

Coca-Cola



Shine

Bright

Turn On Your Happy
(The switch is in your hand)



I
am
an
artist



I
work
with
light



The “Inner Light” Collection

by Jessica Kizorek

We all have a light inside of us. Our inner light.
We carry it in our chest as we journey throughout life.
Some moments we are pure light, radiant and
wondrous. Other moments we are a black hole, brought
to our knees, our inner light gasping for breath.



You Have a Light Inside You

Turn It On.

Our Intention:

Provide

3

Tools/Strategies

to

EXPERIENCING HAPPINESS

More Easily and More Frequently



I

am

excited

about

"Shine Weeks"



I

am

in

love

with

Japan

I am in love with Japan's future.

I'm even writing a book about it.



剣と旭

"The Sword and the Rising Sun"

Women's empowerment through fictional characters set in modern day Japan

We Can Do It!





Misato Oi

Student of Economics at Kyoto University.

2013-2014 TOMODACHI MetLife Women's Leadership Program.

2014 Japan representative at the G(irls) 20 Summit in Sydney, Australia, that brings one delegate from each G20 country.

Finalist during the 2011 FedEx Express Junior Achievement International Trade Challenge.

Won the EU grand prize in the Fourth Japan-EU Haiku Contest held in 2013 and awarded a trip to Brussels.

Ten years experience in Judo.



