

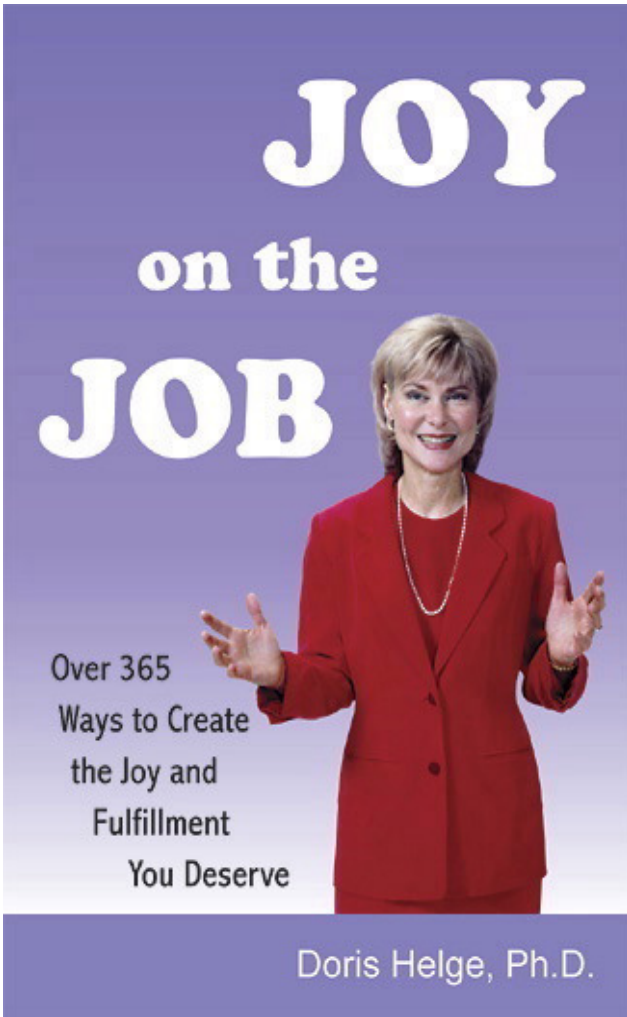
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JOY ON THE JOB

*Over 365 Ways to Create
the Joy & Fulfillment You Deserve*

by

Doris Helge, Ph.D.



Shimoda Publishing

JOY ON THE JOB
Over 365 Ways to Create the Joy and Fulfillment You Deserve

By Doris Helge, Ph.D.

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Published by: Shimoda Publishing
c/o 1225 E. Sunset Drive., Ste. #317
Bellingham, WA 98226-3529
shimodapub@mindspring.com
<http://www.mindspring.com/~shimodapub/>
Also see <http://www.joyonthejob.info>

Printed and bound in the United States of America
10 9 8 7 6 5 4 3 2 1

Publisher's Cataloging-in-Publication
(Provided by Quality Books, Inc.)

Helge, Doris.

Joy on the job : over 365 ways to create the joy & fulfillment you deserve / by Doris Helge.

p. cm.

Includes bibliographical references and index.

LCCN 2006925943

ISBN 1-885598-05-X

1. Job satisfaction. 2. Happiness. 3. Self-realization. I. Title.

HF5549.5.J63H35 2007

650.1

QBI06-600140

TABLE OF CONTENTS

List of Exercises	xvii
Dedication	xx
Acknowledgements	xxi

PART ONE THE JOY QUOTIENT 1

Chapter 1 Are You Happy at Work? 3

- ◆ Identify your "joy quotient"
- ◆ Discover what you need so you can begin the joy on the job journey right now

Chapter 2 What’s Different About This Book? 21

- ◆ You deserve to delight in your work as much as a cherished vacation. Exciting new tools and fun insights await you.
- ◆ Benefit from wisdom gleaned during a ten-year quest to discover strategies you can use immediately

PART TWO STAKE YOUR CLAIM TO HAPPINESS AT WORK 45

- ◆ Avoid delight-deficiency disorder
- ◆ Discover the secrets of achieving validation, fulfillment, and harmony
- ◆ Use proven, practical approaches to claim your fair share of joy on the job

Chapter 3 Avoid Delight-Deficiency Disorder 47

Stacks of studies have proven the benefits of happy workers. Why does the business world struggle with delight-deficiency disorder?

Chapter 4 Delete Joyblocks 69

You can immediately identify and remove barriers to joy on the job

Chapter 5 Is There a Recipe for Happiness at Work? 81

- ◆ Explore essential ingredients identified by employees and managers in 21 diverse organizations and occupations across the North American continent
- ◆ Identify the elements of your work over which you have the most control so your efforts will yield remarkable results

Chapter 6 Curiosity Creates Joy 94

- ◆ Curiosity creates courage and courage crushes fear
- ◆ Use the peephole in your mind to vaccinate yourself against negativity at work

Chapter 7 Self-Awareness + Acceptance = Fulfillment 98

- ◆ Learn splendid new strategies for valuing and rewarding the one person you can count on working with for the rest of your career
- ◆ Travel *The Self-Awareness Pathway*. It's a direct route to joy on the job.

