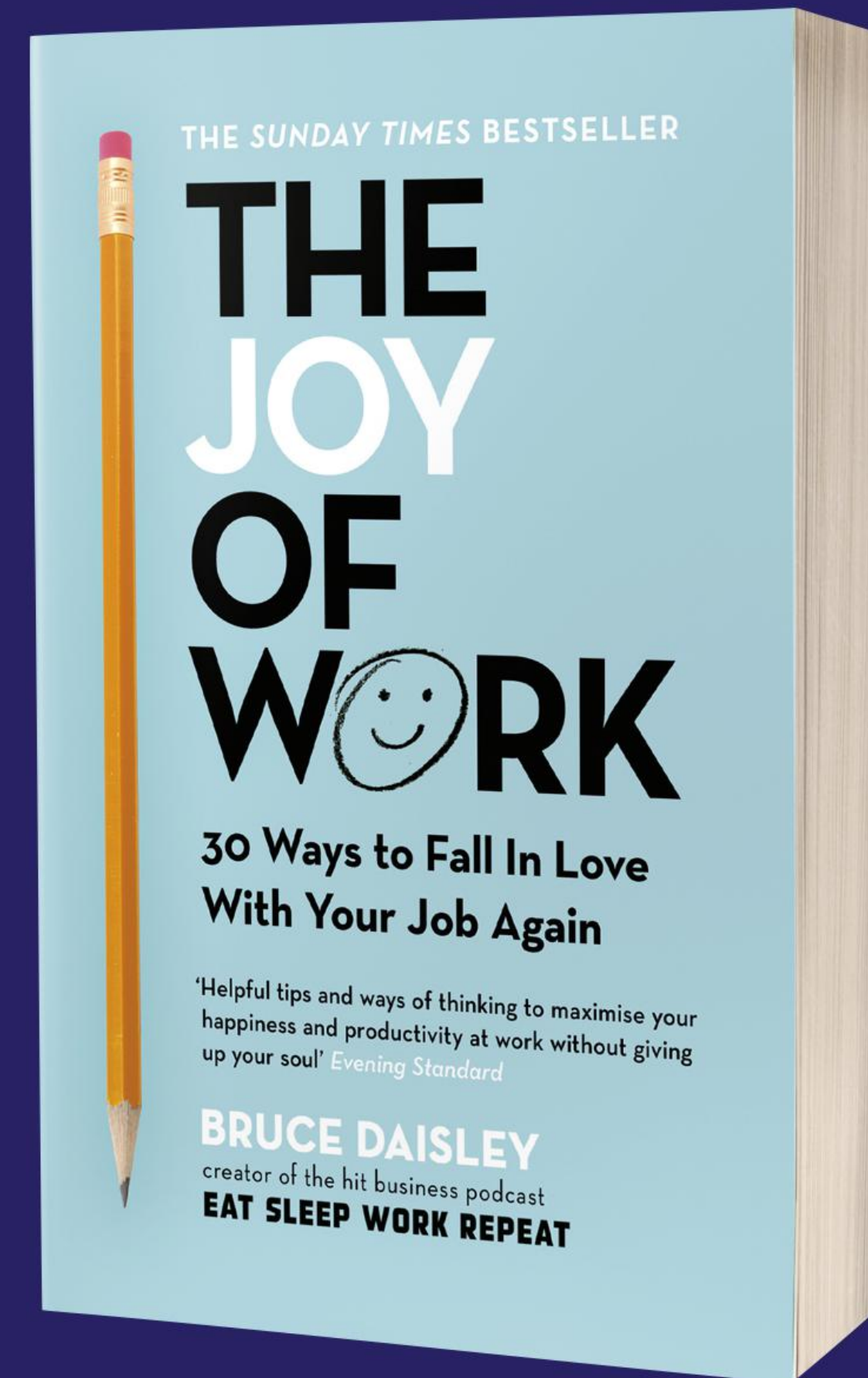


# TIME TO BE CHANGEMAKER

*How we're going to fix work  
when no one's looking*

**Bruce Daisley**

EAT  
SLEEP  
WORK  
REPEAT



THE SUNDAY TIMES BESTSELLER

# THE JOY OF WORK

30 Ways to Fall In Love  
With Your Job Again

'Helpful tips and ways of thinking to maximise your  
happiness and productivity at work without giving  
up your soul' *Evening Standard*

**BRUCE DAISLEY**  
creator of the hit business podcast  
**EAT SLEEP WORK REPEAT**



**Vala Afshar** ✓

@ValaAfshar

Follow



"The feeling when you realize the robots will steal your job."



