

Study case

[Linguistics](#), [English](#)



Case Study Happiness and positive emotions foster good relations between people regardless of the environment within which they interact. Happiness coaches seek to help people eliminate negative thoughts and emotions that end up ruining their happiness both at work and in life. At a personal level, happiness coaches can be said to be effective. Their effectiveness is reflected by the new approaches and perspectives they introduce to their clients in order to allow them counter negative emotions and thoughts, realizing happiness in the process.

Happiness training would be welcome at my workplace. The ultimate objective of this training is to enhance employee happiness. When this is done, employee-employee, employee-employer, and employee-customer relations are highly likely to be enhanced. Subsequently, organizational performance is set to receive a positive impact from the training process. Organizations do not primarily depend on happiness coaches to solve the underlying real work problems. In this respect, happiness training is better termed as a complementary factor in addressing real work problems as opposed to being a diversion in that process. This can be determined by the manner in which an organization employs happiness training. In other words, happiness training should not excuse failure to solve real work problems. A happiness coach is suitable for a subordinate if the subordinate's negative life and work aspects are observed to negatively affect the subordinate's overall life and work performance. The supervisor is in a better position to assess and evaluate his/her subordinate's performance relative to happiness or unhappiness. The ethicality of this matter depends on the approach taken to get the subordinate into the coaching program.