Chapter 8 Transform Blind Spots to Freedom 105

- ◆ Shatter the distortions that are draining your dreams
- ◆ Discover what you offer to the world of work. Don't cheat the world by hiding the radiance of your personal light
- ◆ Explore sleeping giants that surround you

Chapter 9 Fulfill Yourself With Focus 112

- ◆ Magnify the power of your focus. You will instantly foster peace and fulfillment.
- ◆ Why savvy companies favor focus instead of constant multitasking

Chapter 10 Own Your Power 126

- ◆ Don't survive . . . Thrive! You can bloom in the midst of chaos and uncertainty.
- ◆ Use self-reliance to create validation, job security, and fulfillment
- ◆ Discover proven methods for increasing awareness of your value and influence

Chapter 11 Meet Your Needs Now. 135

- ◆ How to communicate your unmet needs and secure the support you need so you can achieve personal fulfillment and peak performance
- ◆ Notice how others benefit when they assist you
- ◆ Develop an excellent support system

Chapter 12 Fully Embrace Life 141

- ◆ Become *experientially gifted* by taking steps to ensure that setbacks are seeds for future success

- ◆ Discover the bless within a mess
- ◆ Cultivate a calm mind

Chapter 13 Reframe Versus React153

You are the sole ruler of your inner domain (your mind). Use this miraculous tool to create inner peace, harmony, and enthusiasm. The world will richly reward you.

Chapter 14 Use the Power of Negative Emotions169

- ◆ Discard the happy face paint
- ◆ When is a bad mood a good mood?
- ◆ Use productive thinking (not “positive thinking”) to elevate your confidence, ensure faith in the process of your life, and achieve peak performance
- ◆ Discover the miracle of using neutral observation to resolve “difficult people” issues
- ◆ Explore stunning new ways to transform negative emotions into positive energy

Chapter 15 Empower Yourself With Action183

- ◆ Take advantage of unlimited possibilities that are patiently awaiting your discovery
- ◆ Take healthy risks to build self esteem and produce joy at work
- ◆ Summon *your inner genius* and other surprising new resources
- ◆ Choose to choose
- ◆ Select a positive parallel reality

Chapter 16 Bust Procrastination 200

- ◆ Discover and combat the root causes of procrastination
- ◆ Practice being perfectly imperfect

Chapter 17 Confront Control Issues 223

- ◆ You always have more control than you think
- ◆ Discover what you can always rule over
- ◆ Learn how to reduce stress and disconnect the worry wart
- ◆ The control paradox. Explore the hidden power of letting go of your internal quarterback
- ◆ Use your innate abilities to respond to life in a winning way

Chapter 18 Cash In on Your Strengths 260

- ◆ Create a work life that feels more like play than work. Discover the secret hiding places of your inner genius, including untapped gifts that masquerade as flaws.
- ◆ Support your strengths instead of warring against your weaknesses
- ◆ Develop a signature style that will help you cash in on your unique abilities
- ◆ What to do if you can’t express your talents where you work

Chapter 19 It’s Flow Time! 283

- ◆ Experience flow. It’s a wonderful state of mind in which you work for the sheer joy of doing an activity that challenges you in a positive way while elevating your self esteem. Time, fear, and doubt disappear. Favorable circumstances magically appear and propel you forward. Feel-good chemicals flood your central nervous system.

- ◆ Ensure that flow-producing activities are part of your daily work life
- ◆ Transform routine aspects of your work into a magnificent state of flow

**PART THREE MULTISENSORY, MIND-BODY
TECHNIQUES FOR A JOYFUL
JOURNEY 301**

- ◆ Special tools create a powerful *internal* support system that will ensure your happiness at work
- ◆ Techniques include the use of "C.W.," the *Curious Witness*, which becomes your virtual assistant. You will also create an emotional anchor, a positive resource state, and use mind maps. These techniques will feed your creativity, confidence, joy, and job satisfaction. You'll also gain *The Intuitive Edge*.

Chapter 20 Tools for a Joyful Journey 303

Would you like to avoid emotional roller coasters and expectations that are a setup for disappointment? Discover how to substitute curiosity for harsh judgments of yourself or unpleasant experiences. Explore smart new strategies you will use daily to quickly and easily access valuable intuitive hunches. Practice whole-body techniques that link the rational and emotional areas of your brain. Because your creativity will soar, problem-solving will seem almost effortless. As difficulties shift into joy, you'll relish your profound trust of the process of your life.

Chapter 21 Meet “C.W.” 305

- ◆ Connect with a sweet inner peace that is always present within you, even when your thoughts or emotions are in a state of turmoil. Allow C.W., your *Curious Witness*, to become your 24/7 virtual assistant. C.W. will calm your internal critic and connect you to your highest abilities. C.W. automatically unleashes a cascade of priceless insights that compel you to let go of struggle and judgment. Bliss becomes a new *familiar zone*.
- ◆ Take charge of your own life by using this remarkable source of creative solutions to challenges.