**Denham Sadler**



RETWEETS

150

LIKES

175



3:38 am - 8 Feb 2017



4



150



175



Source: Amy Cuddy



Riailtas na hÉireann  
Government of Ireland



Riailtas  
na hÉireann  
Government  
of Ireland



Riailtas na hÉireann  
Government of Ireland



Riailtas  
na hÉireann  
Government  
of Ireland



Source: Amy Cuddy

**Power is  
disinhibiting**

**No power is  
inhibiting**

**REPRESSION**

leads  
to

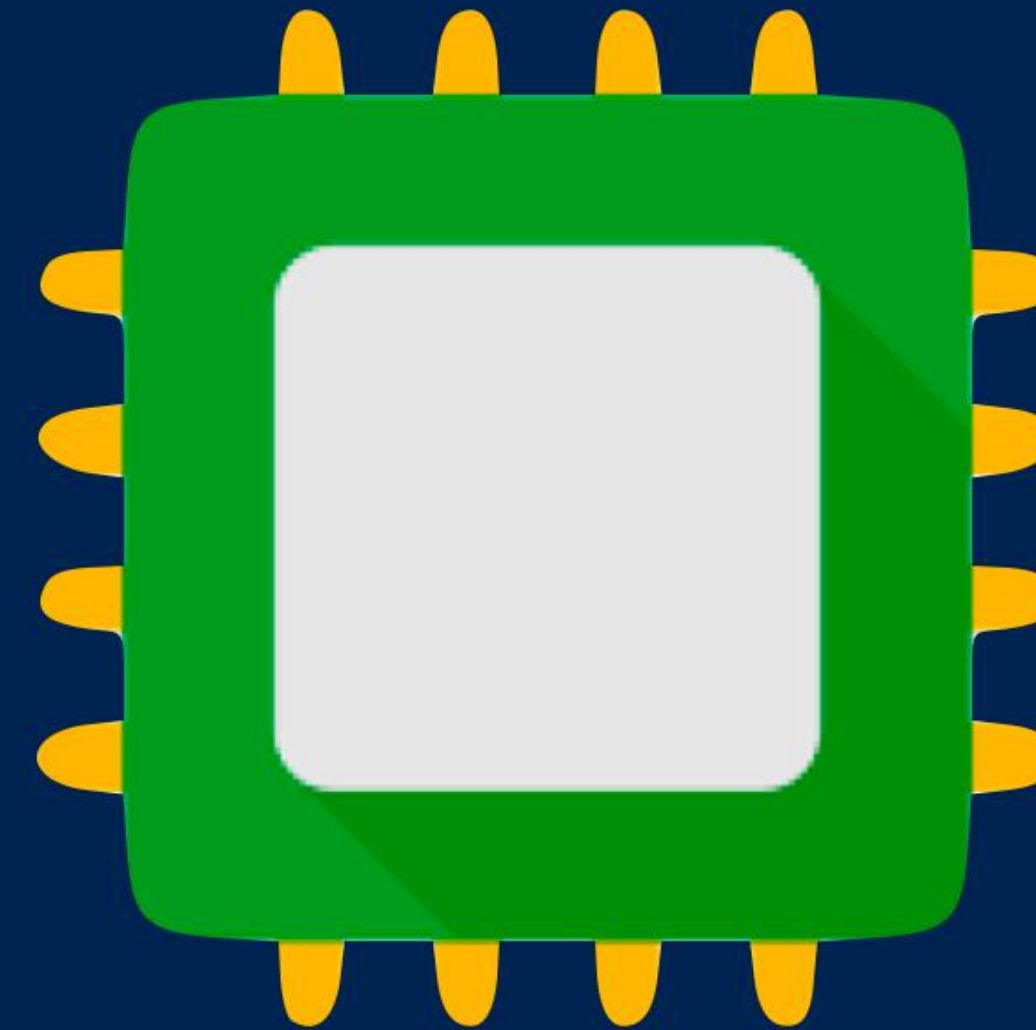
**DEPRESSION**



**13%**  
**ENGAGEMENT**



**Connected**



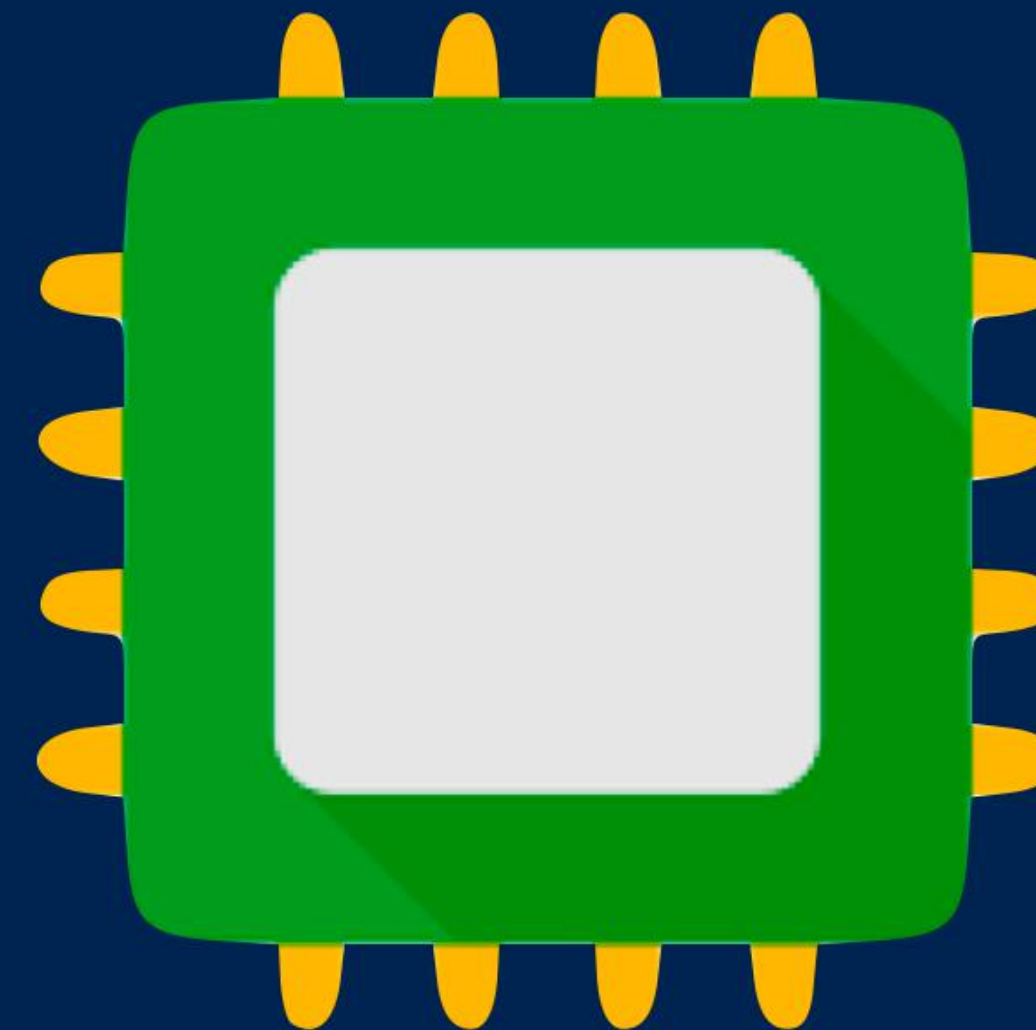
