



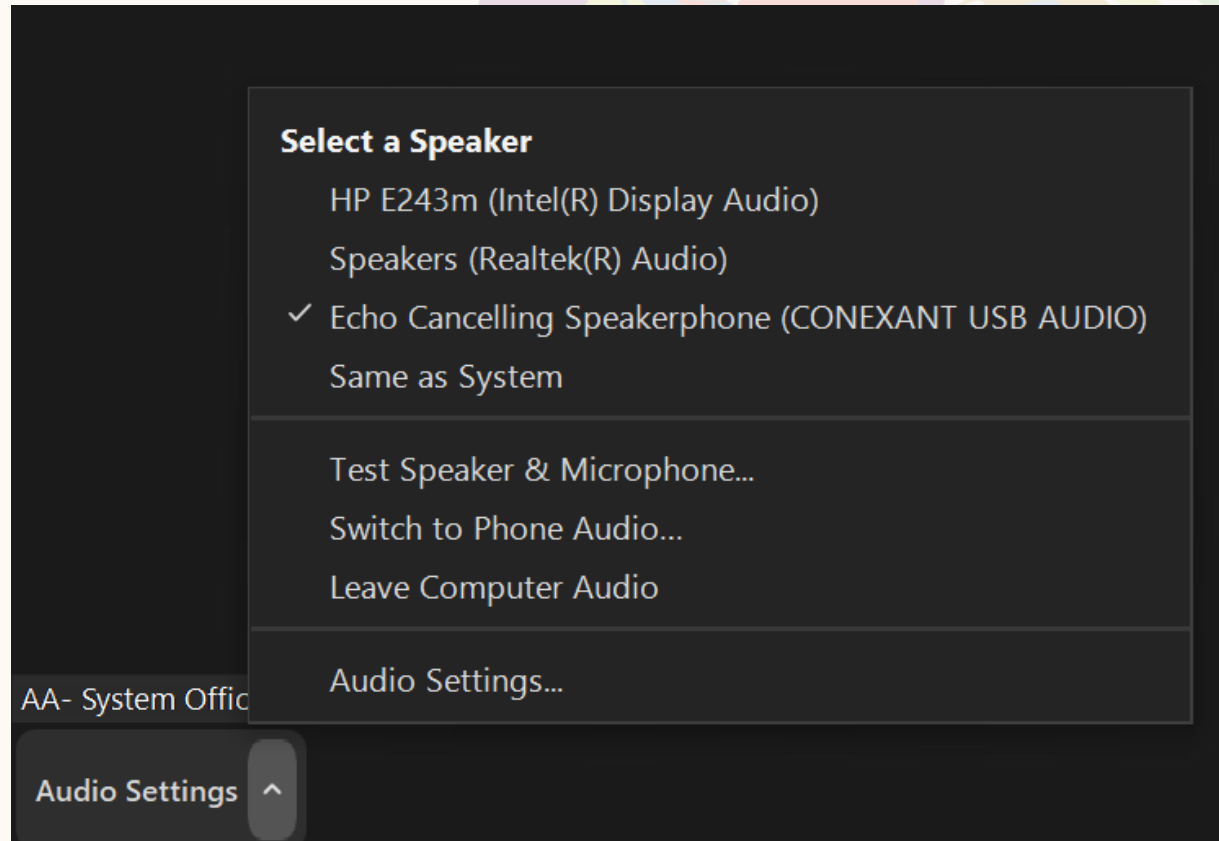
WELCOME TO



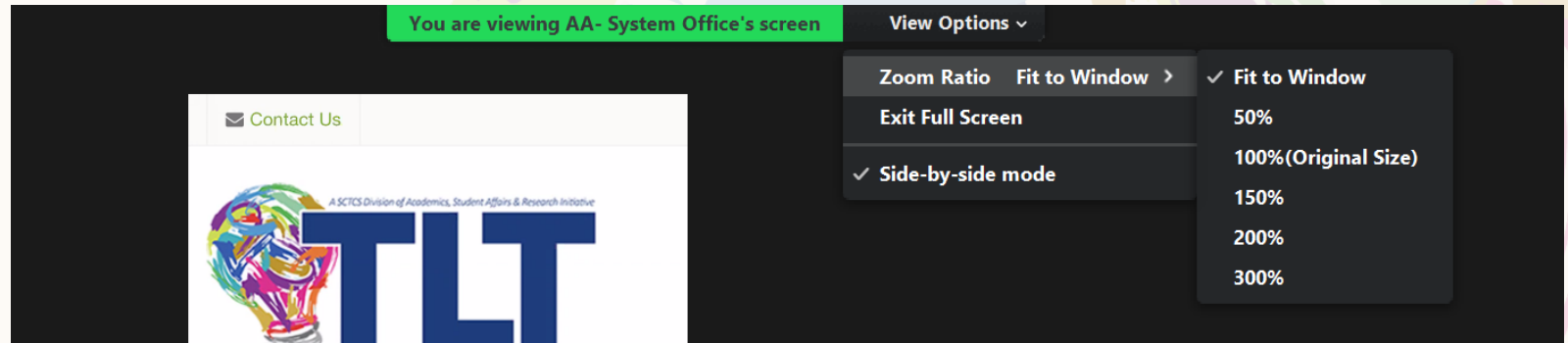
LEADERSHIP BOOK CLUB: THE HAPPINESS ADVANTAGE

*MAY 20, 2025
2:30pm*

ZOOM WEBINAR

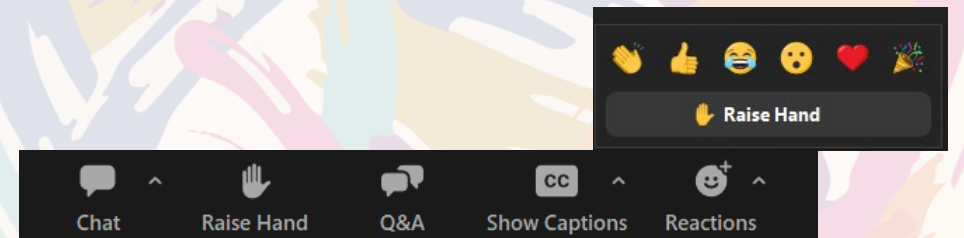
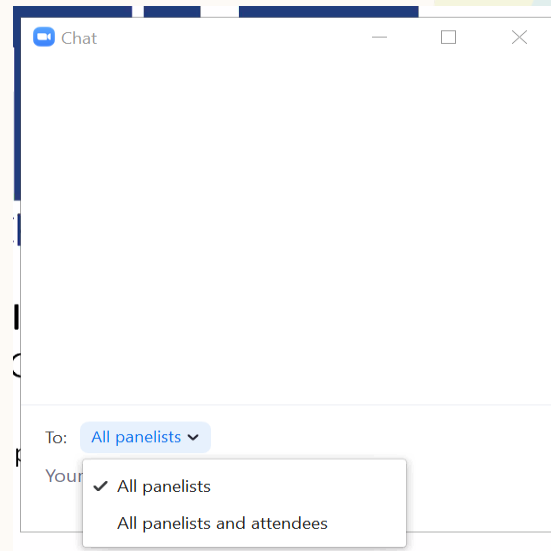


ZOOM WEBINAR





ZOOM WEBINAR



**LEADERSHIP BOOK CLUB:
THE HAPPINESS
ADVANTAGE
BY SHAWN ACHOR**

**EMILY FOX
MAY 20, 2025**

**Who is Shawn
Achor?**

01.

**Is the book
still relevant?**

02.

**The 7
Principles**

03.

Action Steps

04.

**Suggested
Next Reads**

05.



WHO IS SHAWN ACHOR?

WHO IS SHAWN ACHOR?

- Waco, Texas
- Earned a BA and MS from Harvard University
- Taught at Harvard for 12 years
- Conducted research in positive psychology
- CEO of Good Think, Inc.



IS IT RELEVANT?