Chapter 22 Create a Powerful, Positive Resource State 324

Alleviate anxiety by creating an emotional anchor and a positive resource state. With a little practice, you will instantly evoke and use these richly rewarding inner resources. These powerful tools also boost your confidence, enthusiasm, and creativity.

Chapter 23 Map Your Way to Joy on the Job 343

Use this easy, enjoyable technique to turn on your creative juices, easily solve challenges, and silence your inner critic. This brain booster will also help you deliver flawless presentations, avoid having to take notes in meetings, and banish thought and behavior patterns that don’t serve you.

**PART FOUR JOIN THE MOST POSITIVE AND
POWERFUL REVOLUTION ON
PLANET EARTH 355**

You are now equipped with a wide variety of proven, life-changing techniques that will help you claim validation, fulfillment, and joy at work. You have proven to yourself that there are no limits to the degree to which you can experience a richly rewarding work life. You are perceiving previously invisible sources of support for your happiness. Connect with a rapidly growing community of individuals who are producing miracles every day that stretch around the globe.

**Chapter 24 You are the Miracle You’ve Been
Seeking 357**

REFERENCES AND RESEARCH NOTES 372
INDEX 390
ABOUT THE AUTHOR 432
BRING DORIS HELGE, PH.D. TO YOUR
ORGANIZATION 436

LIST OF EXERCISES

What’s happening now?	6
Are you valued and validated?	6
Is your workload realistic and fair?	7
Are you experiencing rewarding relationships at work?	8
Are you receiving adequate professional support?	9
Is your work enjoyable?	10
Is your personal life balanced with your professional life?	11
Are the organization’s policies and procedures appropriate?	12
Are managers and supervisors working on your behalf while they serve the organization?	13
Does your physical environment promote your well being?	15
Is the organization healthy?	16
Prioritize your needs	19
What’s your truth?	41
Clear your consciousness	52
Shed more myths	58
Innies and outies	66
Why wait?	70
Desires versus preferences	76
What is already creating joy at work?	85
Create more joy on the job	92
Journey into the unknown	96
Reconnect with your real self—stage one	101
Reconnect with your real self—stage two	102
Correct blind spots—stage one	106
Correct blind spots—stage two	109
Correct blind spots—stage three	110
Discover your focus	114

Prove your power	117
Foster a fulfilling focus	121
Develop focus-ability	124
Use self-responsibility to build job security and fulfillment .	129
Validate yourself with an inventory	132
Secure the support you need	137
Take a second look	145
Focus on the future	147
Cultivate a calm mind	150
Pick a perception	156
Act it out	161
Picture perfect	164
Search your memory bank	166
Notice the effects of expectations	172
Discover a different approach	174
Transform negative emotions into positive energy	177
Discover your neutral observer	180
What have you got to gain?	187
Identify your pattern	189
Choose a focus that empowers you	190
Just say “now”	193
Choose choice	195
Ready for even more joy on the job?	197
What’s the root cause?	201
Say goodbye to “Someday I’ll _____”	203
Notice the difference	205
Use self-awareness to overcome perfectionism	207
Practice being perfectly imperfect	208
You can do what you’ve done before	213
Create instant satisfaction	215
Sense your accomplishments	217
If you’re really stuck	219
Identify what you can control	225
Choose which way to run	228

Alleviate anxiety with a new focus	231
Disconnect the worrywart	234
Feed flowers, not weeds	239
Consider optimism	241
Use awareness to develop peace of mind	245
Rev up your resources	254
Promote patience	256
Who’s the fairest of them all?	262
Scavenger hunt	269
Intuit it	270
Scope out your spontaneity	271
Sell yourself	272
Discover your strengths in others	274
Gain from guidance	276
Develop a signature style	280
Find your flow	289
Set the stage with management	291
Experience flow every day	294
Create your curious witness—stage one	309
Create your curious witness—stage two	311
Strengthen your partnership with C.W.—stage one	316
Strengthen your partnership with C.W.—stage two	317
Establish your emotional anchor	326
Create a positive resource state—stage one	327
Create a positive resource state—stage two	331
Create a positive resource state—stage three	332
Disassociate—stage one	337
Disassociate—stage two	339
Mind map—stage one	344
Mind map—stage two	346
Mind map—stage three	351
Way to go! . . . More to go!	359
Break Free	367
You are the Miracle	369

CHAPTER 24

YOU ARE THE MIRACLE YOU'VE BEEN SEEKING

*Only fools and dead men don't change their minds.
Fools won't. Dead men can't.*

John H. Patterson

JAW DROPPERS

In the past, we thought we had a genetic setpoint for happiness and an I.Q. that were set in stone. Now we know we are powerful alchemists. There is no limit to the degree we can increase our intelligence, and there is no cap on how much happiness we can experience.