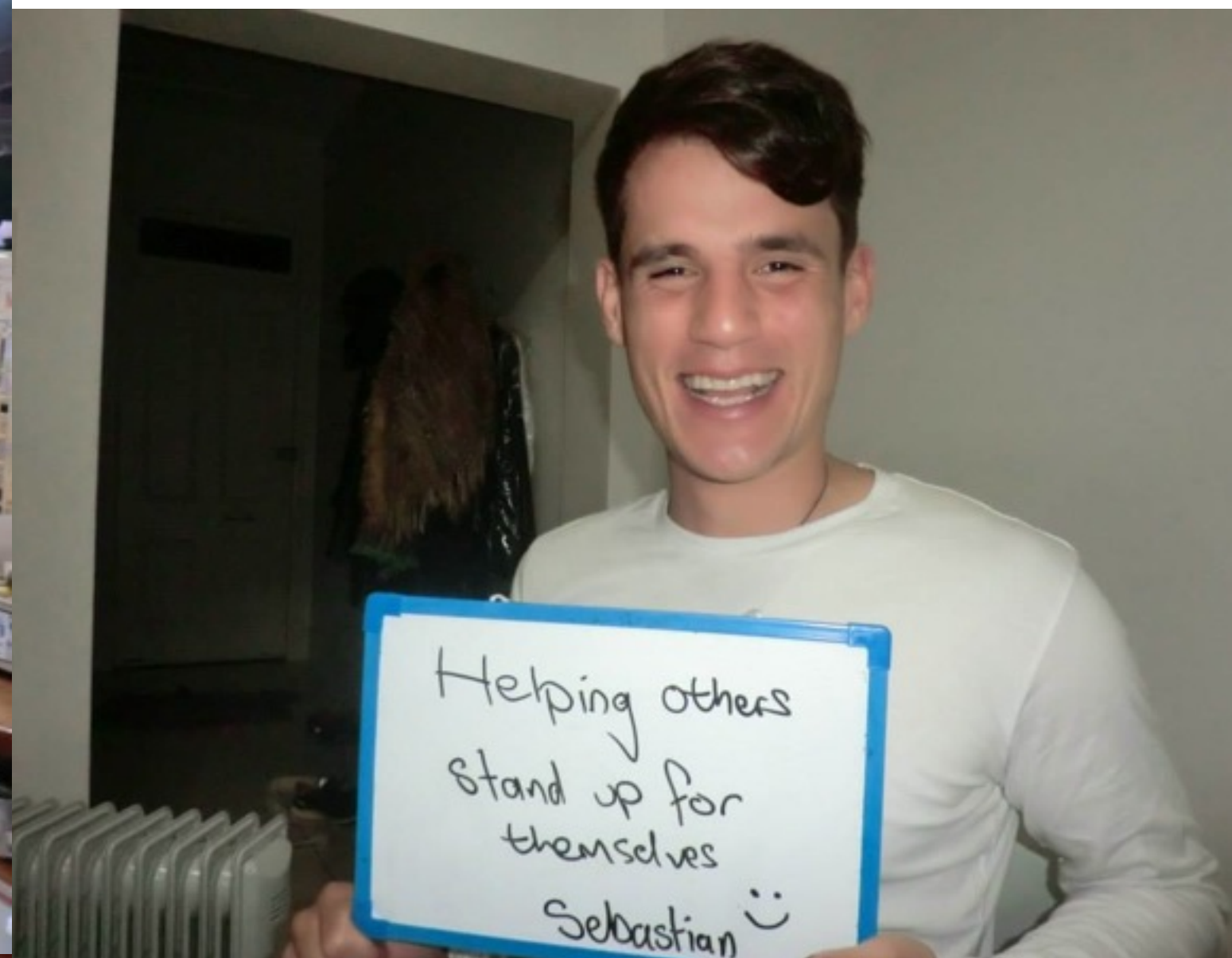


MetLife Australia





Verbal





Non-Verbal

Happy

Versus

Unhappy

Emotions Worksheet



Audience Participation

Let's **EXPLORE** Happiness



Gauging Happiness Worksheet

Add Up Your “Happiness” Score:

60-40 : Happiness is abundant...you are a light to others.

40-30 : Your light is on, but it could shine brighter.

30 and below : Time to focus on cultivating happiness...
Time to find the switch.

You won't always be

Happy

Let's **EXPLORE** Unhappiness



Gauging Unhappiness Worksheet

Add Up Your “Unhappiness” Score:

60-40 : Be aware of your unhappiness, find your own way to release negative energy.

40-30 : Time to focus on taking care of yourself.

30 and below : There is no adventure without Challenges to overcome...

**It's OK To
Seek Help.**

Neuroscience



Biorhythms & Monthly Cycle

Focus on tasks that match your energy level (of that day).

If you feel particularly energized and optimistic, tackle something challenging.

If you feel low-energy and brain-dead, focus on easier more mundane tasks that day.

Listen to your body.

Listen to your mind.

"Circumstantial"

Happiness

VERSUS

"Synthetic"

Happiness

"Circumstantial"

Happiness

VERSUS

"Synthetic"

