

# MGT5580 Fostering Happiness at Work

**Level:** 5

**Credit Units:** 2.5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## Synopsis:

Successful leaders know that happier employees are more engaged, productive, collaborative, creative, and innovative, which contribute to increased retention and career success, leading to greater overall firm profitability. To win the hearts and minds of employees, leaders need to help them find joy and meaning at the workplace by developing a strong sense of purpose and forming authentic, cooperative social interactions with others.

MGT558, Fostering Happiness at Work, examines happiness at work, why it matters, and how to create a happy workplace. Students will learn how to build resilience and handle stress in healthy and productive ways, practice mindfulness through awareness of their thoughts, feelings, and sensations, and hone their social and emotional skills by tuning in to their feelings and perspectives of themselves and others in the workplace. Drawing on practical insights from happiness at work, the course helps students enhance their personal happiness and well-being. In doing so, students can become socially intelligent leaders, all-ready to create and implement effective strategies to strengthen workplace happiness and build cultures of belonging and engagement.

## Topics:

- Work Happiness
- Redefining Stress
- Work-life Balance
- Mindfulness and Resilience at Work
- Empathy and Emotional Intelligence at Work
- Creating a Happy Workplace

## Learning Outcome:

- Critique the advantages, barriers and pitfalls of happiness at work
- Compare the harmful and helpful forms of stress and the different impact of stress at work
- Appraise the social and emotional skills for sustaining positive workplace social interactions
- Recommend strategies and practices for creating happy and satisfying experiences at work
- Formulate creative and innovative hands-on solutions for a happy workplace
- Develop mindfulness, resilience and self-awareness skills

## Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	DISCUSSION BOARD 1	15
	DISCUSSION BOARD 2	20

Overall Continuous Assessment	PARTICIPATION 1	15
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.