Most of us are amazed to discover how much control we have over the level of joy we experience at work every day. Before doing the multisensory exercises, were you aware of your marvelous ability to send signals to your nervous system so you can be calm and contented even when surrounded by

chaos or angry people? Before reading about Viktor Frankl, would you have guessed that a concentration camp prisoner could maintain a peaceful state of mind? Was it a stretch to learn that Frankl discovered profound meaning hidden within the grueling, revolting jobs he was forced to perform as a slave laborer?

Eye openers like these blast our illusions until we finally admit the truth and graduate ourselves from limited thinking. There is no ceiling regarding our ability to enjoy the work life we desire.

Whatever you are ready for is ready for you. New opportunities are already waiting for you. Make a commitment to notice and take advantage of them.

WAY TO GO!

You have contemplated and practiced almost 400 proven techniques that will help you claim your fair share of validation, fulfillment, and joy. Even if you haven't completed all of the exercises, you can trust the tools. They are still being used by employees in the 21 very diverse organizations. These individuals contributed their feedback so you can also enjoy more happiness at work.

Use the next exercise to validate your progress and set new goals.

*Build a ladder to the stars
And climb on every rung.
Bob Dylan*

WAY TO GO! . . . MORE TO GO!

You’ve practiced multisensory ways of doing the following. Which have you mastered? What are you still working on?

TOPIC	HAVE MASTERED	WORKING ON
Create meaning and fulfillment at work even when performing mundane or unpleasant tasks	_____	_____
Communicate my needs in ways that ensure I have the resources and support I need to do my best work	_____	_____
Create a flow state so my work is appropriately challenging and enjoyable and I develop new skills	_____	_____
Use the power of curiosity and neutral observation, including my Curious Witness, to reconnect with my innate source of inner peace	_____	_____
Take healthy risks	_____	_____

*continued on the
next page*

TOPIC	HAVE MASTERED	WORKING ON
Express my special talents in ways that ensure I am passionate about my work and well-compensated while I make a unique contribution to the world	_____	_____
Create a sense of autonomy even when I have no control over some aspects of my work	_____	_____
Gain new skills that facilitate fulfillment, productivity, and marketability	_____	_____
Enjoy rewarding professional relationships with coworkers, teammates, and supervisors	_____	_____
Receive support, coaching, and positive feedback, including during performance reviews	_____	_____
Creatively solve problems and resolve conflicts, including when I work with teams or “difficult people”	_____	_____

continued on the next page

TOPIC	HAVE MASTERED	WORKING ON
Gain value from mastermind groups and mentors	_____	_____
Balance my personal and professional life	_____	_____
Prevent and reduce stress	_____	_____
Create emotional anchors and positive resource states that support me during challenges	_____	_____
Shield myself from workplace negativity	_____	_____
Reframe misperceptions and beliefs that cause joy blocks	_____	_____
Use multisensory approaches that develop new neural networks associated with peace and joy	_____	_____
Experience negative emotions in ways that benefit everyone concerned	_____	_____
Transform my inner critic into a virtual assistant	_____	_____

continued on the next page

TOPIC	HAVE MASTERED	WORKING ON
Accept my shadow side and unpleasant parts of life that I cannot change so they don't limit my happiness	_____	_____
Experience more compassion and patience. Judge myself and others less frequently	_____	_____
Decrease procrastination and perfectionism	_____	_____
Develop a signature style	_____	_____
Promote myself in ways that help me secure resources and advance my career	_____	_____
Capitalize on my strengths	_____	_____
Thrive during unexpected challenges and mandated changes	_____	_____
Live my personal mission (life purpose) and values while performing my job	_____	_____

continued on the next page

TOPIC	HAVE MASTERED	WORKING ON
Identify hidden opportunities in adversities. Boost my resiliency	_____	_____
Control unnecessary interruptions. Set and maintain personal boundaries	_____	_____
Honor constructive worries and delete those that are unfounded	_____	_____
Easily and quickly create an alpha brain state so I can do my best work, fight fatigue, and elevate my confidence	_____	_____
Enjoy more laughter and humor at work	_____	_____
<p>Other. List additional techniques you have learned or want to explore. Examples: situational optimism, inner genius, magical moments, strengths-based language, easy retrieval of nonconscious associations, focus management, the power of gratitude, downward comparisons, altruism, and selection of an alternate reality.</p>		
<p><i>continued on the next page</i></p>		

Use the Index and List of Exercises to find material related to the areas you are still mastering. If a specific strategy doesn't appeal to you, explore another method. All of us have unique learning and behavioral styles, and there are an infinite number of paths to joy on the job.

Enjoy continuing to develop your expertise related to the topics you identified in the previous exercise. Be as patient with yourself as you are when you explore a new hobby or help a child learn a new activity. Hardly anyone hits the bull's eye the first time, but the archer who trudges to target practice even when it's raining and cold eventually perfects the technique.