Happiness

**Fake It
Till You
Feel It**

Experiment

Happy

Versus

Unhappy

Back To Emotions Worksheet





3

Tools/Strategies

to

EXPERIENCING HAPPINESS

More Easily and More Frequently

Tool #1

Set up “Happiness Triggers” in your environment to train your brain



Tool #2

Praise others...their spark of happiness will ignite your own



Tool #3

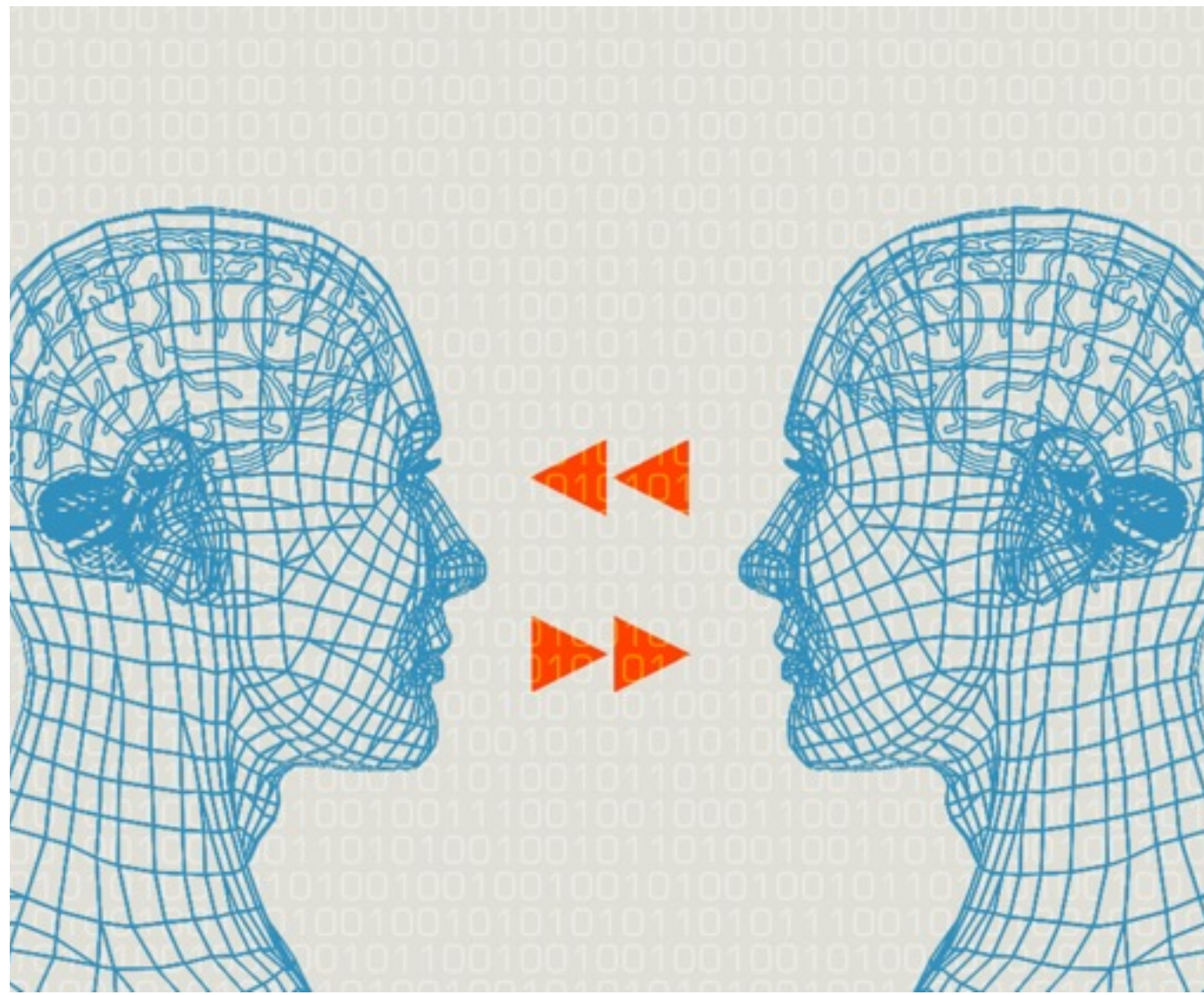
**Listening for happiness...invite others
to share what makes them happy**





Look Around The Room

Not only can you see happiness...
you can **FEEL** it in the air.