- Published in 2010.
- Positive psychology was emerging as an area of research.
- Scenarios shared in the book revolve around 2008 economic crash.
- The book focuses on workplace productivity.
- Claims to not promote “toxic positivity.”
- Provides several studies that support the seven principles of the book.

THE SEVEN PRINCIPLES

WHICH PRINCIPLE RESONATED WITH YOU THE MOST?

The Happiness Advantage
The Fulcrum & the Lever
The Tetris Effect
Falling Up
The Zorro Circle
The 20-Second Rule
Social Investment

The 20-second Rule



THE HAPPINESS ADVANTAGE

Success \neq Happiness

Happiness = Pleasure + Engagement + Meaning

Inject Happiness into Your Life

Alter Surroundings to Support Happiness

THE FULCRUM & THE LEVER

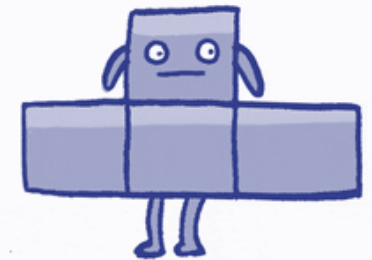
**The mind is the fulcrum; power is the lever.
We control how we think about the world.**

“Well, if you can’t make actual changes to your daily work, ask yourself what potential meaning and pleasure already exist in what you do. Imagine two janitors at the local elementary school. One focuses only on the mess he must clean up each night, while the other believes that he is contributing to a cleaner and healthier environment for the students. They both undertake the same tasks every day, but their different mindsets dictate their work satisfaction, their sense of fulfillment, and ultimately how well they do their job.” (p. 79)

THE TETRIS EFFECT

Our brains can be trained to see patterns everywhere.

“When our brains constantly scan for and focus on the positive, we profit from three of the most important tools available to us: happiness, gratitude, and optimism.” (p. 97)



FALLING UP

Find the path up and out of negative events.

“Study after study shows that if we are able to conceive of a failure as an opportunity for growth, we are all the more likely to experience that growth. Conversely, if we conceive of a fall as the worst thing in the world, it becomes just that.” (p. 109)

THE ZORRO CIRCLE

Focus on small, manageable goals.

“By tackling one small challenge at a time—a narrow circle that slowly expands outward—we can relearn that our actions do have a direct effect on our outcomes, that we are largely the masters of our own fates. With an increasingly internal locus of control and a greater confidence in our abilities, we can then expand our efforts outward.” (p. 137)

THE 20-SECOND RULE

Will-power is limited.

To build better habits, we need to make adjustments along the path of least resistance.

“The point is that whether it’s a strict diet, a New Year’s resolution, or an attempt at daily guitar practice, the reason so many of us have trouble sustaining change is because we try to rely on willpower. We think we can go from 0 to 60 in an instant, changing or overturning ingrained life habits through the sheer force of will.” (p. 152)

SOCIAL INVESTMENT

Invest in your friends, family, and peers so that when challenges and stress are present, you have a social network.

“The most successful people take the exact opposite approach. Instead of turning inward, they actually hold tighter to their social support. Instead of divesting, they invest. Not only are these people happier, but they are more productive, engaged, energetic, and resilient. They know that their social relationships are the single greatest investment they can make in the Happiness Advantage.” (p. 175)

