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Productive paths to happiness

It's the million-dollar question for employers: how do they reduce sick days and increase productivity? A new diploma, developed by two Australian women, might provide the answers.

Sue Langley holds a master's degree in the neuroscience of leadership. She and colleague Mel Neil have spent the past two years using research on the human brain and applying it to business, creating Australia's first government-accredited diploma of positive psychology and wellbeing.

The course aims to teach people how to create positive work environments and help individuals, teams and organisations flourish.

"Productivity is essential to



Positive steps:
Sue Langley.

business," Langley says. "When we are at our best we are more productive, more engaged in what we do and this ultimately leads to profitability."

The course is now available in all states, and will be offered overseas as required.

Langley says that many large corporations and individuals have already registered.

Langley's tips include introducing a workplace pet to reduce stress levels; holding stand-up meetings, or jumping around to keep your body moving; and practising kindness in the office by doing something nice for a colleague.

STEPHEN LACEY