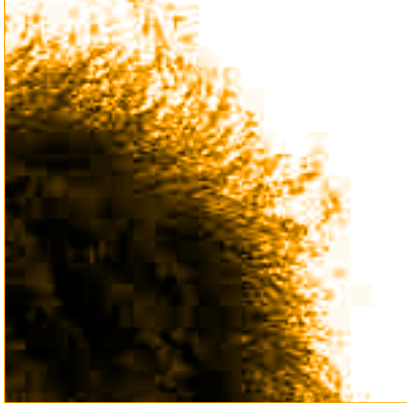
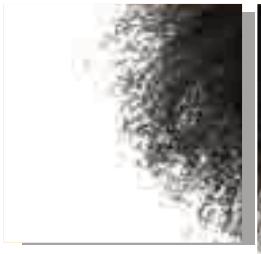
OKU HUMAN®
Potencializando Ligações Humanas

#Happiness Business School

HAPPINESS + WORK = RESULTS

We are currently living at a fast pace, with companies trying to do more by optimising resources. We are constantly exposed to what we believe to be perfect lives.

LATEST NEWS:

Gallup has revealed that 76% of the world's population has at some point experienced burnout.

The WHO reveals that depression is a disease that causes about 800,000 suicides every year.

62% of employees say that stress is the leading cause of poor performance.

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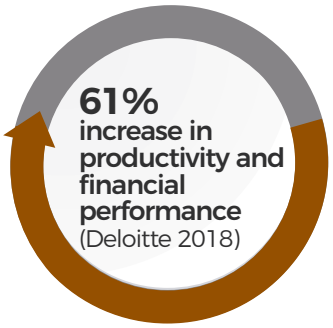
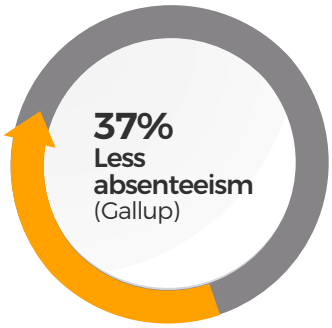
Studies show that happiness at the workplace is one of the three most important sources of happiness in our lives, and is the best antidote to stress.

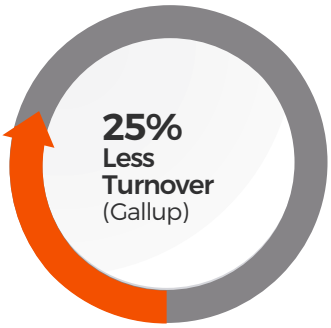
OKU HUMAN® wants to make the journey easy for you.

As we increase each employee's happiness, we drastically reduce absenteeism and staff turnover across the company. When the level of happiness increases, it leads to motivation, commitment, and productivity.

HAPPINESS AT THE WORKPLACE: RESULTS







CHIEF HAPPINESS OFFICER CERTIFICATION

The Chief Happiness Officer (CHO) is the person responsible for corporate happiness. Their activity includes: engage leadership, measure the happiness environment in the company through a series of surveys, and planning and implementing new actions.

HAPPINESS MANAGER CERTIFICATION

Do you want to be a change agent in the corporate world? Then the Happiness Manager certification is right for you. Become an expert in connecting the head to the heart in a company, learn how to thrive in the arena, to implement emotional salary strategies, and promote meaningful careers.

DIAGNOSIS

At OKU HUMAN®, we offer a simple and customised formula to assess the happiness levels at your company. All the research we apply is validated by international institutes.

CONSULTANCY

Happiness at the workplace does not come about with isolated interventions. An effective happiness project is a structured and focused journey along which the company, its leaders and the teams walk side by side.

DESIGN THINKING

Design Thinking for Happiness works simultaneously as an internal audit and consulting process, gathering relevant data from the teams to design an effective Happiness strategy for implementation.

WORKSHOPS

Examples of talks offered by OKU HUMAN® in partnership with HBS that address the following topics: how to get a positive experience at the workplace, the importance of being happy and making others happy, resilience, gratitude, accountability, and mindfulness.

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