Work that begins as a struggle blossoms into a blissful state of flow. The archer merges with the tools of his trade, and he grins as arrows fly swiftly to the center of his target. Spectators cheer wildly, but the archer hardly notices. He is attuned to a beautiful symphony that he alone can hear. It is the joyful beat of his heart singing the sweet melody of self-actualization.

You will also be richly rewarded when you passionately explore new goals with the intention of becoming your true self. A wealth of new resources and external support will spontaneously appear. As your confidence continues to soar, your response to new challenges will most often be an anticipatory smile representing a healthy, productive awe, “I wonder what I'll learn this time?”

Eventually, the intense fulfillment you gain from your work will have become so rewarding that you'll leap from bed before the alarm buzzes, excited about another work day. This is

one of the most fantastic fortunes available on this planet. It's yours if you want it. Claim your prize with focused action.

YOU'VE ALREADY PROVEN YOU HAVE UNLIMITED ABILITIES

As you completed the exercises in the book, you validated the following.

- ◆ You can be radiantly happy at work, whether you are in your dream career or working a temporary minimum wage job.
- ◆ Your capabilities are unlimited. The fact that you can increase your intelligence exponentially with multisensory exercises can make “working smarter, not harder” a normal part of your life.
- ◆ Even your personality is as flexible as that of a newborn baby. You can easily create new neural networks associated with joy and situational optimism.
- ◆ You have an innate right to inner peace, and you have learned how to use conscious focus as one of your primary tools.
- ◆ The world is a giant treasure chest twinkling with infinite possibilities patiently awaiting your discovery. Why settle for less than you want and deserve? You can be well-compensated for expressing your unique talents in ways that contribute to the lives of others.

You are the master weaver of your personal workplace tapestry. Become a passionate, attentive artist. Don't allow anyone else to dictate the details of your design.

DISCOVER A MAGICAL FORMULA

Personal responsibility will always be a key source of your joy, freedom, and power. You will receive amazing results when you do the following.

- ◆ Question your perceptions and beliefs
- ◆ Ask for what you need
- ◆ Take action that will move you closer to your goals

Here’s a great example. David Thomas of England was taunted as a child for being a “slow thinker.” How did this individual with “limited abilities” become a World Memory Record holder and gain a Guinness World Record just eight months after buying a book to improve his memory? His original goal was to pass exams he had previously failed!¹

Thomas realized that most of our assumptions are inaccurate. He decided to graduate himself from “Yes, but . . . “ to “What if . . . ?” thinking. He challenged beliefs such as, “There are reasons other people are more successful than I am. They must be able to do things I can’t do.” As the British say, Thomas decided to *give it a go*.

Thomas also questioned another assumption. Like most of us would do, he originally presumed that his competitor for the World Memory Record would never help a new adversary succeed. Why should a champ share his secrets? Thomas took a giant leap out of the tightly sealed thinking box most of us use for contemplation. He decided anything is possible and asked his rival for assistance. Thomas immediately received a free verbal download of the techniques the title holder had used to win the championship eight times in a row! Thomas beat his new friend in the next contest because he understood that reality rarely matches our perceptions.

Most of us restrict our happiness and our achievements because we believe life offers only a few meager options. We se-

lect what we think will be the best of several unfavorable alternatives without even asking “What if . . . ?”. This is one of our most harmful self-deceptions. The true substance of our lives is bloated to the bursting point with infinite possibilities. We can always choose to experience a different potential, a new parallel reality.

Don’t wait for everyone around you to become a psychic Mother Teresa of the Workplace. Instead of waiting for others to sense your needs and approach you about creating a more rewarding work life, notice and question “Yes, but . . . ’s.” Change them to “How can I . . . ?” As you discovered when doing the exercises in previous chapters, your mind will immediately act like a super sleuth. It will search for nonconscious associative links in your brain and promptly produce the answers you need.

Ask for help, using the win-win communication strategies we have discussed. This will help you continue to enrich your professional support system. You’ll also be helping others because people feel validated when you allow them to assist you.

BREAK FREE FROM LIMITING PERCEPTIONS

Practice the Magical Formula described above.

- ◆ Notice and challenge “Yes, but . . . “ assumptions and beliefs.
- ◆ Identify the person you need to ask for assistance. When will you communicate with them in person or in writing?
- ◆ What step will you take this week that will move you closer to achieving your goal?

CHANGE YOURSELF . . . CHANGE THE WORLD

According to an ancient proverb, “When a bird flaps its wings in China, it is felt across the world.” Like the fluttering bird, our energy—our actions, thoughts, and emotions—influence everyone with whom we come into contact.

There is no limit to the effects we create when passionate performance is backed by intentions born within a pure heart. Like the ripples created when a pebble is tossed into a pond, what we set into motion extends to an infinite number of people we will never meet. As scientific experiments have proven, everyone in the universe is connected as if we are one. In many ways, we are one.²

Each time we change ourselves in a positive way, we improve the world. Without saying a word to try to convert anyone else to our point of view or behavioral preference, our helpful example produces beneficial changes.

