



BLOOM COMPANY

Happiness Training & Workshop



To build a **better** world,
we bloom a **happier** mind.

Be good, do great and share delights :)



Training outsourcing | Leadership course | Facilitator education
Workforce optimization | Training program license

HISTORY



2009
HEGOSLAB

A lab of applied positive psychology

Research and development of Happiness contents

Happiness class for schools (3,000+ teachers)

Happiness training for government and corporates



2013
BLOOM COMPANY

The happiness training expert

Happiness tree project (10,000+ trees a year)

HaHa : 8 weeks program for happiness habits

HAFT : happiness facilitator training

Employability training (4,000 job seekers, 2016~2017)

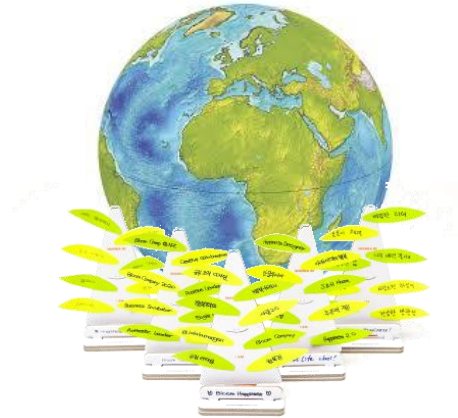
Humanism training (73,000 soldiers, 2016)

Poster at WCPP 2015

Workshop/Poster at ECPP 2016

The leading companies
work with us





10,000,000
happiness trees
on the earth by
2 0 2 0

CREATION

Happiness contents, trainings, tools

CONNECTION

Happiness community

Collaboration

Class

Cordiality

Contribution



Mind Wheel®

Bloom training model

Mind Wheel®

Positive psychology X People development

6 elements of mind that enables life growth with happiness.

Positivity and relations grow happiness in life, strengths and values enhance satisfaction of life, and awakening and vitalizing sustain actions for growth with happiness.

Positivity	Relations	Strengths	Values	Awakening	Vitalizing
Positive emotions	Friendship / Fellowship	Self-confidence	Self-esteem	Wisdom	Willpower
Happiness / Good mood		Satisfaction / Self actualization		Sustaining growth	
Positive resonance		Authentic identity		Grounding ritual	

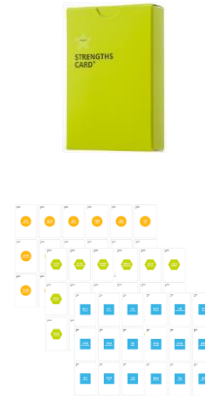
TOOLS



Bloom pocket



Bloom pocket LITE



Strengths card



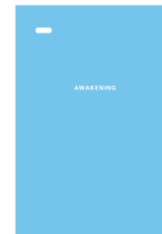
Values badge



Positive cube



Relations board



Awakening note



Vitalizing band

Did you know?

The benefits of happiness include **higher income and superior work outcomes**, larger social rewards, more activity, energy, and flow, and better physical health and even longer life.
– Sonja Lyubomirsky

Positive emotions **broaden (rather than narrow) an individual's thought-action repertoire**
– Barbara L. Fredrickson

Positive affect **facilitates creative problem solving.**
– Alice M. Isen

For **companies**, happy employees mean better bottom-line results. ... **31% higher productivity; their sales are 37% higher; their creativity is three times higher.**
– Shawn Achor

Unhappy → Be happy → Do happier



Fixed mindset

Negative mode

Maximizing acts



Growth mindset

Positive mode

Optimizing acts



Authentic identity

Positive resonance

Grounding ritual

Happiness Tree Project

Happiness Habits Training

Happiness Tree Project

4 hours + 8 weeks
How to be happy?



Happiness Habits Team Training

1.5 hours X 8 sessions
How to be happier?



Happiness Strategy Workshop

1~2 days
How to be a great team?

Motivation

Innovation

Resilience

Re-creation

Happiness Facilitator Training

2 days + 6 days
How to make others happier?