ACTION STEPS

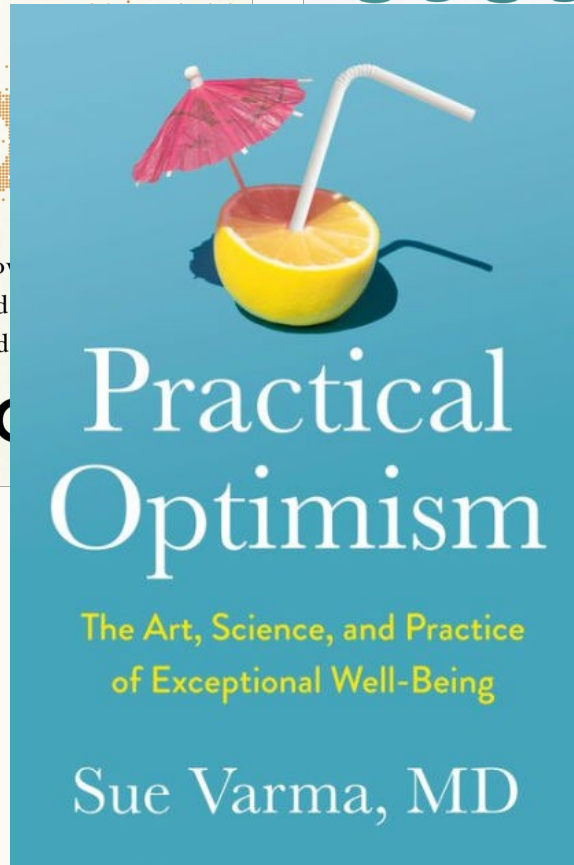
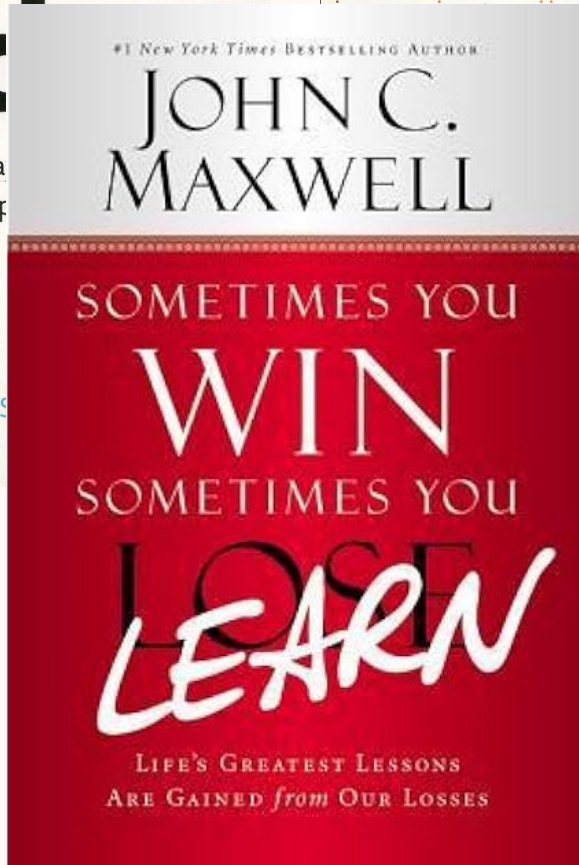
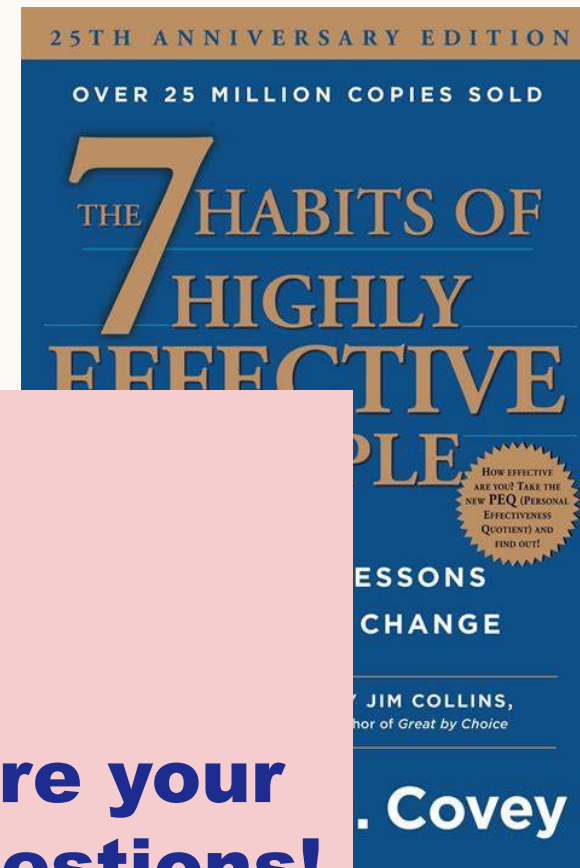
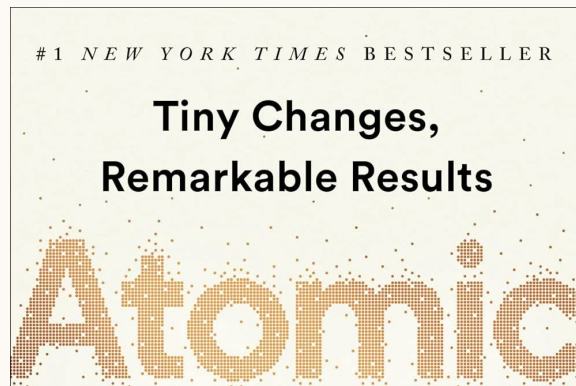
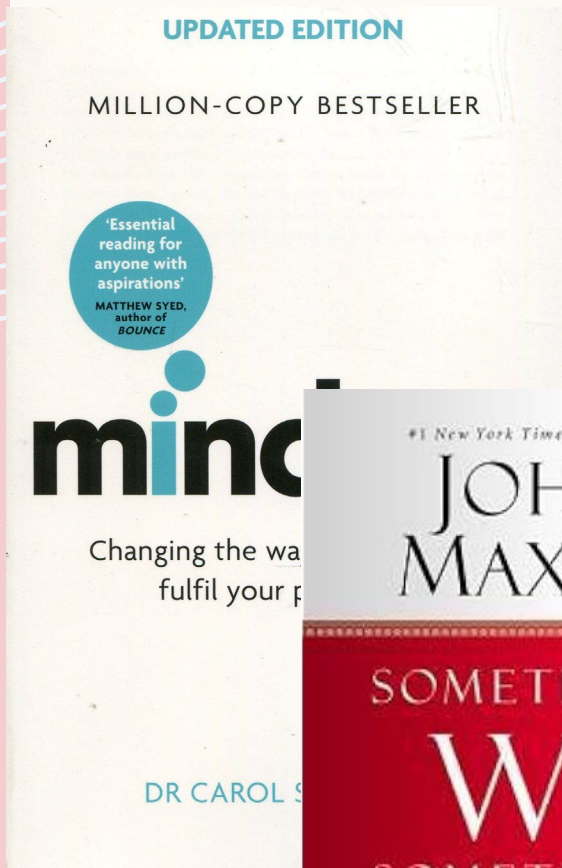
ACTION STEPS

