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“Happier@Work has given me the tools to be more content, focused, and fulfilled at work.”

“Customer satisfaction has increased as a result of this program.”  
- Employees at Apex



Find out how Happier@Work can help happiness work for you.  
**Contact us today for a free 30-minute Happiness Audit.**

Happiness isn't just a state of mind. And it isn't just a "nice to have" when it comes to business success.

It's a way of being that has a real impact on individual health, productivity and overall wellness, which all affect business performance.

In a recent Gallup study, 50% of employees are unengaged (unhappy) and 20% are actively disengaged (very unhappy), costing the US economy more than \$450 billion a year.

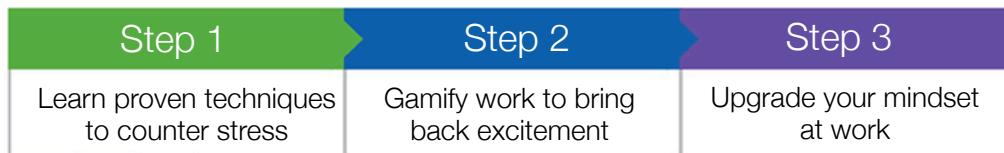
**Bottom line, happiness is good for business.**

Happier@Work has proven techniques based on science to help your team increase job satisfaction and productivity. We use smartphone-based and other biofeedback so your leaders and employees can make real-time changes to help:

- Improve company culture
- Re-engage teams and employees
- Prevent burnout
- Increase attention span
- Manage and lower stress

We teach you a simple process to help you and your team deal with stressful situations and achieve real happiness at work.

## Process



## Happier@Work Benefits



**Psychological**  
build a buffer to stress and increase resiliency



**Social**  
heighten influence and connections with peers



**Intellectual**  
learn faster and increase creativity



**Physical**  
improve longevity, well being and immunity