Happiness Tree Project

4 hours + 8 weeks
 Individuals / Teams / Divisions

8 words of happiness + 8 weeks of journey

The first step of applying positive psychology into life. Participants broaden their perspectives on happiness with 5 elements of well-being, PERMA suggested by Martin Seligman. After discovering 8 words that linked to a happy life, participants improve their daily lives for 8 weeks (one word a week).





Happiness Habits Team Training (HaHa)

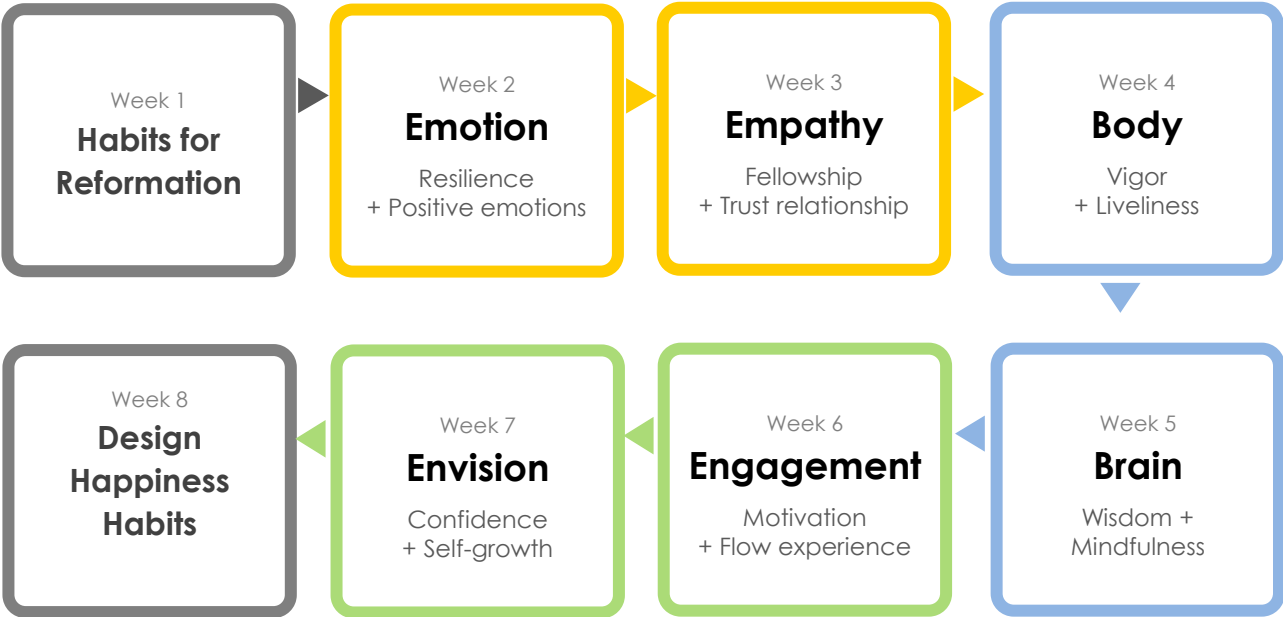
1.5 hours X 8 sessions

Teams



Mental health program, 8 weeks of reformation

HaHa optimizes individual's performance and maximizes team potential for performance. 8 weeks program at workplace facilitates soft communication and strong collaboration in team and create a big commitment to the organization.

