



Wellbeing boost Session & Uppiness Game

Presented by Rosaria Cirillo



Uppiness Game & happiness Session (3-4 hours)

Do you want to have an inspiring and uplifting team building activity? Do you want to prevent burnout and help your employees improve their well-being? Did you know that resilience and happiness can be taught and developed with regular practices?

This inspiring and fun PlayShop combines the science of Happiness theory with the (online) Uppiness Game. **In this interactive session (in person or fully online), you & your team will:**

- ✓ **Learn Happiness:** Discover 9 Yellow Factors of happiness and assess your current status.
- ✓ **Learn Positive Psychology:** Learn Tal Ben-Shahar's *SPIRE Wellbeing* framework (Spiritual, Physical, Intellectual, Relational, and Emotional Well-being) and evaluate your current status.
- ✓ **Play the "Uppiness Game":** Interactive and fun online game to maximize learning to enhance your and others' happiness.
- ✓ **Reflect:** Debrief the game experience and statistics, recap of the tools learned and when to use them. Q & A.
- ✓ **Commit:** Lasting change requires action distilled into rituals. The final step is to identify your commitments and determine how to incorporate them into your daily routine.
- **Additional follow-up:** possibility to extend the learning & team work with our 6-weeks *Wellbeing Boost* Training program

More info about the Game Session on: <https://wownow.eu/sessions/#booster3> and about the Training on <https://wownow.eu/training/#training2>

Glimpses from an in-person session !



Get in touch to learn more and/or plan a session

Please reach out to

Rosaria Cirillo

Uppiness Game Facilitator

CX & Happiness Trainer & Advisor; Laughter Yoga Teacher, Wow Now

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More info about [Rosaria's sessions](#) and [training programs](#)





WHO, WHY, WHAT, HOW





Who we are



OREN APPEL

Organizational consultant - Is the founder of PLUS Consulting with over 20 years of experience training and consulting and over 7 years of happiness at work facilitation.