**Processor**



**Connected**



**Connected**



**Processor**

# Processor

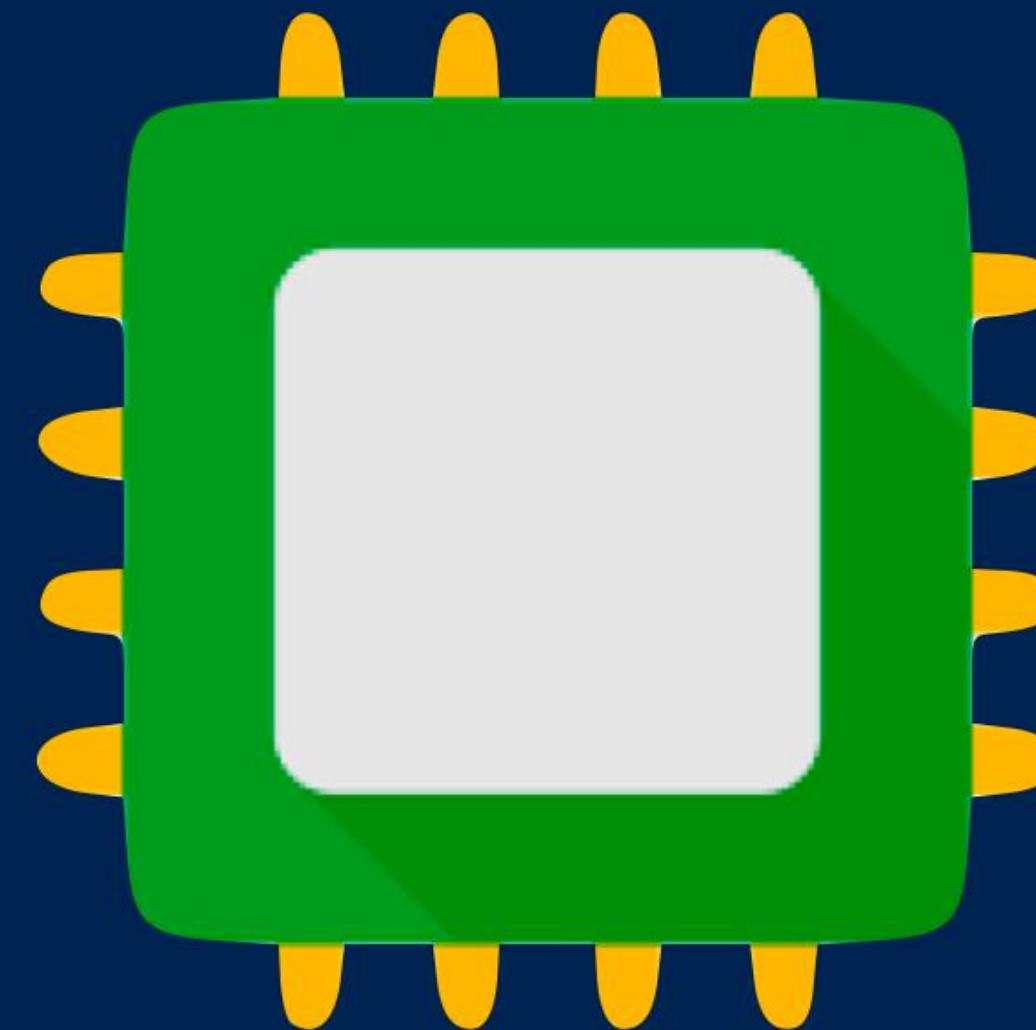


**“Our brains are configured to make a certain number of decisions per day and once we reach that limit, we can’t make any more, regardless of how important they are”**