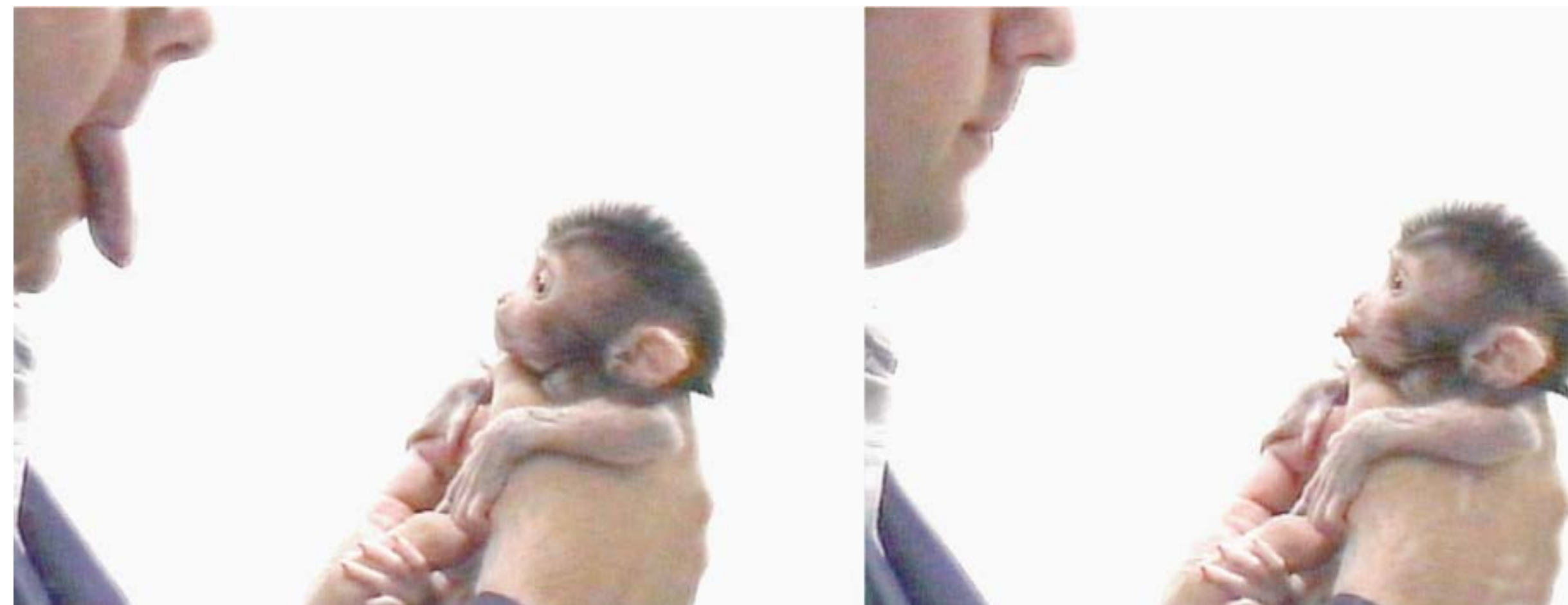


Scientifically Proven **MIRROR NEURONS**

A mirror neuron is a neuron that fires both when we do something AND we watch somebody else perform that same action.

There's even evidence that this happens on an emotional level when we observe the physical manifestation of someone else's emotional state. Science is showing that we're designed to internally mirror others' experiences...

When we see it, we can feel another's pain...or happiness.





Please com
Receive

TOMU
DACHI

TOMU
DACHI



Coca-Cola **Core Values**

Leadership (The courage to shape a better future)

Collaboration (Leverage collective genius)

Integrity (Be real)

Accountability (If it is to be, it's up to me)

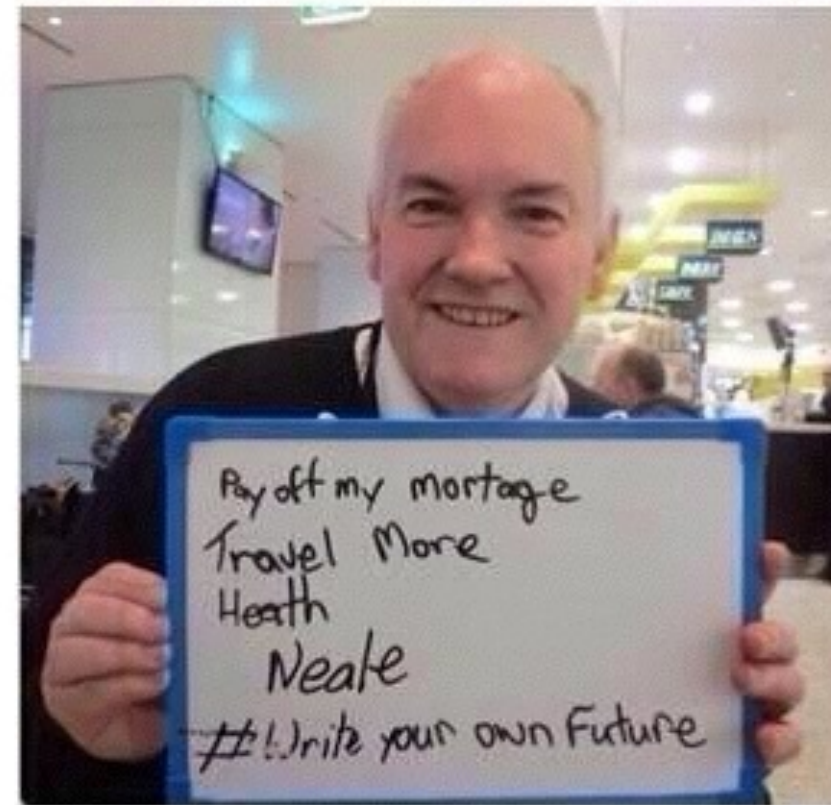
Passion (Committed in heart and mind)

Diversity (As inclusive as our brands)

Quality (What we do, we do well)

Choose Happiness

#WriteYourOwnFuture





**Your
New
Happiness
Trigger**



One day...





One day...

Set goals for the future...

...but remember that happiness doesn't exist in the future.

So choose a path that makes you happy today.

Coca-Cola Leadership Behaviors

Work Smart

Act Like Owners

Be The Brand

Live Our Values

Inspire Creativity, Passion,

Optimism and FUN!



TurnOnYourHappy

(You have the switch in your hand)



Happiness is a Choice

Choose Happiness For Yourself.

Choose Happiness For Others.

It's CONTAGIOUS!