

Should all companies have a Chief Happiness Officer?

People often say that a happy employee is a good employee. As modern technology continues to make the workplace more isolating, it's becoming increasingly more important for businesses to invest in the happiness of their employees. Once just a fixture in Silicon Valley, the Chief Happiness Officer is now going mainstream.

5 According to Alexander Kjerulf, founder of Woohoo Inc, happiness at work is of vital importance. As one of the leading experts on happiness at work, Alexander has held workshops and given keynotes for companies including IKEA, IBM and even LEGO on the value of creating a positive working environment for employees.

10 "No one should put up with being unhappy at work," he believes. "We spend more time at work than with our friends, families and children combined. If you're unhappy at work, you'll spend a large part of your life being miserable."

Alongside traditional CxO titles such as CEO (Chief Executive Officer) and CFO (Chief Financial Officer), we're seeing the emergence of the CHO (Chief Happiness Officer).

15 "When you realize that employee happiness is the most important success factor for any business today, it becomes essential to have a Chief Happiness Officer, someone who is the main driver in making and keeping the workplace happy."

"Most people think that you get a job, work really hard, become successful and that makes you happy. But in reality it's the other way around. Studies show that happy people are more productive, creative and resilient and end up being more successful at work and in life."

20 According to a University of Florida study, published in the January 2006 issue of the Journal of Applied Psychology, employees start to misbehave when they are angry at work, dislike their jobs, or believe their supervisors are unfair. Even model employees and star performers can turn bad when they're not happy at work.

Chris Ashton, *Career One*, 2017