**Daniel Levitin - The Organised  
Mind**



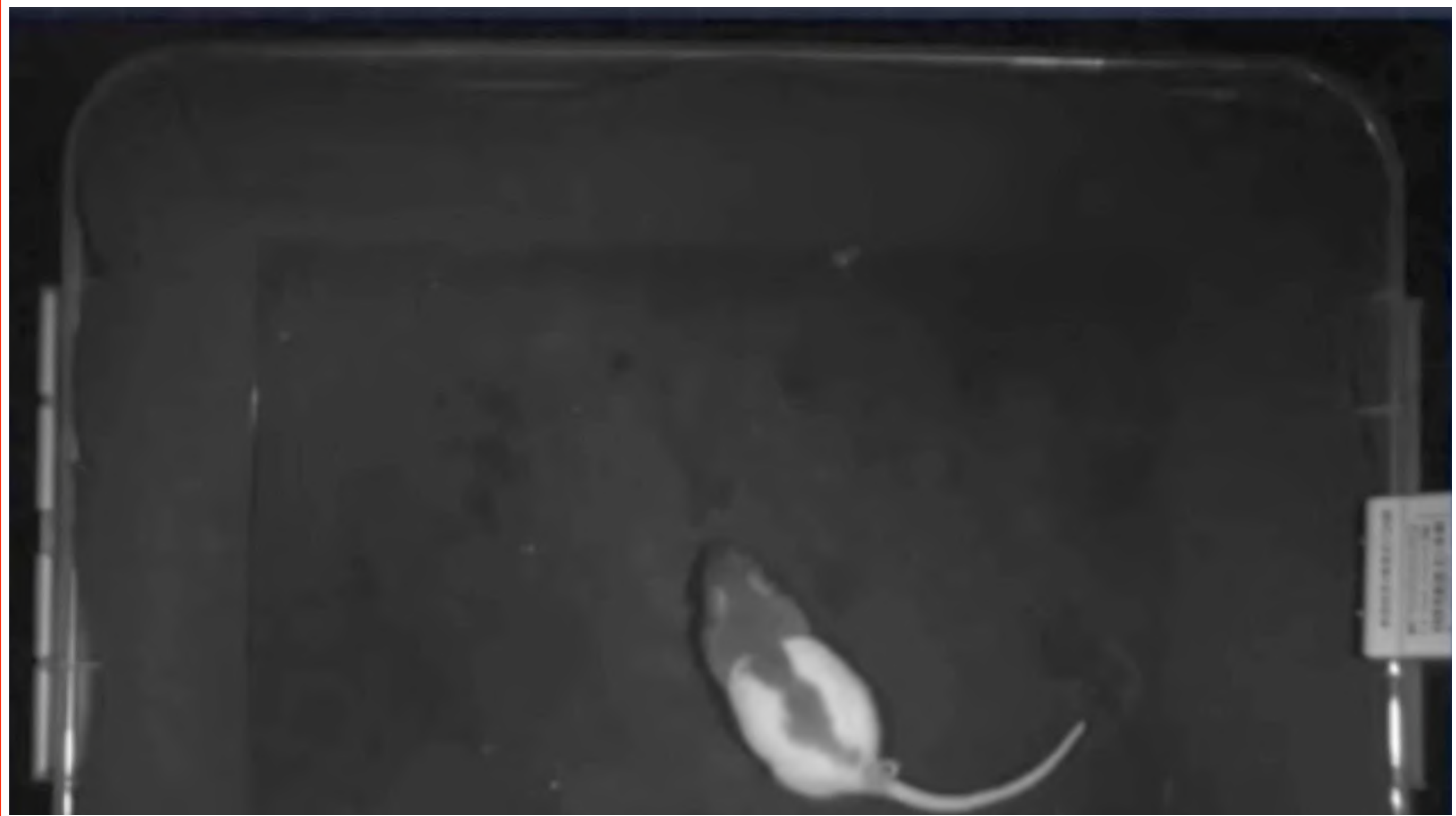
**Connected**



**Processor**









When they're in the mood, they chase after the tickler's hand

**"The most concrete thing that neuroscience tells us is that when the fear system of the brain is active, exploratory activity and risk-taking are turned off"**