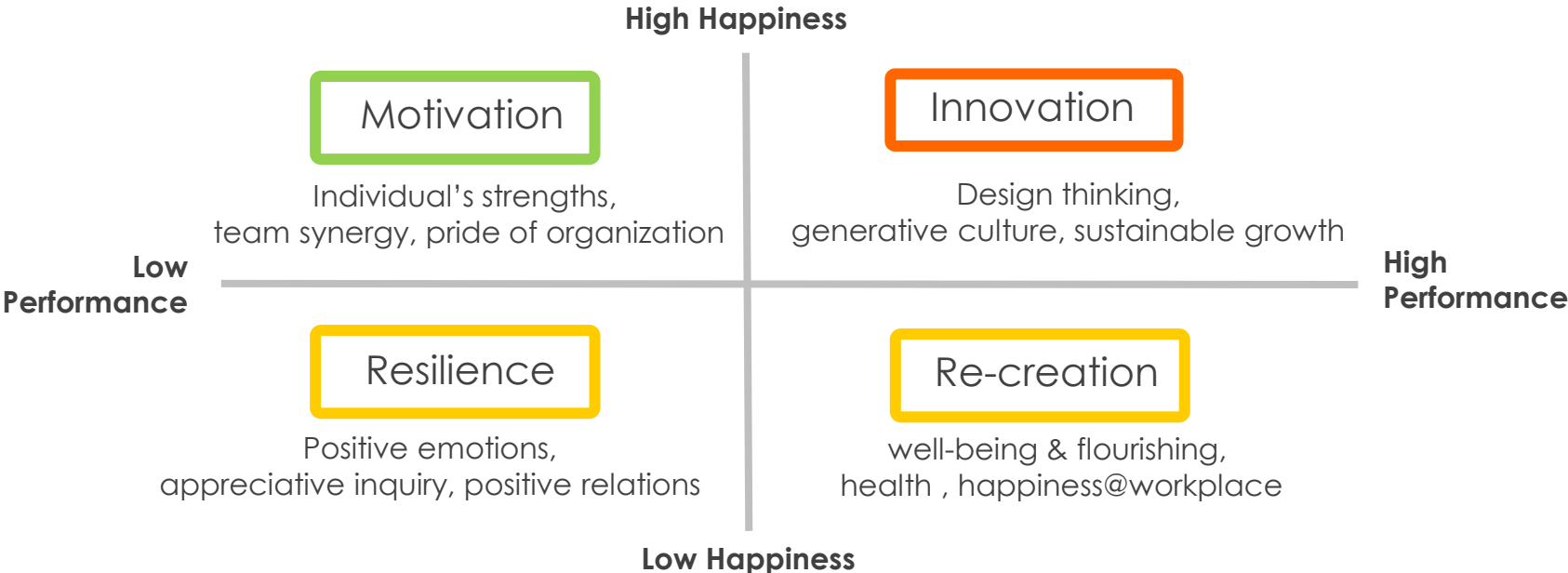




Happiness Strategy Workshop

1~2 days
Teams / Divisions

Members of an organization can co-create strategies for making their workplace more a flourishing place.
4 types of workshop modules are provided for the different status of the organization.





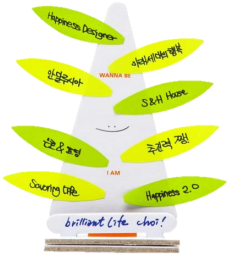
Happiness Facilitator Training (HAFT)

2 days, 6 days
Teacher / Trainers / HRD managers



Professionals of applied positive psychology

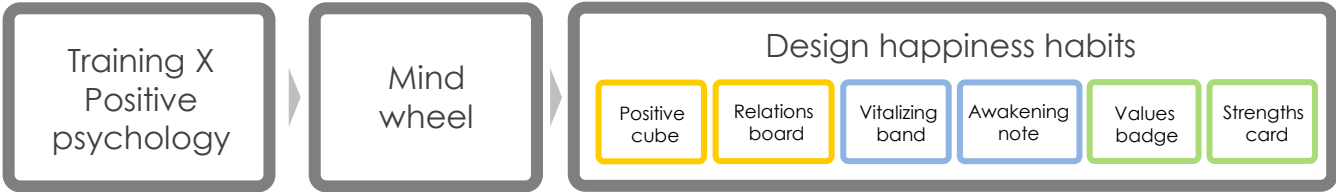
You can be happier when you make others happy. Happiness facilitator can help people and organization to act for happiness and to optimize their competence. HAFT provides positive psychology, happiness training tools, and workshop.



HAFT I : Facilitating happiness mindset (2 days)



HAFT II : Facilitating happiness habits (6 days, A day for a tool)





BETTER & HAPPIER

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