



Investing in employee happiness

CHAP[®] Cambridge Happiness Profiler

For organisations that focus on:

- Sustainable employability
- Extra productivity
- Employer branding

Increase happiness at work and sustainable employability

The feeling of happiness has a major impact on how people function, both privately and at work. A growing number of companies are therefore focusing on the happiness of their employees. In practice, happy employees function better, think more positively about themselves and the world around them, are more loyal, more stress-resistant, more social and are ill less often. Happiness is therefore becoming increasingly central to HR policy. Not just for the returns. Also in the context of corporate responsibility and good employment practices. Happiness is the shortest route to an optimally functioning organisation. Happiness is profitable!

Cambridge Happiness Profiler

As a market leader in happiness, we help organisations maximise the happiness potential of their employees. To do so, we use the Cambridge Happiness Profiler (CHAP®). The CHAP® is a scientifically based online test for employees. A unique personal Happiness Report is generated for each participant. We make happiness measurable, visible and workable.

Why the CHAP?

We have introduced the CHAP®-Test in many innovative companies and institutions. We are also happy to do that for you. The aim is to make as many people happy as possible.

- Facilitate employees to work on their own happiness
- Unique confidential Happiness Report for each participant
- Score comparison with thousands of test results
- Tips for happiness actions in line with happiness profiles
- Management information about the happiness of your organisation compared to others
- The CHAP® explains 84% of the differences in happiness between people
- The CHAP® Happiness Report is unique in the world!



*‘With the CHAP®
we invest in the happiness
of our 800 consultants’*

– Edwin van den Elst, CEO Talent&Pro

C.A.R. theory

The CHAP® is based on the well-known C.A.R. theory for a happy life. C.A.R. stands for Connections, Actions and Recharging points. The test results come in a personal CHAP® Happiness Report. This provides insight into the score on the three most important building blocks for a happy life and the 28 underlying happiness predictors.

Connections

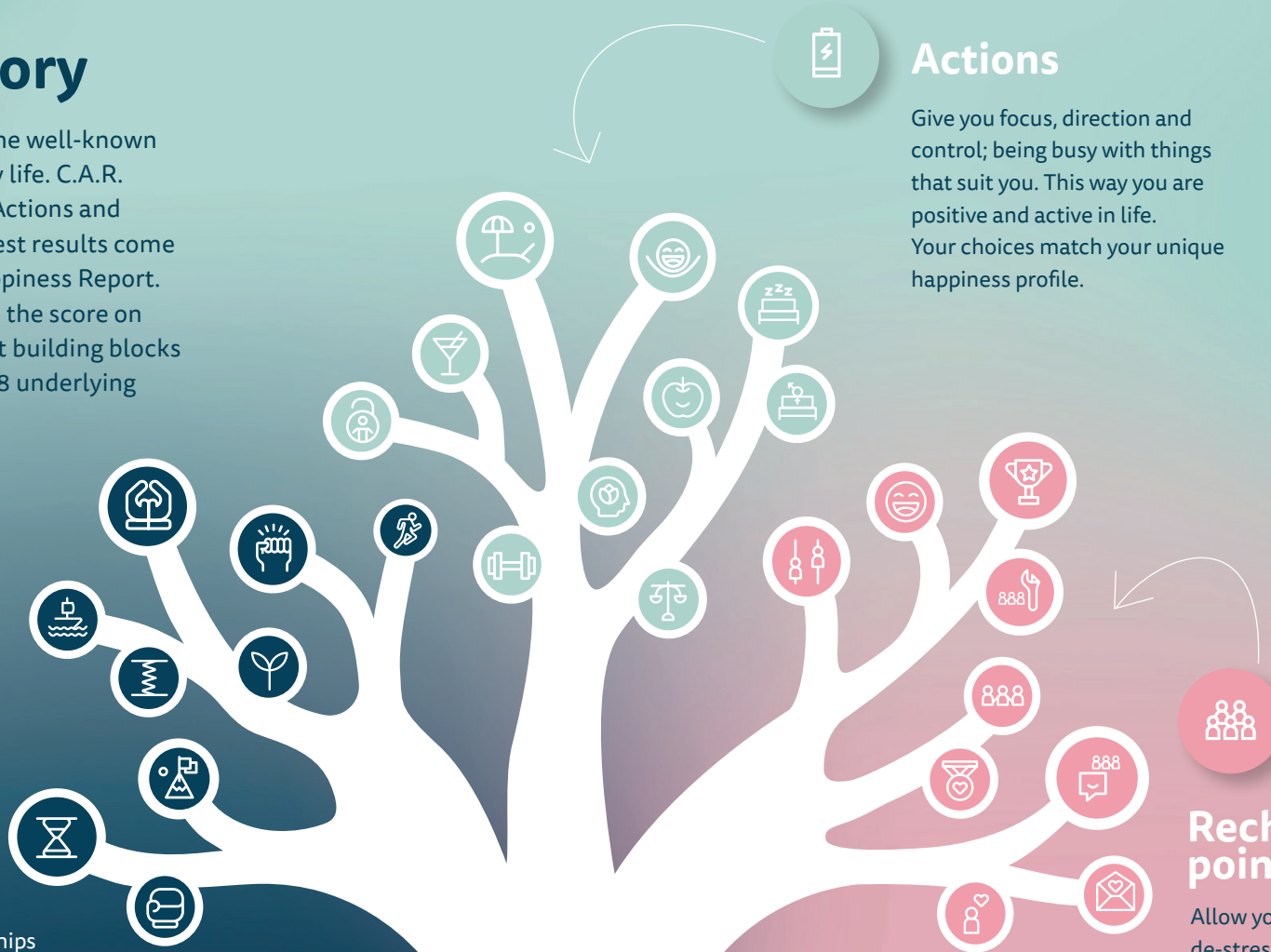
Investing in strong relationships with others contributes to your happiness. Doing something with or for someone else and getting appreciation for it makes you happy!