**Gregory Berns**

# 5 Ways to Love Work Again



~~5~~ Ways  
to Love  
Work Again



sleep

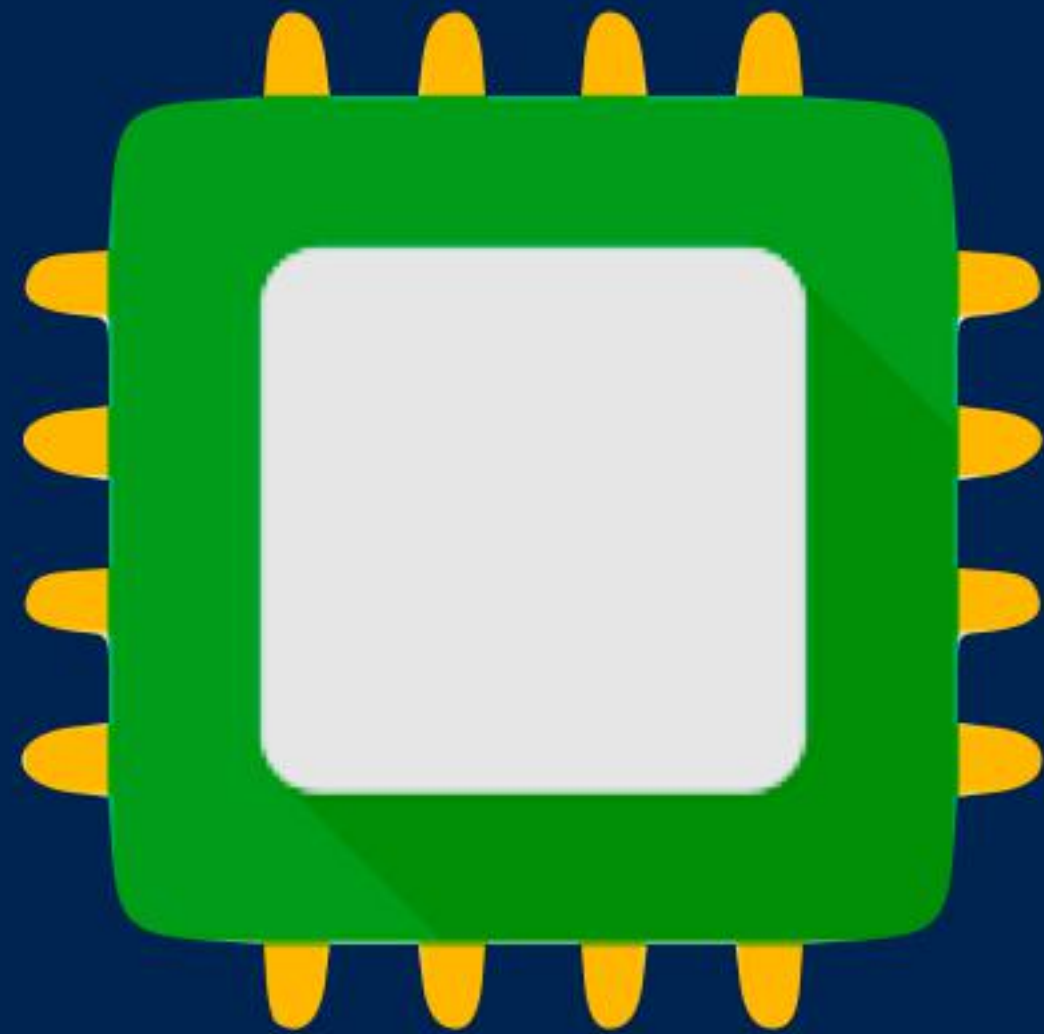
get  
**HAPPIER**  
friends



1

**UNDERSTAND  
HOW WE THINK**





**Processor**



**Executive Attention**



**Salience**

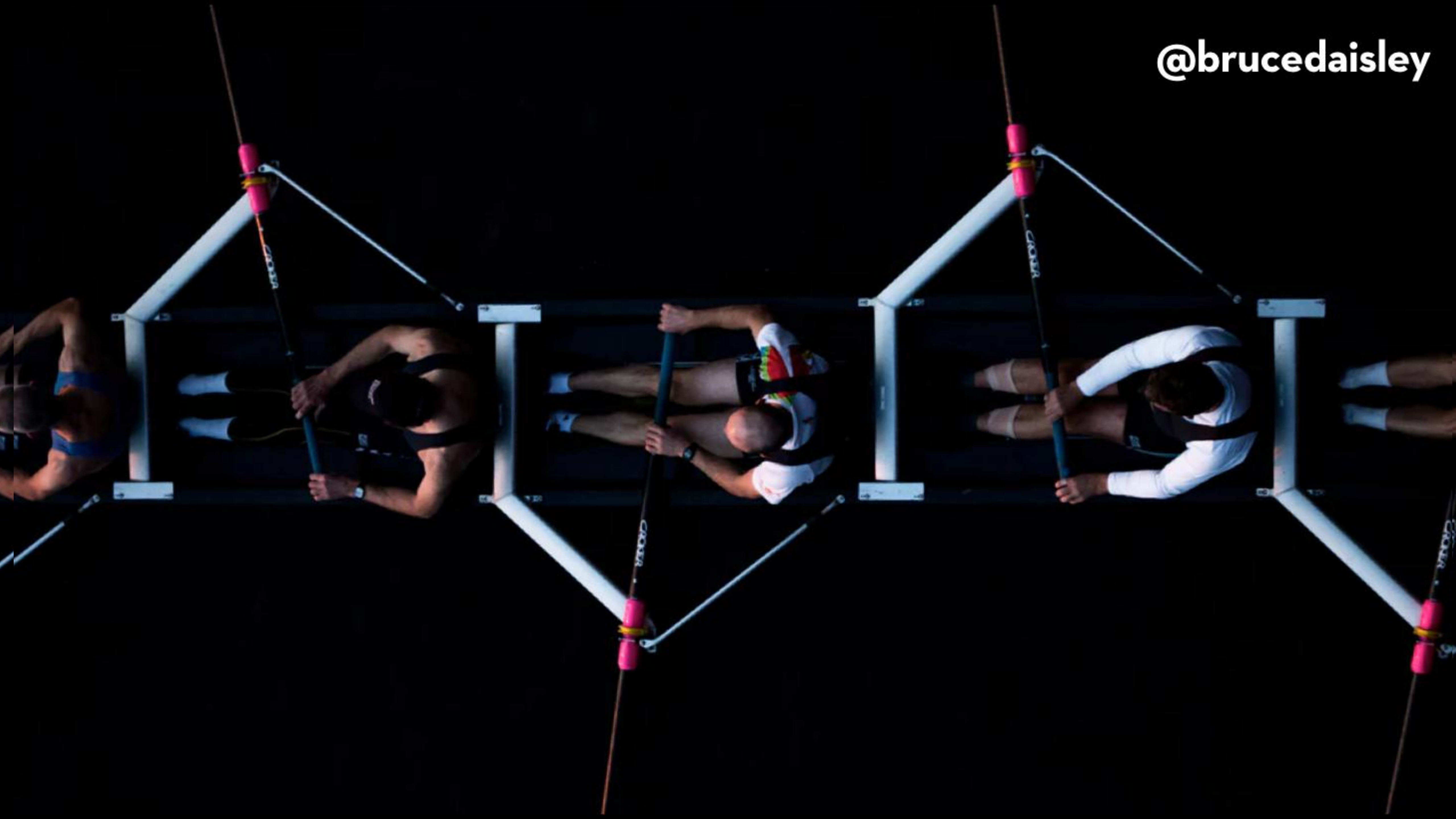


**Default**

2

UNDERSTAND  
HOW WE TEAM

@brucedaisley



@brucedaisley

3  
**UNDERSTAND  
HOW WE RELAX**

**15 mins**  
**-19% stress**  
**23% performance**

A group of approximately 15 people are seated in a circle in a meeting room, engaged in a discussion. The image is overlaid with a semi-transparent blue filter. The text '4 UNDERSTAND HOW WE SETTLE IN' is centered over the image in a white, bold, sans-serif font.