DALIA FELDHEIM

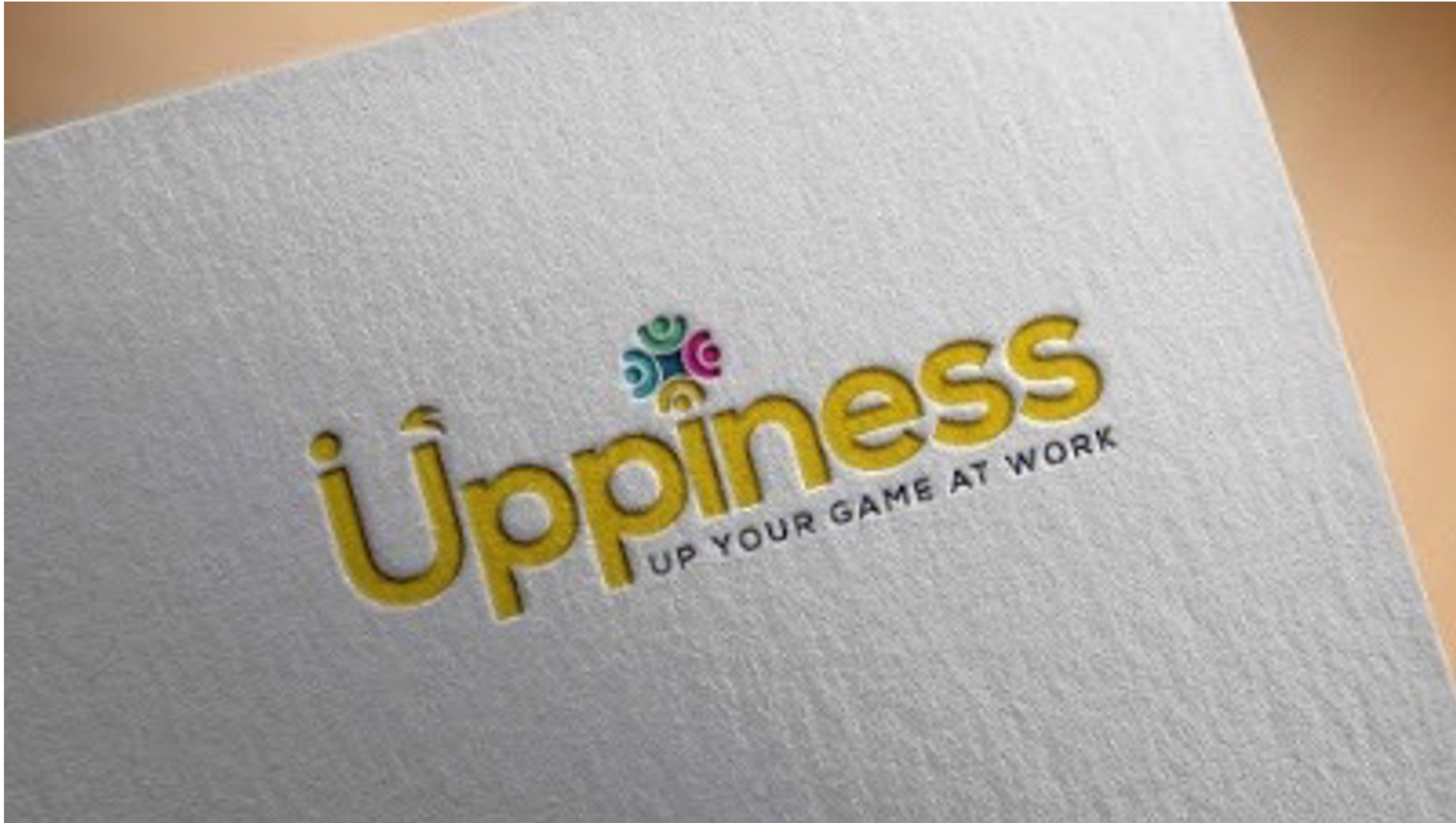
Organizational psychologist - Ex CMO (P&G, Electrolux) now chief magnificent officer- Organizational psychologist, executive coach, adjunct professor for the science of happiness, TEDx speaker, and founder of Flow leadership consultancy- specializing Happiness at work corporate programs.

[TedxTalk video.](#)



DR. TAL BEN-SHAHAR

Co-founder Happiness Studies Academy, Created the most popular course in Harvard's History on positive Psychology. Author of 6 best-selling books.



The Uppiness Game introduced by founders: <https://youtu.be/bJM1raPGWkQ>
3 minutes glimpse of the Uppiness Game: <https://youtu.be/DhpNkxC5Mzg>



THE WHY



The Global Mental Health Pandemic



85%

**Are unengaged
at their work**



18%

**Are toxic and
actively
disengaged**



1 in 4

**Work-related
Anxiety**



Employee happiness & wellbeing has been defined as a top strategic post pandemic corporate agenda

ROI - Return on Investment

On Happiness at work intervention



X6 Engagement
29% Productivity
45% Job Satisfaction
X3.5 Creativity and Innovation
10% Customer Satisfaction
13% Financial Gains



46% Illness
125% Burnout
31% Retention
70% Safety incidents
41% Absenteeism
24-59% Turnover





UPPINESS MISSION



To create a happier, healthier and more productive society by leveraging positive psychology principles to address daily challenges at work and at schools through play.



1MM qualified uppers in 5Y





THE WHAT





Workshop and **EdTech** game designed to encourage employees to better solve daily challenges with the use of 5 keys from the world of **positive psychology**