Actions

Give you focus, direction and control; being busy with things that suit you. This way you are positive and active in life. Your choices match your unique happiness profile.

Recharging points

Allow you to refuel, de-stress, relax and recharge your batteries. A shortage of suitable charging points is a hindrance to being happier.



Insight into the personal happiness level

Happiness works differently for everyone. It's a very personal emotion. Becoming happier is therefore related to insights into what makes you happy. The personal CHAP® Happiness Report provides insight into how one's own happiness is built up and where there are areas for improvement.

Patrick van Hees

Founding partner CHAP®
Happiness Institute

- Happiness expert
- Author of four bestsellers on happiness
- 1,000+ keynotes delivered
- Executive coach Master of Science in Applied Positive Psychology, Anglia Ruskin University, Cambridge



Unique personal report. Digital or hardback deluxe edition



Nice gift

We know from experience that employees greatly appreciate the Happiness Report.

Provide an impactful impulse

We are happy to use our experience to put together a tailor-made programme. During the intake we make an inventory of the ambitions, advise possible components, and think along about the implementation, preferably with a dazzling introduction.

At the table for more (work) happiness

We translate evidence-based insights from happiness science into concrete applications in the workplace. Would you like to discuss a CHAP® program for your HR policy or employer branding? Let us know. We are happy to schedule a conversation or work session, which is as non-binding as you wish.

For more information, a quote or an appointment, please contact info@chaphappiness.com

Basic program

- CHAP® -Test
- Personal CHAP® -Happiness Report



Additional options and services

- **Event**
Inspiring kick-off of the happiness program in your organisation
- **CHAP®-certification Training**
To become a certified coach, together with Fontys Hogeschool
- **Workshops**
Workshops on the various facets of happiness at work and in private life
- **Keynote/masterclass**
Presentation with recent insights from the science of happiness
- **Coaching**
Personal conversations with employees based on their Happiness Report
- **Management report**
Happiness level comparisons between your and other organisations
- **Consultancy**
Advice on introducing happiness as a theme within your organisation



For more information, a quote
or an appointment, please contact
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