



The Happiness Advantage Program

Support your employees' happiness and mental well-being during challenging times and revive their resilience and performance.

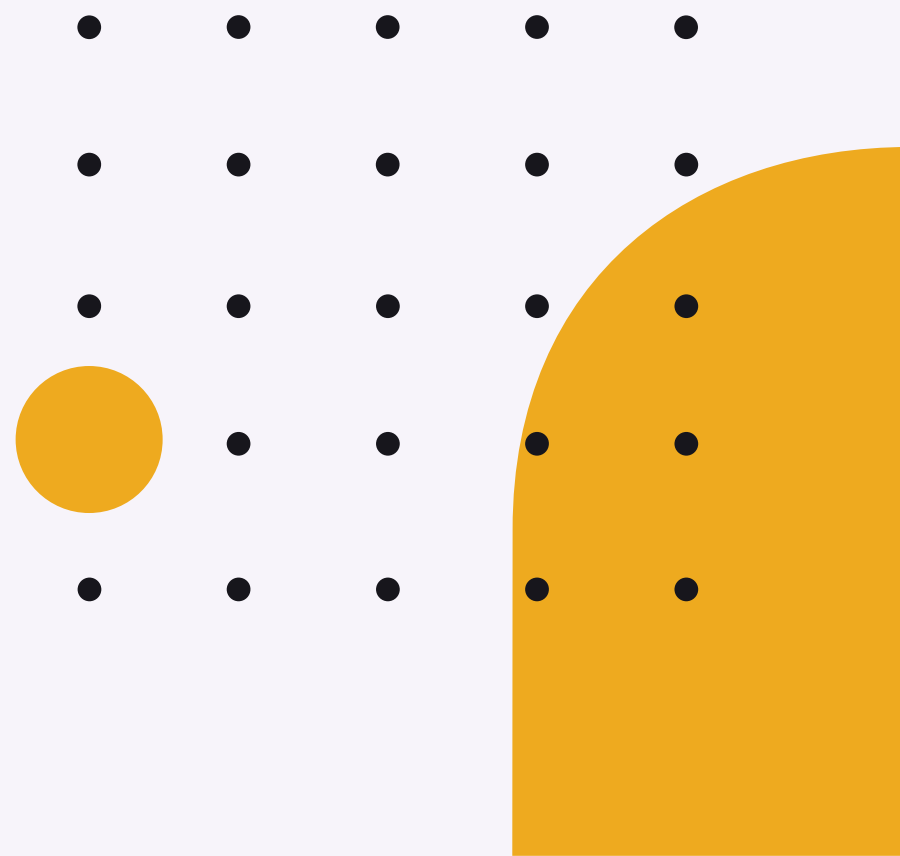


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Challenge

Disconnected physically but overconnected virtually, our professional lives merging into our private lives, and an unseen demand on our adaptability and flexibility...

...is leaving many of us with extra stresses, with less energy and less optimism, and with a desire for more positivity and real connection.



For organizations to thrive, more than ever it's crucial to pay attention to and invest in the mental well-being of their employees.

Solution

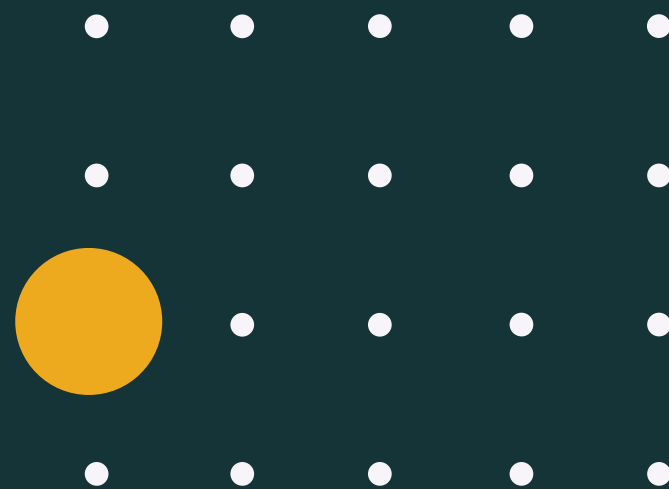
Enter the Happiness Advantage Program. It brings the tools to change mood and mindset, to increase happiness, energy and performance, and to reconnect on a deeper level with each other.



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Benefits for the participants

- Feel and perform better
- Rediscover passion and meaning
- Experience a higher sense of appreciation
- Feel more engaged
- Feel more connected and understood
- Increase adaptability and emotional intelligence, the most important skillset for the future



Benefits for the organization

- A more resilient workforce
- Make a bigger impact
- Higher engagement leading to less absence and higher retention
- Better collaboration
- Higher performance as a whole
- Become more future-proof (higher adaptability)
- Be more attractive for new talent



Details

- 1-hour sessions every 2 weeks, for 1-4 months (possible online) (*)
- Voluntary participation model
- Max 8 participants per session
- Team member and team leader are put in different sessions
- Homework is given to incorporate the insights into our daily lives
- Optional 1-on-1 coaching (possible online)
- In English or Dutch

(*) One-off inspiration session also possible



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About Jan - founder of LGM

Having worked in companies for 14 years as a consultant, project manager and team manager, Jan knows the ins and outs of organizations, people management, transformation and the importance of coaching and change management in this process.

It allowed him to build a unique skill set as a coach and trainer, which he used to build programs that focus on the core of growth and well-being, bridging the gap between training and tangible results, between knowledge and behavior.

Jan has always been passionate about personal growth and is driven to help people and organizations get to the next level.

For the full story, you can check [this page](#) (in Dutch).

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