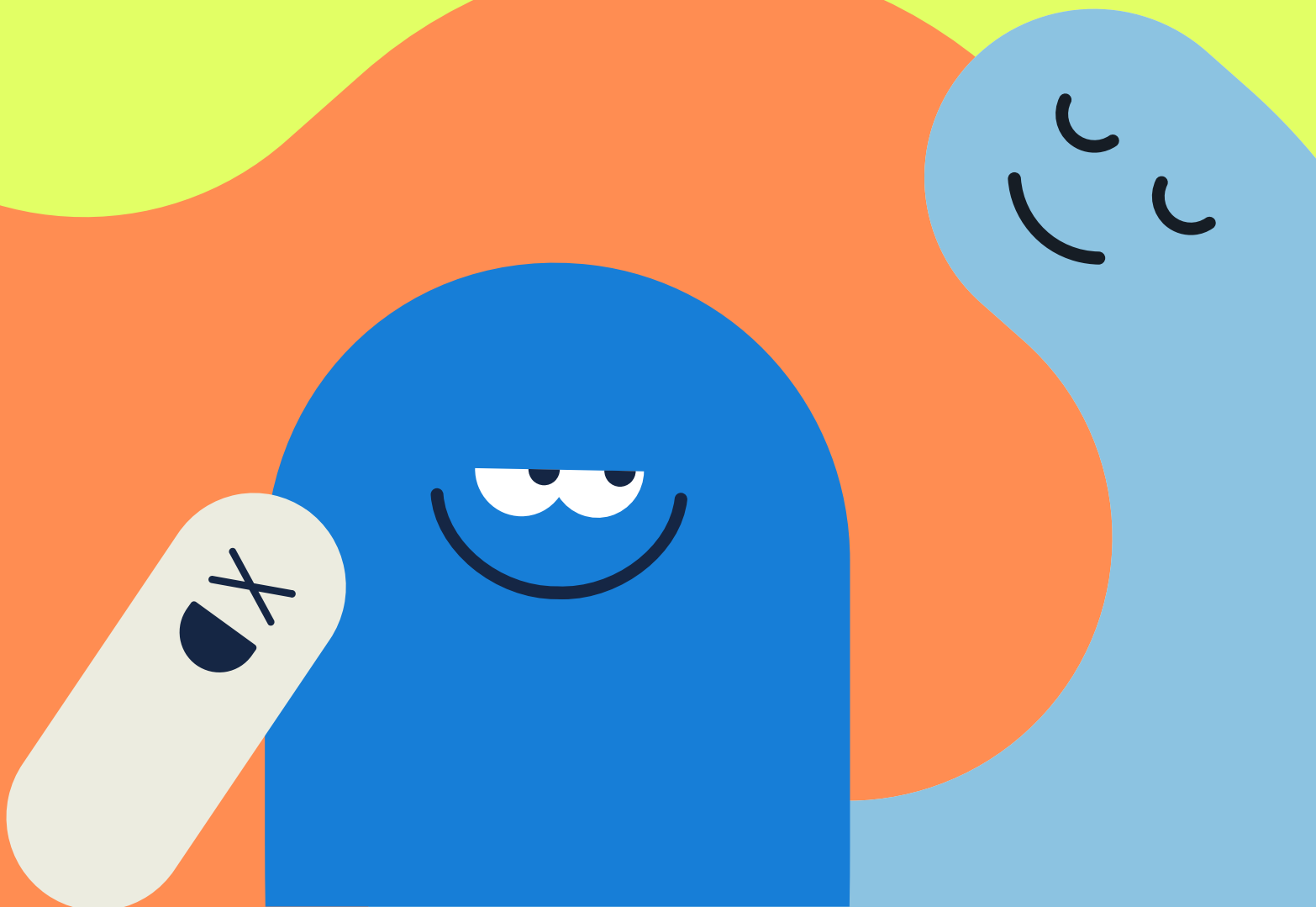


happimatters

Good2Connect Quest

30 day program



Connection at work matters now, more than ever.

37% of Australians feel lonely at work and 40% feel lonely at work in the US. At the same time 85% of workers globally do not feel engaged with their job. We also now have strong evidence that having friends at work predicts engagement & performance.

Gallup study of more than 100,000 teams





The growing decline in employee wellbeing, connection and engagement, along with the growing public issue of loneliness around the world, has now become a stark reality.

Connection and relationships are going to be key drivers in creating a more positive future for our workplaces and the humans within them.

So how can you increase connection with your team, learn wellbeing skills, reduce loneliness and support a charity all at the same time?

Well, how about our fun, 30-Day workplace challenge designed to increase connection and wellbeing at work?

You can choose our Good2Connect Quest DIY online program or opt for a fully-facilitated experience.



A circular photograph showing two women sitting on a concrete ledge outdoors. The woman on the left is wearing a black top and dark pants, laughing with her mouth open. The woman on the right is wearing a black top and light-colored pants, smiling with her hand on her forehead. The background is a plain, light-colored wall.

What does the quest involve?

It's a multidimensional approach to employee engagement and wellbeing. From daily individual wellbeing activities to weekly team connection time, the challenge is aimed at connecting employees, improving wellbeing, increasing emotional intelligence and happiness.

- You give back to the community through our charity of choice Friends For Good, simply by participating. The more activities you complete the more points you score for charity!
- All individual activities use gamified software to keep everyone interested and motivated.
- Each participant receives the Good2Connect Playbook for daily guidance.
- All team activities are designed to create more authentic connections, stronger cultures and more purpose.
- All workshops facilitated by Happi Matters founder and workplace connection expert Kylie Flynn

Good2Connect

Fully Facilitated

Individual Activities

Every day for 4 weeks: Individual activities (allow 10–20 mins daily)

- Gamified training platform to take each participant through each activity, explaining the how and the why
- A Good2Connect Playbook (hardcopy or digital)

ACTIVITIES FOR GREATER WELLBEING:

Gratitude, mindfulness, emotional intelligence, kindness & joy.

Team Activities

Weekly for 4 weeks: Team Connection Workshops (1.5 hours facilitated online or face-to-face once a week).

ACTIVITIES INCLUDE:

Authentic Connection exercises, fun team challenges, culture strengthening, appreciation & recognition, empathy, understanding bias, beliefs & much more.

Also includes: Pre and post survey delivery and analysis with Mindcheck Stress, Anxiety & Depression Survey.

Good2Connect DIY Online Version

Individuals

- A fully guided 4-week online journey for each individual employee, using fun, gamified software that increases participation and a positive user experience
- Daily for 4 weeks: Individual activities (allow 10-15 mins daily)
- Each employee receives a copy of the Quest Playbook that includes step-by-step activities and explains their benefits

Teams

- Weekly team connection activities facilitated by the team leader

Team Leader/ Facilitator

THE FACILITATOR LEADING THE TEAM IS FULLY SUPPORTED EVERY STEP OF THE QUEST WITH:

- Marketing materials and email templates to promote the quest
- A guidebook and roadmap for the 4-week quest
- Video tutorials and handouts to facilitate the weekly team connection activities (both face-to-face and online examples)
- Video tutorials and a playbook for individual daily activities
- Access to the Mindcheck Stress, Anxiety & Depression Survey

Let your team come together with Good2Connect Quest:

- Increase employee wellbeing
- Connects your teams
- Helps to reduce loneliness in our community through giving to [Friends for Good](#)
- Help to normalize wellbeing, rest and recovery at work and in our society

Ready to jump in and be part of something great?

Contact Happi Matters today.

www.happimatters.com

hello@happimatters.com



Proud partners of
Friends for Good

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