



**@ASK Training**  
Attitude | Skills | Knowledge

# Happier Career, Happier Life

**Course Code:**

ASKHHL

**Course Duration:**

1 day (8 hours), 9.00am - 5.00pm

**Course Fee:**

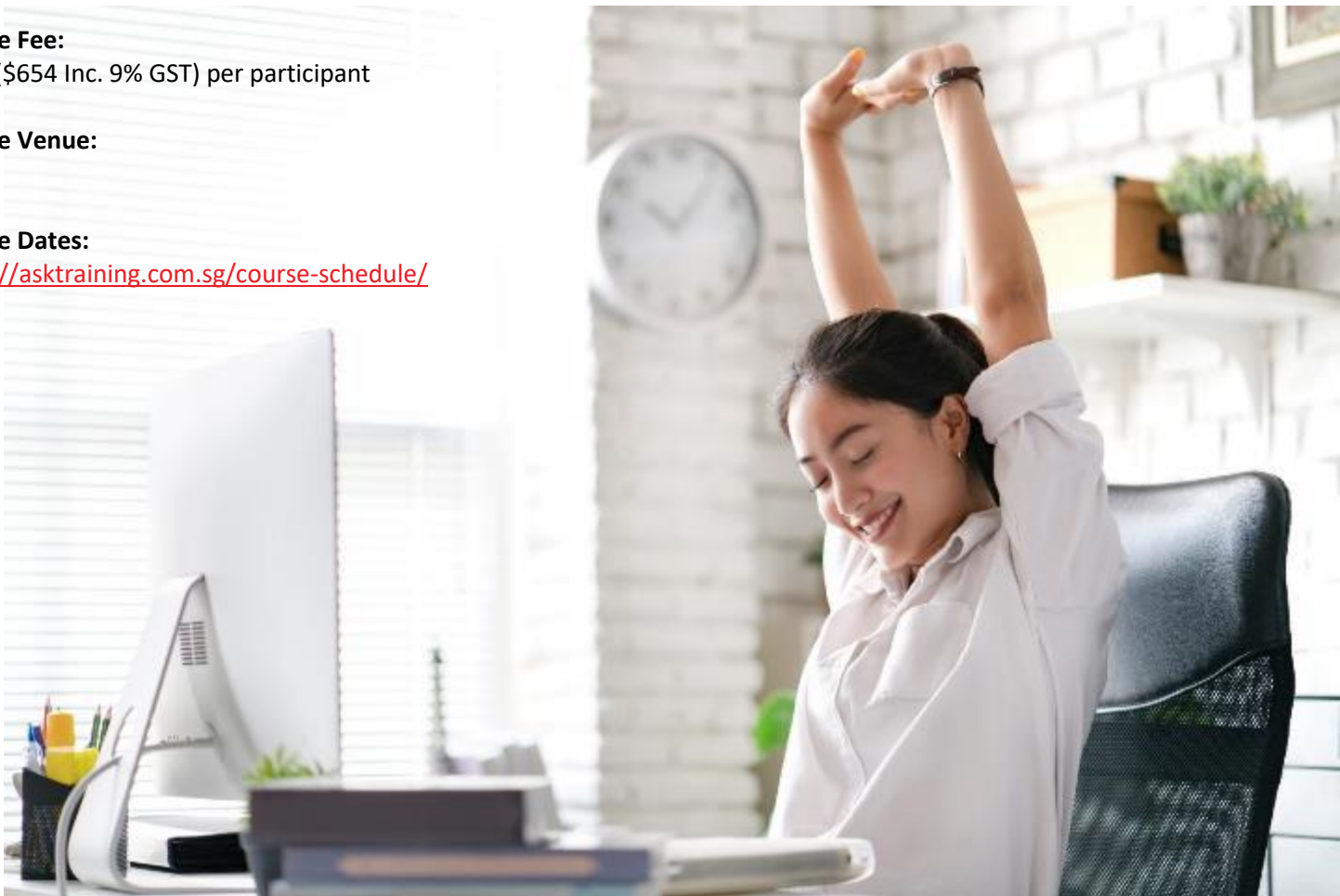
\$600 (\$654 Inc. 9% GST) per participant

**Course Venue:**

Hotel

**Course Dates:**

<https://asktraining.com.sg/course-schedule/>



## Course Synopsis

---

Most people spend more than one-third of their lifetime at work and it is important that they can find happiness and meaning in their careers.

By understanding the science behind career happiness and applying appropriate career tools, we can find happiness and meaning in what we do at work.

It is a belief that happier career leads to happier life. Participants are requested to submit their birthdate (in confidential) for Bazi analysis of suitable career choices.

## Course Objectives

---

By the end of the course, you would be able to:

- Understand the DNA of happiness
- Appreciate the science of happiness in career
- Use profiling tools to find a happy career that suits your personality
- Apply job crafting to increase career happiness
- Manage work stress
- Plan your career for the future of work

## Course Outline

---

- Overview of the happiness DNA
- The science of happiness in career
- Personality profiling tools to find suitable career choices including Bazi (birthdate), numerology, NERIS Type Explorer®
- Job crafting to redesign work to suit one's values, strengths and passions
- Understand the kinds of work stress and how to manage them
- Appreciate the future of work and how to stay relevant