We may only perceive the favorable impact within a tiny inner circle of associates. However, as those individuals live their new truth, positive change travels. Eventually, it circles the world.

At birth, you were awarded very distinct, special aptitudes. This is your personal genius potential. The world desperately needs your assistance. Sharing your unique gifts will bring you joy at work whether you are a cheerful customer service worker who brightens the day of a very distraught individual or you invent a solution to a vexing global problem.

Each time you step up to the plate and aim to meet your full potential, an astonishing array of unexpected resources and opportunities will light your path home. Be mindful and you will continuously receive proof that unseen forces are continuously supporting your efforts to make this planet a better place to live.

YOU ARE THE MIRACLE

Use this exercise the next time you feel stressed out.

1. Sit or stand tall with your eyes closed. If you wear contact lens, you may need to remove them before doing the next step of this exercise.
2. Raise your eyes as if you are gazing through the top of your head at a spectacular sky studied by a sea of shimmering stars. Assume that every star is sparkling with you in mind. It is encouraging you to become all you can be because you have an important role to play while you are on Earth.
3. Keep your eyes closed and hold this posture until you feel a magnificent healing force surging through your entire body.

You have just induced an alpha brain state that connects you with your vast inner resources. Savor this splendid state of mind and perceive the truth about who you are, why you are on Earth, and why you hold the specific job you hold. You have unique talents to contribute to the world. You deserve, and have, the blessings and backing of the entire universe just so you can achieve your personal mission. Why? With every step you take to meet your destiny, you improve life for all of us.

In the previous exercise, in just a few moments, you replaced a negative state of mind with a resourceful state. Use this strategy regularly to help you reconnect with your true self and instantly melt stress. Notice after using the technique that it is almost impossible to feel anxious. (If any stress remains, repeat the technique.)

*What lies behind us and what lies before us
are tiny matters compared to what lies within us.*

Ralph Waldo Emerson

STAY IN TOUCH

The Joy on the Job Train only recently began to chug along, but it is already beginning to move at the speed of a jet plane. Jump aboard without hesitation. You will never regret accepting even more of the happiness the universe is eager to grant to you.

Stay in touch. Visit www.MoreJoyOnTheJob.com regularly. You're part of a great, growing community of people around the world who are absolutely certain that life will deliver as much joy as we can stand. You and I are on the cutting edge of the most positive revolution this planet has ever experienced.

At the web site, you'll be able to share what's working for you. Read newly posted success stories written by other employees, managers, and entrepreneurs.

Also check out the More Joy on the Job Blog at

<http://MoreJoyOnTheJob.com>. Every day, you can choose from free mp3s, articles, podcasts, and teleseminars. Each item you download will help you dramatically boost happiness at work.

Decide to untie the ribbons on the gifts that life brings to all of us each day.

ABOUT THE AUTHOR

by Robin Lane

A proud *Joy on the Job Seminar* participant

Dr. Doris Helge is called *The Joy Coach* for very good reasons. As a participant in her *Joy on the Job Seminars*, I can verify that her audiences rave, “She’s the speaker who adds sizzle to an average work day. Now our jobs feed our hunger for happiness instead of just putting food on the table.”

Participants in Doris’ keynotes and seminars discover their inner genius. She describes this as our innate ability to nurture our soul at work while we elevate our performance in ways that make us grin with delight. We convert tedious tasks into enjoyable activities. We develop a *Signature Style* that’s great fun. Teamwork is easier because conflict is rare. Less stress = more productivity. I love Doris’ *Create Time* technique. Now I have more time and energy for my professional and my personal life.

I’ve seen massive positive changes in job satisfaction reported by burger flippers, corporate executives, and all kinds of positions in between. The results were dramatic and they continued from one seminar to the next.

In addition to being a visionary and an inspiring leader regarding happiness at work, Doris has a unique ability to entertain us while we’re learning. We roar with laughter while we devour every gold nugget of wisdom she shares with us. Doris uses the most advanced multisensory teaching techniques I’ve ever seen. We don’t have to endure ho-hum PowerPoint presentations! Doris’ innovative style stimulates long-term memory. She jazzes us with her passion and enthusiasm, and we spontaneously make a powerful commitment to progressive change.

Doris is truly a master teacher and speaker. She has addressed thousands of employees and managers across the U.S. and Canada. Doris actively engages *everyone* in her audiences, even when thousands of people attend a single event. It's not surprising that she has won awards for her writing and speaking abilities.

Can she understand and identify with your unique challenges? You be the judge. I first met Doris after she gave a keynote address for a national conference for occupational health personnel. A spontaneous after-hours event made me decide to become a *Joy on the Job Seminar* participant.

Attendees from a variety of positions and industries quizzed Doris for two hours. We couldn't fathom why she seemed to understand our specific jobs since she had never performed them. She listened attentively to everyone. She wasn't "being nice." She sincerely wanted to help us gain more job satisfaction.