Well-being
keys: SPIRE

Intellectual/
Cognitive



Emotional

Relational

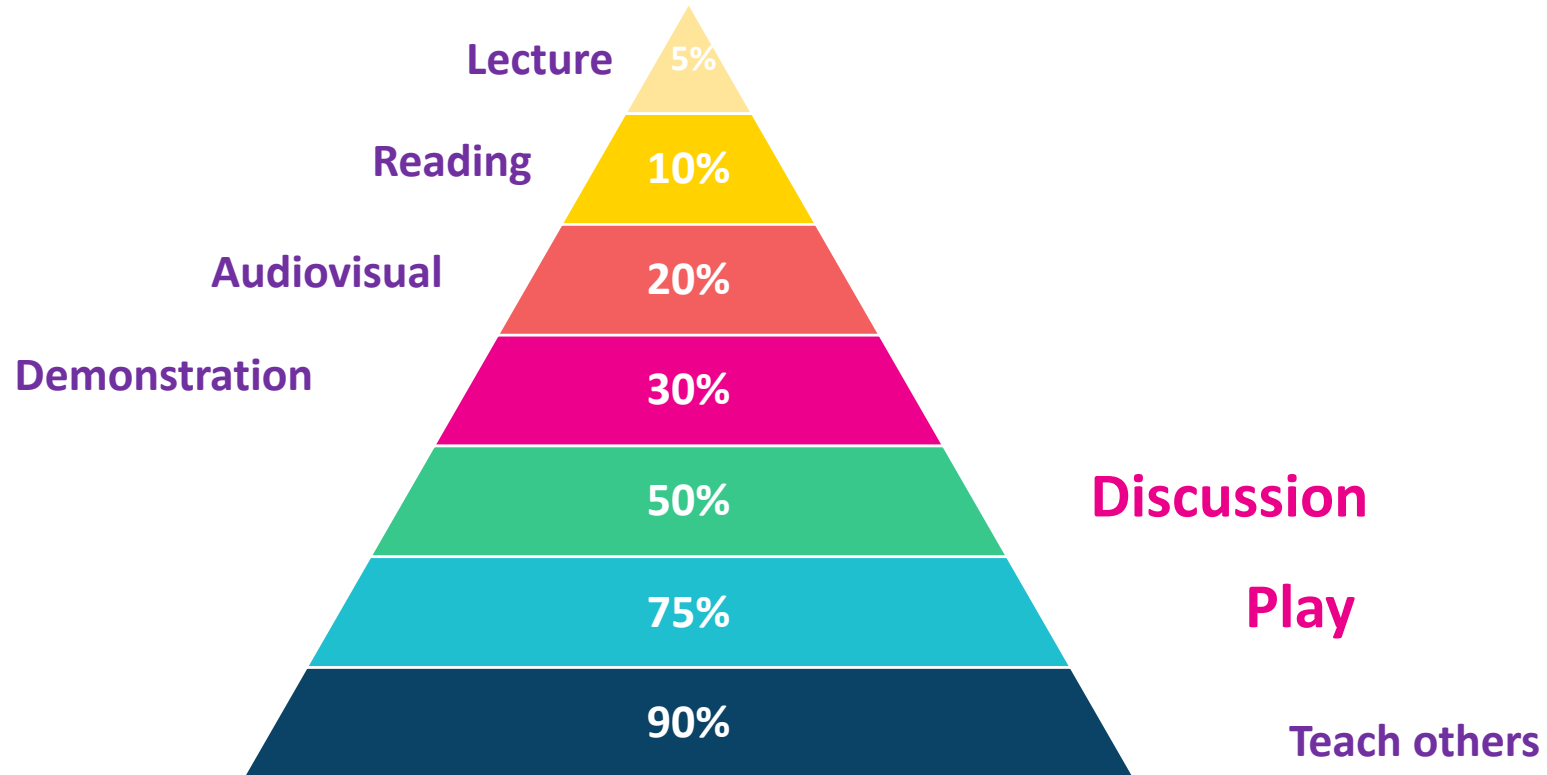


THE HOW

Let's play Uppiness



Learning Pyramid- best retention- Discuss, teach and play!





game outcomes :



