



Haptivate



Culture hackathons

Co-create a happier working culture

**Harness the
science of happiness
to transform your
organisational
culture.**

Culture hackathons

Tap into the skills, creativity and passion of your team to enhance your workplace culture.



Create a happier working culture in just half a day...

Get a crash course in the latest research into the science of happiness at work.

Discover your colleagues unique values and talents.

Then team up and race against the clock to develop a small project to make your organisation a happier place to work!



What does this workshop include?

- ⊕ defining and understanding wellbeing and happiness at work based on the latest scientific research
- ⊕ Ice-breakers to discover one another's unique personal goals, values and talents
- ⊕ the eight leading drivers of wellbeing at work and how they manifest at personal, team and organisational levels
- ⊕ Getting into small groups and co-creating an idea to boost happiness at work, before time runs out
- ⊕ exploring the neuroscience of stress, relaxation, social connection, motivation and job satisfaction
- ⊕ A roundup report about all your creations to circulate within your organisation and inspire further action and innovation

I can't recommend Haptivate highly enough. They're subject matter experts who make exploring happiness, wellness, and health at work relevant and interesting. Their workshops support us to incorporate health and wellbeing into everything.

David Benson
Head of Organisational Development, Catalyst





What you get

An engaging, interactive team building workshop

tailored to your needs and led by an experienced facilitator

Cutting edge content

based on the latest scientific research and best practices

Creative activities

to breathe new life into your team culture

Including:

- Ice-breakers
- Exploring strengths and values in your team
- Identifying challenges and setting goals
- Brainstorming ways to create a happier workplace
- Developing a wellbeing action plan for your organisation

A free digital resource pack

Including:

- The workshop slides
- Hackthon roundup report
- The Haptivate team building app
- List of recommended further reading
- Guided mindfulness audio

I would highly recommend Haptivate to other organisations – their workshops could not be more relevant to what is happening in these uncertain times. We have already booked three more!

Luisa Hinds
Programme Officer,
Chevening



Book now

Empower your people with a wellbeing workshop aligned to your unique goals and team culture.

Our team will help you find the perfect fit.

Book a free consultation today

or

Submit an enquiry form

10 reasons you'll love Haptivate

Tailored fit

We design our workshops to match your culture and help you achieve your unique goals.

Inclusive and accessible

We'll show you how anyone can tap into their own biology to feel happier.

Evidence-based approaches

Discover proven tools based on the latest neuroscientific research.

Hands-on and interactive

Experience for yourself how you can change your neurochemistry to lift your mood.

Stress-busting and energising

We'll show you techniques that will have you feeling re-energized in a matter of minutes.

Down-to-earth facilitators

Our team impart expert knowledge with enthusiasm, humility and humour. No gurus allowed!

Cultivate connection

We create a safe and supportive atmosphere to discuss and explore personal wellbeing.

Innovative strategies

Explore the innovations used by best-in-class organisations to boost wellbeing and productivity.

Make it your own

We'll help you to embed wellbeing best practices into your distinctive organisational culture.

Instant impact

You'll come away with tangible actions you can take for an immediate improvement in wellbeing.

Working with Haptivate helps us to take practical action to address wellbeing. We have seen the benefits of greater understanding, improved communication and collaboration across the organisation.

David Leeves
Director of Social Mobility, One Housing

One Housing

Book now

We stand behind our workshops with a no questions asked money back guarantee.

Get started with total confidence.

[Book a free consultation today](#)

or [submit an enquiry form](#)



**Harness the science
of happiness...**

**to help people feel and
perform at their best.**



Research shows happy people do better work,
boosting your bottom line.

20%

more productive

37%

higher sales

34%

lower staff turnover

37%

less sick leave

Make the most of your talent and enhance wellbeing at work with Haptivate workshops, training and consulting, read on to find out more.



Haptivate

Our mission is to challenge the way people think and feel about work, offering new approaches that are supported by scientific evidence.

We do this by providing training and consulting based on the latest research into productivity, resilience and wellbeing at work.

We help our clients transform their culture, unlocking sustainable productivity and innovation driven by the happiness of their people.



Rosa Connor
Co-founder



James Pacey
Co-founder

**Take your first step
towards a happier
workplace...**

Contact us today for advice on how we can help you.

[Book a free consultation](#)

or

[Submit an enquiry form](#)



Haptivate

We believe that everyone has the potential to feel happier. Using the latest research into the science of happiness and wellbeing, we help individuals and organisations to make practical changes to lead happier and more productive working lives.

Every time an organisation works with us, money goes towards projects that teach wellbeing skills to young people and communities.

Leading organisations partner with Haptivate



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