I was so amazed when she described the types and dates of her previous work experience that I scribbled down her answers. Unless you're a fighter pilot or an astronaut, Doris has walked paths similar to yours. She has been a retail clerk, secretary, fundraiser, educator, and a customer service trouble-shooter. She's been a coach, grantwriter, caseworker, volunteer, and parent. She's even been downsized! She directed a nonprofit organization. She sold ads for a journal, worked for a temporary services agency, coordinated national conferences, and has been a professor at three different universities. She's been a researcher, counselor, editor, freelance writer, and executive director of two national membership associations. Whew!

This incredibly diverse background prepared Doris to be the awesome author and speaker she is today as well as a consultant to all sizes of organizations.

Can you trust Doris’ statements that meaningful, fulfilling work can be more important than a steady paycheck? Her associates once gasped in disbelief when she made an extraordinarily difficult decision that resulted in temporary unemployment while she built a new career. Doris turned down a grant funded at over \$500,000. It would have landed her a cushy job for three years. Why did she do this? “There was no challenge. If I had accepted the grant, I’d have been doing more of what I’d already done. I didn’t want to grow stale floating on a raft that was secured to a sturdy dock in a stagnant pond. An occasional Class 5 whitewater kayak trip makes my Spirit soar. If I don’t challenge myself, I’ll never know who I could have been.”

Like most of you, I’ve heard hundreds of speakers and read lots of books. Doris is different. She is a brilliant role model for her message. Her example inspires others like you and I to meet our full potential.

Doris is currently Executive Director of New Paradigm Seminars. She is also a frequent guest on television and radio programs such as CNN, The Today Show, and NPR. Some of her books have been printed in multiple languages with worldwide distribution.

Although Doris is now internationally known for her expertise, she overcame many very difficult personal and professional hurdles, some of which I wouldn’t wish on my worst enemy. Doris has lived on both sides of the track. She has experienced both poverty and plenty.

Doris is absolutely convinced that the times she was forced to hobble up steep trails strewn with jagged rocks for days, weeks, and sometimes years were her most important training experiences. Each journey prepared her to help people like you and I gain more joy and fulfillment.

Serving humanity as an author and speaker is Doris’ bliss. She genuinely cares about our well-being. You should see how radiant her face is when the “Aha’s” and smiles illuminate her audiences. Doris was born for this job, and you and I get to benefit from her date with destiny.

She specializes in no-cost ways to boost employee satisfaction, performance, and creativity, so you don’t have to wait until your organization becomes as concerned with your happiness as you are. You owe it to yourself to discover your bliss. Your journey to joy can be much faster and easier than you may think. Use Doris’ techniques on your own today. You will immediately have more fun at work.

Check out some of her other books and e-books. Unlike some authors who recycle the same message, each of Doris’ books contributes to your well-being in a unique way.

Take full advantage of the opportunity you gave yourself when you bought *Joy on the Job*. When the original seminar participants, including myself, tested Doris’ materials, we envisioned the www.MoreJoyOnTheJob.com web site as a resource for decades to come. Visit the site often. Download scads of free, helpful articles and mp3s. Topics are frequently updated and the articles are filled with wonderful content and strategies that will help you claim the happiness at work you deserve. While you’re at the web site, sign up for Doris’ popular, free e-zine, *More Joy on the Job*.

You are now part of a very special global community of employees and managers. We are all helping each other experience more joy at work. There are thousands of us, so you’re never alone when times are tough. Share your successes and request solutions to your dilemmas.

I look forward to meeting you at the web site.

BRING DORIS HELGE, PH.D. TO YOUR ORGANIZATION!

Doris Helge, Ph.D., has delivered thousands of presentations and training seminars to employees and managers at organizations as diverse as Regence BlueShield, the American College of Occupational and Environmental Health, Royal Bounty International, Bristol-Myers Squibb, Exxon-Mobil, the National Athletic Trainers Association, the University of Texas, the American Association of Occupational Health Nurses, and Vanderbilt University.

Doris’ dynamic presentations are packed with proven strategies based on over ten years of research that included interviews with managers and employees of 21 diverse companies and associations.

Her work is guaranteed to enhance leadership and elevate productivity, employee morale, and motivation. Because Doris is a master trainer, her audiences laugh while they learn the latest ways to improve performance and job satisfaction. Participants immediately use the new tools she teaches because she uses accelerated multisensory learning strategies that generate excitement and follow through.

Managers and employees explore innovative methods to easily resolve conflicts and improve communication. Doris prepares them to thrive during times of intense challenge and change. Leaders discover bold new ways to unlock their own peak potential, so they spontaneously motivate employees. Thorny diversity issues transform into organizational strengths. Harmony replaces the dysfunctional “difficult people syndrome,” so customer service improves remarkably. Work becomes much more fun and fulfilling for everyone.

If you want remarkable results from a professional speaker you will love to work with, contact Dr. Helge about a keynote speech, *Joy on the Job Seminar*, or consulting.