- Think of happiness of something we can train our brains to do.
- Observe your “I’ll be happy when...” thoughts.
- Implement ways to raise your happiness at work.
- Practice finding the positive spin on negative situations.
- List three things you are grateful for daily.
- Assess what you can and cannot control in difficult situations.

ACTION STEPS

- Practice acts of kindness.
- Practice doing something after work that aligns with your values or something you enjoy.
- We cannot “willpower” our way into new habits.
- Lean into the support of others when going through a difficult time.

**SUGGESTED
NEXT READS**



Share your suggestions!

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THANK YOU

Emily Fox

Student Services & Strategic Initiatives Coordinator

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2025 TLT SPRING SESSIONS

June 17

Developing & Implementing a Summer Course Refresher Bootcamp

Dr. Kiwana Brackett, York Technical College

August 19

Empowering Diverse Learners

Robin Mixon Davis, Tri-County Technical College

September 16

AI & Assessment Design

Alison Madern, York Technical College

October 21

Why Do College Students Choose to Stop Attending

Dr. Jeff McCarty, Midlands Technical College

November 18

The Belonging Blueprint

Dr. Brittany Aga & Nicole Fuller, Piedmont Technical College



GIVE US YOUR FEEDBACK

<https://www.surveymonkey.com/r/May2025TLT>