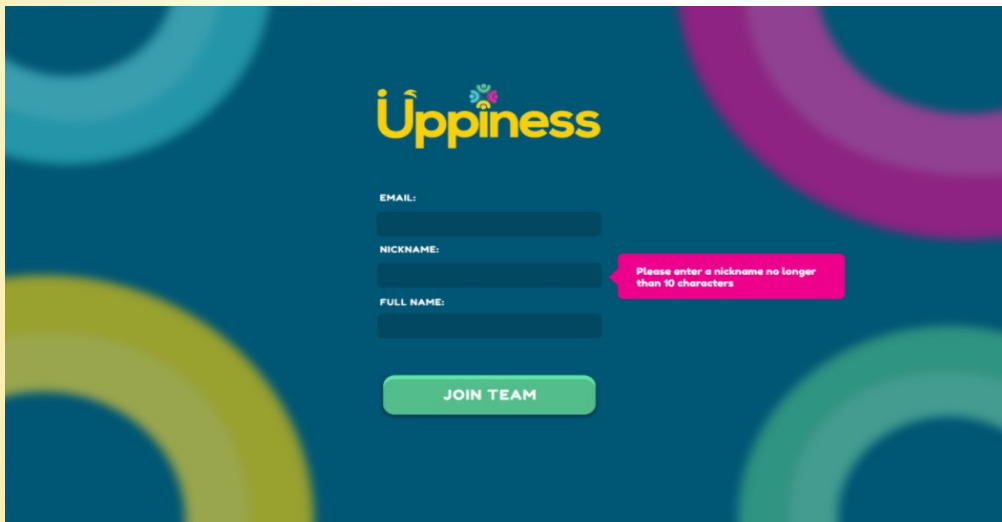
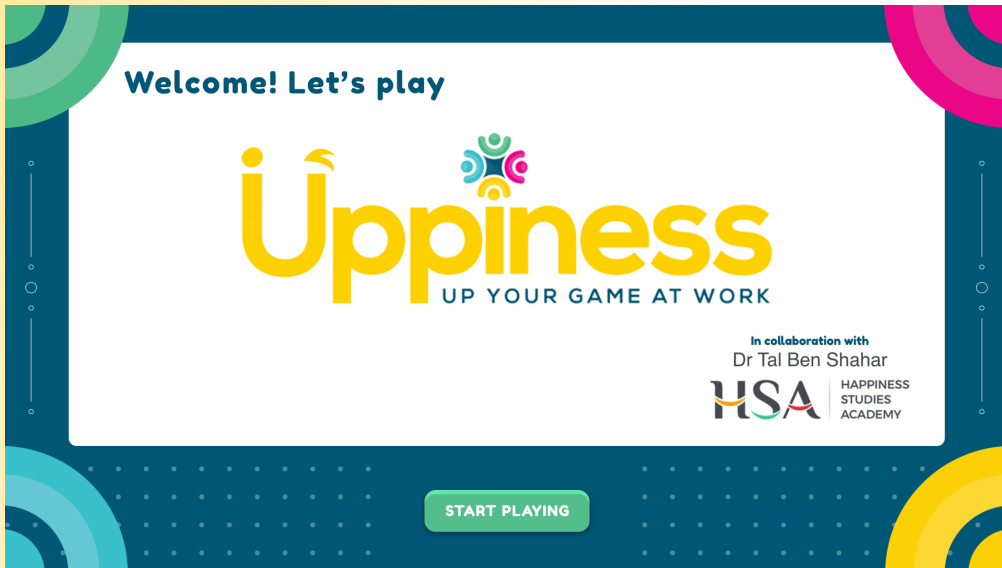
Solve real workplace challenges

Encourage a positive organizational culture

Improve team communication

Boost employee engagement





Game objectives

You have both **individual** and **collective** goals:

Personal Objective:

To collect as many Upper tokens as you can in order to win

Group objective

Solve as many game challenges as possible

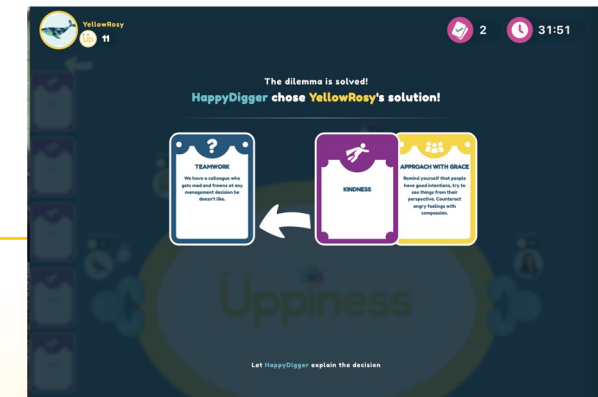
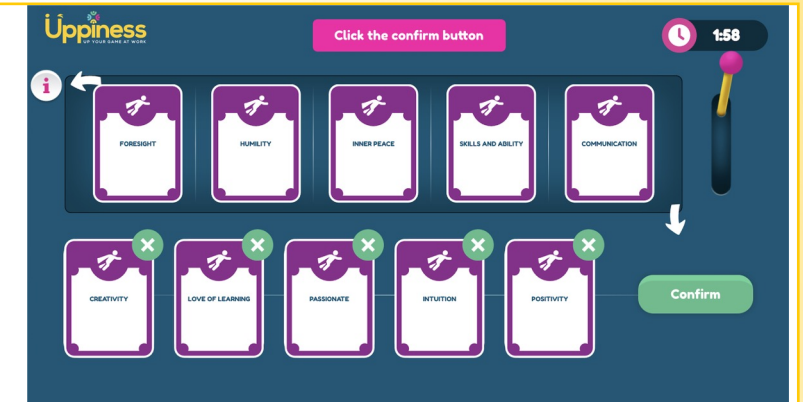


How it works

As first step, all the players select their top 5 strengths. The game supports both VIA Character Strengths and Clifton Strengths which tests can be taken as pre-work

In turns a player draws a **dilemma question** (they can keep or replace it) and asks the other players for advice, or an **action** and everyone does it. The other players share advice based on the solution cards in their hands (or use a joker card to bring their own advice)

The game resolves when the challenge owner chooses the best solutions and then a strength, they want to use to best implement the solution





Sample dilemma question cards



- I have a heavy workload. It makes me feel stressed and affects my private life.
- My compensation package does not match my contribution to the organization.
- All that managers care about is profits. They don't care about people or the quality of work.
- We have a colleague who gets mad and frowns at any management decision he doesn't like.
- There is a lot of competitiveness in my team, which hurts the job and creates an unpleasant environment.
- I want to take a professional course that will allow me to develop at work, and the organization refuses to pay for it.
- We have an employee in the organization that we wish to keep. We want him to stay, even if the rewards and possible promotions are very limited.
- My work is meaningless, I don't do anything of importance or value there.
- My day is just one long meeting after another, with no time to think.
- I don't have the tools to do my job properly, and nobody trains me.
- I never get appreciated when my work is done correctly.



When can you play?



1. Happiness @ work trainings
2. Team building / onboarding
3. Management/Leadership training
4. Communication training
5. Conferences & corporate events (5-100)
6. Toast and celebrations
7. Happy Hours
8. Wellness events
9. Regular meetings



Testimonials

Uppiness is fun intuitive and yet very educational- we really get to speak about things that bother us and find new ways to think about solutions.

Michal Harel
Global Waze team

A really entertaining way to learn. The fact I could bring real work issues and get advice from my peer really opened my mind to new ideas

Pavla Grigarova
Google team leader

It was a great experience to have this very interactive and fun workshop at which there was never the feeling of a coach telling you something but to explore together in different ways

Simon Emke, Wolters Kluwer
Legal Software Customer Success
Team Manager

This was a very useful session to be reminded that we are all different but that we can use our differences in a positive way to find better solutions as a team.

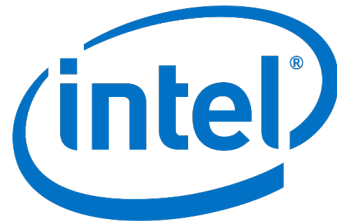
Wolters Kluwer,
Legal Software Customer Success Team Member

My biggest realization is the importance of internal factors for my success. Things like keeping healthy, showing empathy- basically humanizing the workplace has so much impact on our business results. Serious play. Loved it.

Jayant Gupta, Microsoft, Senior
Customer Engineering Lead



Join the Uppiness at work movement - some of our clients



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