E-mail: Doris@MoreJoyOnTheJob.com

or

visit her website:

www.MoreJoyOnTheJob.com

Download her printer-friendly brochure. View a sample video of a presentation. Download lots of great articles you'll immediately use to create a more enjoyable work site or work force.

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For additional information concerning these books or the author's availability for speaking engagements, contact shimodapub@mindspring.com or Doris@MoreJoyOnTheJob.com

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**EXAMPLES OF TESTIMONIALS
CONCERNING THE LAST TWO DECADES
OF
DORIS HELGE, PH.D.’S WORK**

“You’ll get instant positive results. The techniques are well tested and easy to use. You’ll use Doris’ tools and information every day.”

Marsha Needham, Human Resources Director, CNN News,
Atlanta, Georgia

“You will receive rapid relief from difficult problems. If you want more fulfillment and happiness at work, this book is definitely worth your time and money. Whether you work in a large organization or out of your home, your satisfaction is guaranteed!”

Bill Uhl, Senior Instructor, OHV Training™ and winner of six
gold medals for the U.S.

“This is The Bible of Workplace Happiness! So much in one volume!”

William Richards, Managing Director, Royal Bounty, International

“Dr. Helge’s work creates immediate improvements in employee satisfaction and productivity. We’ve hired Doris to deliver several presentations. Our employees smile a lot more. They also read Joy on the Job over and over. Our teamwork is now the best it’s ever been!”

Pat Hollister, Marketing Associate, Allied Systems, International

“This book is addictive. You’ll read it from cover to cover, again and again. It’s guaranteed to increase your happiness at work.”

Kelley Sinclair, Medical Aid Technician, Chicago, IL

“This is different! It works! Doris’ comprehensive research led to remarkable insights and techniques I use every day. Doris writes in such a warm, conversational style. I feel like she’s talking directly to me.”

Kenneth Baker, Regional Manager, Cost Cutter, Inc.

“Doris’ work will help you master life.”

Mark Victor Hansen, Co-author, *Chicken Soup for the Soul*

“Everyone who hears Doris’ message gets charged and re-charged. After attending Doris’ seminar, I got a promotion I’d wanted for a long time. Now, each day at work is more exciting.”

Jeanette Geiman, CPS, Office Manager, Shell Oil, Houston, Texas

“Practical . . . Positive . . . Powerful! What a great speaker and author!”

Joan Sherwood, Ph.D., CEO, Corporate Training Assurance, Kansas City, Missouri

“Doris offered many solutions and tools that greatly helped our employees.”

Anita Orton, Manager of Human Resources, Regence BlueShield

“Excellent! Exactly what we needed. Great job!”

Kim Lindenfeld, Director of Customer Service, NFL & President, ICSA

“Doris gave so many wonderful new tools I can easily use right now!”

May Munder, Executive Assistant, Exxon Oil, Houston, Texas

“Helge spent years formulating steps you can follow to become happier and more fulfilled. Her work is a roadmap to joy and peace.”

Aquarius Magazine

“Doris’ work brought multiple benefits to my radio audiences.”

Elizabeth Ann Wright, Host, *Ultimate Solutions*, WGUN, Atlanta, Georgia

“You brought important information to our viewers, letting them know they are not alone and helping them know how to improve their lives.”

Peter Anthony Holder, Host, *CJAD Tonight*, Montreal, Quebec, Canada

“Doris’ work touched and changed my life forever.”

Mollie Jo Rogers, President, ABWA

“I loved it! I got tools that gave me enthusiasm and endurance during tough times.”

Ana Holland, Manager, Costco

“I’ve tried everything. Finally! Techniques that really work! Doris’ wisdom and warmth make the lights go on when other approaches fail.”

Sandy O’Donnell, Corporate Trainer, Nashville, Tennessee

“Doris is a winner in life and is able to communicate her winning skills and attitudes to others.

Dr. Jack T. Cole, Professor Emeritus, New Mexico State University

“I am proud to endorse your work. You have helped me.”

Sue Bailey, board member, Washington Society of Meeting Planners

“Doris’ work is a must for key decision-makers who want to stay on the cutting edge of business.”

Chad Boyd, Corporate Communications Manager, IntelliNet

“Thanks to Doris, I am FINALLY able to balance my personal and professional life. This book is the best bargain of this century!”

Lynn Johnson, certified athletic trainer, Seattle, Washington

“I would love to attend another of Doris’ events. Her program is excellent, and the seminar was definitely worth my time. Doris has extraordinary skills in working with a diverse group.”

Becky Jarvala, Washington State Farm Bureau, Olympia, Washington

“Doris is a great speaker . . . a good investment that can save you money.”

Marci Russo, Assistant Vice-President, Sun Trust Bank, Atlanta, Georgia

“I’ll never forget your warmth and how you touched my life.”

Carol Keeffe, author, *How to Bring What You Want Into Your Life With the Money You Already Have*