4  
UNDERSTAND  
HOW WE SETTLE  
IN

**‘What is unique about you,  
that leads to your happiest times at work?’**

**Reflect on a specific time when you were  
acting in the way you were ‘born to act’?**



**5**  
**UNDERSTAND**  
**HOW WE BELONG**



**“We’re a team, not a family”**

**Reid Hastings**





**“much of what human beings do is  
done in the service of  
belongingness”**



**Loneliness:**  
**Obesity:**

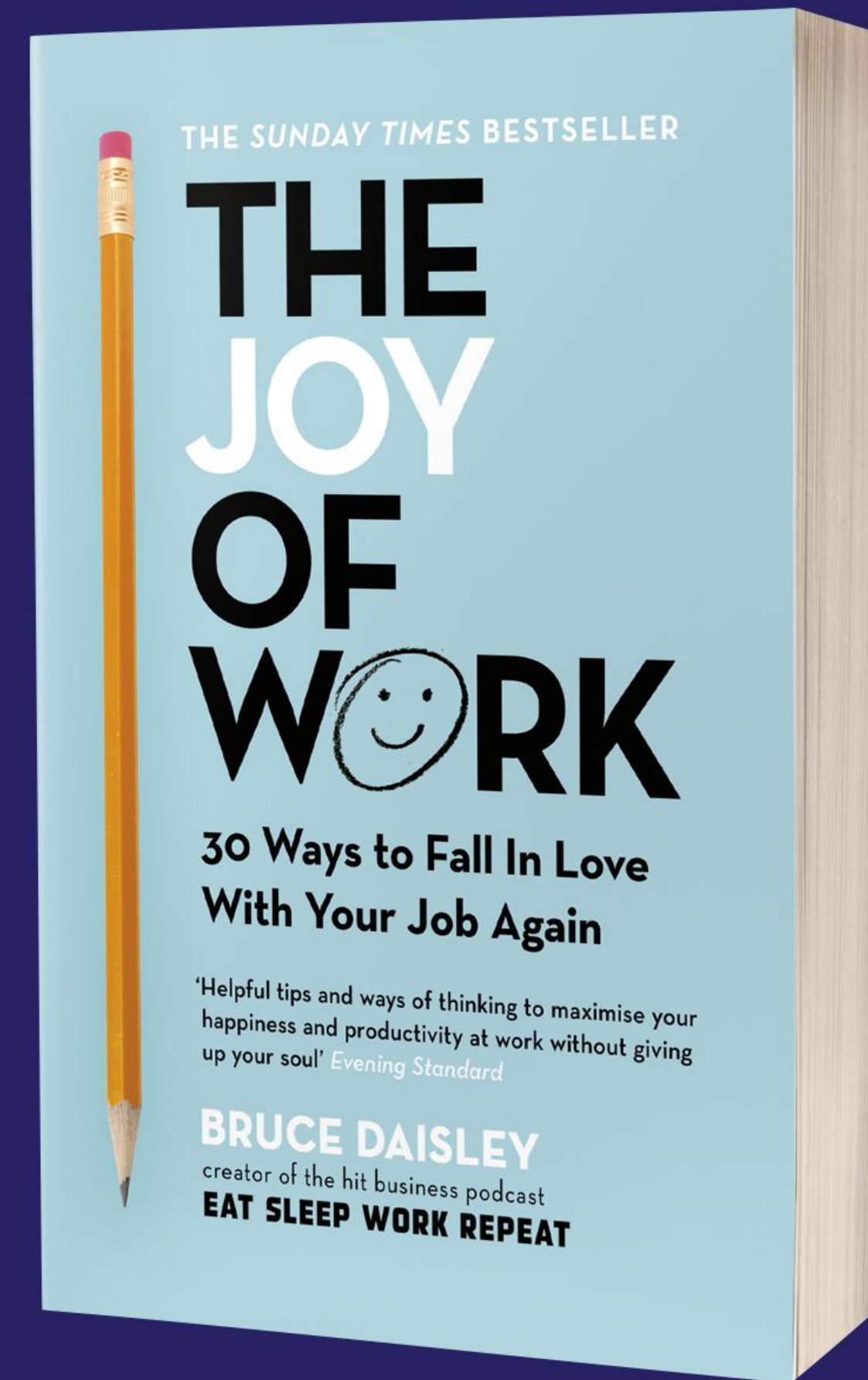
**+50%**  
**+30%**



# UNDERSTAND HOW WE:

- 1 THINK
- 2 TEAM
- 3 RELAX
- 4 SETTLE
- 5 BELONG

EAT  
SLEEP  
WORK  
REPEAT



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