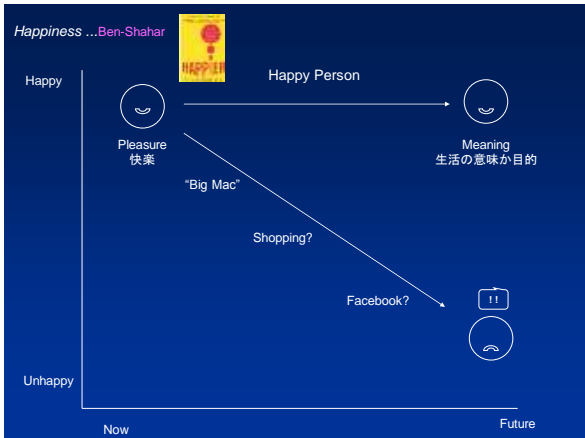
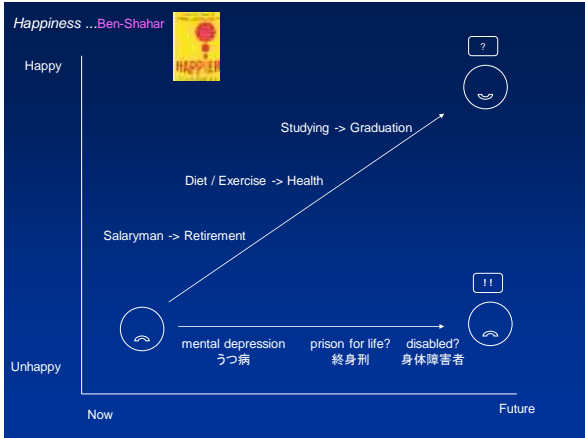
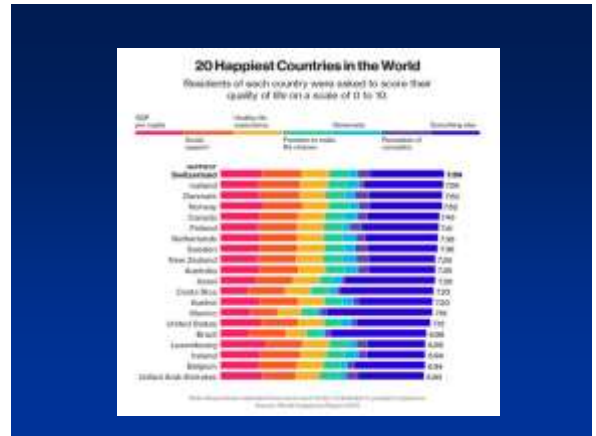
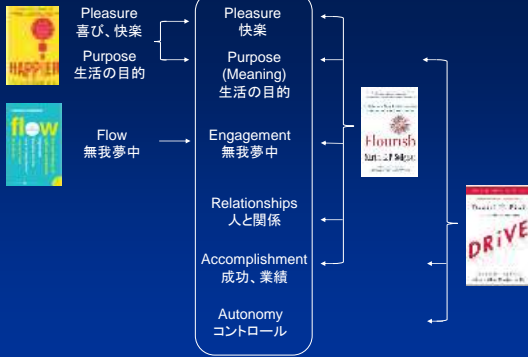


Happiness & Fulfillment 充実感: 4 Books

	Tal Ben-Shahar "Happier"		Mihaly Csikszentmihalyi "Flow" "無我夢中"
	Martin Seligman "Flourish" "繁栄"		Daniel Pink "Drive" "検認?"



4 Books: Summary...



Happiest countries – Top 50

- | | | |
|---------------------------|----------------------------------|---------------------------------|
| 1. Switzerland (7.587) | 18. Ireland (6.940) | 35. Saudi Arabia (6.411) |
| 2. Iceland (7.561) | 19. Belgium (6.937) | 36. Spain (6.329) |
| 3. Denmark (7.527) | 20. United Arab Emirates (6.901) | 37. Malta (6.302) |
| 4. Norway (7.522) | 21. United Kingdom (6.867) | 38. Taiwan (6.298) |
| 5. Canada (7.427) | 22. Oman (6.853) | 39. Kuwait (6.295) |
| 6. Finland (7.406) | 23. Venezuela (6.810) | 40. Suriname (6.268) |
| 7. Netherlands (7.378) | 24. Singapore (6.798) | 41. Trinidad and Tobago (6.168) |
| 8. Sweden (7.364) | 25. Panama (6.766) | 42. El Salvador (6.130) |
| 9. New Zealand (7.286) | 26. Germany (6.715) | 43. Guatemala (6.123) |
| 10. Australia (7.284) | 27. Chile (6.670) | 44. Uzbekistan (6.003) |
| 11. Israel (7.278) | 28. Qatar (6.611) | 45. Slovakia (5.995) |
| 12. Costa Rica (7.226) | 29. France (6.575) | 46. Japan (5.987) |
| 13. Austria (7.200) | 30. Argentina (6.574) | 47. South Korea (5.984) |
| 14. Mexico (7.187) | 31. Czech Republic (6.505) | 48. Ecuador (5.975) |
| 15. United States (7.119) | 32. Uruguay (6.485) | 49. Bahrain (5.960) |
| 16. Brazil (6.983) | 33. Colombia (6.477) | 50. Italy (5.948) |
| 17. Luxembourg (6.946) | 34. Thailand (6.455) | |

2015 UN World Happiness Report

http://worldhappiness.report/wp-content/uploads/sites/2/2015/04/WHR15_Sep15.pdf

Did we achieve our "Course Objectives"?

- | | |
|-------------------------|--|
| Workplace Communication | Speaking and writing better? more confidence? |
| Critical Thinking Tools | Stakeholders first
Brainstorming rules
Logical: Head 脳 < -- > Emotional: Heart 心
Personalize Pink's 6 "skills" for 21 st century |
| Human Nature | Motivations, Temptations, Likes, Dislikes
Fear of Punishment, Greed, Unnatural 不視線
"Everybody else is doing it" |
| What would you do? | Slippery Slope = "Situational Ethics" 状況倫理
What would you do & why: BRCA, Maynard, Divorce?
Do you need to always be consistent? |