

A GOOD MOOD MAKES YOU MORE CREATIVE

In a brainstorming session where you have to find solutions to complex problems, people with a good mood have more ideas, they listen more to the proposals of others, work easily together and this results in more and better solutions. Numerous studies confirm this phenomenon. It is a good idea to start a session with a joke or watch a comedy for a few minutes.

The idea of organizing thinking sessions in a peaceful, unusual place is not just a way to escape the monotony of the office. As participants are in a good mood, they come up with more ideas and exchange them better with the people in the room.

WHEN YOU ARE IN A GOOD MOOD, YOU TAKE BETTER DECISIONS

People with a good mood are more willing to reject an initial hypothesis if new information contradicts it. They avoid quick conclusions and examine the problem much better and more quickly than 'neutral' persons. Excited people are more likely to take moderate risks in situations where a failure has no severe consequences: they are more likely to try something new, than to rely on traditional methods. Enthusiasts buy new products faster and more easily or try a new toy.

BUT MAKES A GOOD MOOD YOU MORE ACCOMMODATING?

You might think that happy people do the most unpleasant tasks with a smile. But that's wrong. No, cheerful and motivated employees are more creative than neutral persons if they do an interesting task, but less when it comes to a boring task. If you like to improve your changes for interesting opportunities, make sure you look happy and enthusiastic.

TIPS FOR ENTREPRENEURS

If you read these positive effects of a good mood on the ability of your people to collaborate, to think and make decisions, it is recommended to ask the following question: "How can I ensure that my staff is happy and enthusiastic? " Obviously a good mood is associated with a lot of factors, and as an employer you have a number of them in hand (the work environment, the composition of a team, open communication within the company), but others are not as cyclical. You can, by giving the example, create the conditions which lead to a good mood, improve the quality and wellbeing at work of all your employees.

Have an inspiring trip,

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