



POWERED BY
robertsoncooper

Good Day at Work Pulse

SAMPLE NAME

28 June 2023

Hi Sample!

Welcome to your Good Day at Work report!

Instinctively, you'll have your own sense of what it feels like when you finish work and think "I've had a good day today" and you probably want to have that feeling of satisfaction more often than not. Here, we will give you important information about how you are experiencing the four areas that make up a Good Day at Work.

At Robertson Cooper, our analysts have sifted through over 10,000 responses to the question, "What does a good day at work mean for you?" and we've established a clear definition of what makes up a Good Day at Work. **Our research shows a Good Day at Work must contain four key elements:**

Experiencing positive emotions



Confident, curious, amazed, inspired, satisfied, happy – whatever positive emotions you can create in a working day, even momentarily, will contribute to a Good Day at Work

Feeling Connected



When you have developed a meaningful connection with your team, your colleagues or even your customers, where you can express ideas, be yourself and feel accepted, more Good Days at Work will follow.

Achieving Tasks



It may sound like your ideal scenario to be able to laze around all day at work, but when it comes to having a Good Day at Work, almost everyone wants to check off the tasks on their To-Do list. When we feel like we have achieved our tasks, it gives us a tremendous sense of satisfaction.

Performing Meaningful Work



Monotonous tasks can be a part of many of jobs and we can't necessarily eliminate those entirely, however when at least some of the tasks we complete contribute positively to something bigger, then we are heading for more Good Days at Work.

PLEASE NOTE: You can use this feedback to improve how you feel, live and work. It is not designed to be a diagnostic tool and the results do not provide any clinical diagnoses. Therefore, information in this report should not override any advice given previously by your GP or other healthcare professional. However, should you have any concerns about any of the information, it is always best to speak to your GP. Your report is personal to you, your employer (or anyone else) will not receive a copy of your report; this is only visible to you. We encourage you to share and talk about your report with others, but we will leave that up to you to decide.

My baseline score (the first time you completed the questionnaire)



Completed on 12/04/2023

My progress score (the second time you completed the questionnaire)



Completed on 28/06/2023

KEY:



Unlocking more Good Days at Work

If you want to continue your progress in creating more Good Days at Work, here are our **top tips, reflections, and recommended resources**.

You may think that it is not in your power to create more Good Days at Work for yourself, and to some extent there is truth in that, however whatever your circumstances, you can always make a conscious choice to take the time that is needed to maximise your experience of your work.

- **Keep your work in perspective** – you can only do your best
- **Make a small change** – it points you in the right direction
- **Own your experience of work** – you are not simply a passenger in this journey

To work on generating more positive emotions:

- Article on the benefits of gratitude and the advantages of keeping a gratitude journal
<https://positivepsychology.com/benefits-of-gratitude/>
- Dr Laurie Santos talks to Dr Hedy Kober about how to 'think yourself happy'
<https://open.spotify.com/episode/3Ty1NUfCxJqTVYEhopKFC>
- 'The How of Happiness: A Practical Guide to Getting the Life You Want' book written by Sonja Lyubomirsky (Professor of Psychology at the University of California)

To get more tasks done:

- Dr Chatterjee talks to James Clear about how to build good habits
<https://drchatterjee.com/how-to-build-good-habits-and-break-bad-ones-with-james-clear/>
- Jay Shetty shares 8 strategies to remove distractions to improve focus and productivity
<https://open.spotify.com/episode/21MsfKyXxA48VPK3uLipJ?si=f752822ee1214c89>
- A short video on the science-based mental strategy called WOOP (Wish, Outcome, Obstacles, Plan) by psychologist Gabriele Oettingen that can help you achieve your goals -
https://vimeo.com/262725875?embedded=true&source=vimeo_logo&owner=83189034

Strengthen your work relationships:

- Brene Brown - The power of vulnerability
https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?referrer=playlist-how_to_sustain_meaningful_relationships_near_and_far&autoplay=true
- 'How to Win Friends and Influence People' book written by Dale Carnegie
- Friendships at work
https://greatergood.berkeley.edu/article/item/are_work_friendships_a_good_thing

Find the meaning in your work:

- Simon Sinek - Golden Circle, with 'why' at the heart
https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action
- Philosopher Ruth Chang talks about how to make hard choices
https://www.ted.com/talks/ruth_chang_how_to_make_hard_choices?language=en
- An exercise on 'life crafting' - identifying your goals to help hone your sense of purpose
https://ggia.berkeley.edu/practice/life_crafting?_ga=2.200392109.2093678009.1660898068-131804419.1659515489