

Happiness
is
Courage
RADICALLY POSITIVE RESULTS

Employee Experience (EX) Re-Imagined

Innovative Professional and Leadership Development Content
Tailored To Meet Your Teams' Unique Needs



Amid a landscape where \$ Billions in professional development spending fails to nudge the 30% employee engagement needle, Happiness Is Courage introduces a novel solution: **Positive Employee Experiences**. Our unique workshops leverage whole-brain learning to reignite workforce potential and drive engagement beyond the stale, depressing status quo.

About Us

Happiness Is Courage isn't just our name—it's our philosophy. We believe that fostering happiness in the workplace requires courage: the courage to step away from fear-driven, quick-fix solutions and embrace the creative, sustainable growth that comes from truly engaged, happy employees.



Dr. Sarah Ratekin
DBA, MBA, MSML

Dr. Sarah Ratekin earned a DBA focusing on the pivotal role of employee experience in organizational performance. She champions the integration of gratitude and transparent values into the workplace, and her expertise guides organizations towards fostering environments where employee satisfaction and business success go hand in hand, proving that a culture rooted in appreciation and authentic values isn't just beneficial—it's essential for transformational, sustainable success.

Sarah studied the science of workplace happiness in Copenhagen, becoming a certified Chief Happiness Officer, and is a certified facilitator of the best-selling “5 Languages of Appreciation” workshops. She is also a proud US Navy veteran and Army mom, proof that even the most bitter rivalries can have happy endings.

Thanks!
Sarah



Vision

Championing the idea that the core of a flourishing organization is deeply rooted in its people

1

People-Centric Approach

Focusing on the belief that an organization's success is driven by its people's well-being and engagement

2

Flourishing Workplace Culture

Promoting a work environment that nurtures and supports the growth and well-being of its employees

3

Organizational Success through People

Celebrating the idea that a thriving organization is built on the foundation of its people's engagement and resilience

Addressing Today's Talent Challenges



- **Wellbeing as Work Practice:** Elevating wellbeing from a perk to a core work practice, embedding resilience and fulfillment into daily tasks.
- **Navigating Work Models:** Crafting flexible work environments that balance individual preferences with team cohesion, adapting to remote, hybrid, and in-office needs.
- **Revamping Employee Value Proposition:** Transforming the value proposition into a journey of personal growth, recognition, and a culture of appreciation.
- **Bridging Generational Gaps:** Fostering an intergenerational workplace where wisdom meets innovation, enriching the organizational culture.
- **Outcome Over Activity:** Shifting focus from task lists to impactful results, promoting efficiency and a sense of purpose.
- **Addressing Turnover Costs:** Creating a workplace where employees feel integral and valued, significantly reducing turnover and enhancing profitability.

Our Collaborative Approach



Empowering Teams

Unleash potential with dynamic workshops for actionable team growth and well-being



Enhancing Engagement

Enhance engagement through tailored team-building experiences & leadership development programs



Fostering Resilience

Improve resilience via EQ and novel modalities to create a flourishing workplace environment



Improving Retention

Improve retention by nurturing a workplace conducive to growth, belonging & success



Workshop Structure & Specifications



Interactive Modules

Incorporating interactive sessions to foster engagement and skill development



Custom Durations

Offering flexibility in workshop duration to meet specific organizational needs




Practical Application

Emphasizing real-world application through case studies and simulations



Expert Facilitators

Engaging experienced leaders as facilitators to share valuable insights and experiences



Continuous Support

Providing post-workshop resources and support for ongoing development

Standard Workshop Options

Power Hour (1 hour)



- A focused, high-impact session designed to introduce key concepts, offering actionable insights and sparking the motivation for change.
- **Includes:** Keynote presentation, Q&A segment, digital takeaway materials for continued learning.

Investment: \$3,497+

Momentum Builder (Half-Day)



- An immersive experience that delves deeper into creating a positive shift in workplace culture, providing practical tools and strategies that can be immediately applied.
- **Includes:** Interactive keynote, breakout sessions, hands-on activities, custom action plan development, digital resource bundle.

Investment: \$6,997+

Transformation Retreat (Full Day)



- A comprehensive and transformative journey tailored to specific goals and challenges, with an extensive exploration of concepts, leading to a sustainable action plan.
- **Includes:** Opening keynote, multiple interactive sessions, team-building exercises, personalized workshop materials, follow-up action plan, and access to follow-up support

Investment: Contact for Information

Catered to Your Team's Vision: Our workshops are thoughtfully tailored to meet specific objectives, ensuring impactful and relevant experiences. The prices listed serve as a baseline for demonstration purposes only, with final investment adjusted in concert with you during the design phase for a cost-effective solution. Please contact us to discuss specific goals or training needs for your team or organization's professional development .

Testimonials

Testimonial

"Sarah is a gifted public speaker who brought our team to great joy and happy tears with her moving message of gratitude and optimism. Our team was so impressed with the message that Sarah shared, all the while with a smile on her face, living her mantra, #happinesiscourage.

After sharing some uncomfortable statistics about workplace disengagement, she then juxtaposed those with useful statistics regarding GRATITUDE and OPTIMISM, encouraging us to implement these new practices in our lives...

I would highly recommend Sarah as a speaker at your event; her radical positivity is sure to bring great joy and value to your team or organization."

Krista Spencer & Jelda Hostetler,
Western Governors University

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Testimonial



"Having Sarah speak to the working parents of our organization was such a value add. She is a very engaging speaker with a great sense of humor.

Her presentation had just the right amount of scientific background without going too deep and focused more on specific actions attendees could take in order to help manage stress. Weeks after the event we continued to hear employees express appreciation for what they learned from Sarah."

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-Kari Miles, The Standard

Let's Ignite Change Together

Partner with us to bring the power of positive employee experience into your workplace.

Ready to Transform Your Workplace?

- **Schedule a Discovery Session:** See how our unique approach can be tailored to your organization's specific needs.
- **Attend a Workshop Preview:** Get a firsthand look at our dynamic workshops in action.
- **Connect with Dr. Sarah:** Have questions or need insights? Let's start a conversation.

Contact Us Today



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<https://happinessiscourage.com>

