

# Brighten up Brexit, get a Happiness Award

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Workplaces are invited to brighten up Brexit uncertainty and bank some positivity by taking part in the National Happiness Awards (<http://www.laughology.co.uk/happiness-awards/national-happiness-awards-2019>), which are Britain's brightest and boldest award scheme.

Organisers are inviting nominations from all workplaces and workers in the UK, whether they are European or not. The aim is to show the world that happiness has no boundaries.

Categories in the workplace section of this year's awards are Happiest Workplace, Happiest Employee and Happiest Team.

The National Happiness Awards identify and reward individuals, businesses and organisations who are improving lives with happiness. And with continuing uncertainty over the terms of Brexit, organisers are urging workplaces to get their nominations in soon to ensure they have something to look forward to, should the UK crash out of the EU without a deal.

National Happiness Awards founder, Stephanie Davies, said: "There's never been a more important time to celebrate positivity and workplace wellbeing and happiness. It has been a year of uncertainty for many and one thing workplaces, employers and employees can do develop positivity, productivity and resilience is to concentrate on happiness. It is a vital element of any people-focused organisation and in many ways, it is more important than financial benefits because it is sustainable, it improves mental health and wellbeing and it promotes long-term growth and development."

Nominations are invited from businesses, charities, organisations, public sector bodies and individuals. The nomination process is quick and easy. Former winners include Bupa, The Outward Bound Trust and Burges Salmon.

Judging panel member and CIPD Director of Business and Markets Development, Gill White, said: "It's always a delight to judge the Happiness Awards. I often find myself on a roller coaster of emotions from tearful inspiration to belly laughter. The people and teams who are nominated are quite simply changing others' lives for the better, and what can be more important than that?"

Wayne Close, General Manager of BUPA UK Health Services, is also one of this year's judges. He said: "It's a real accolade to win one of these awards."

Each National Happiness Awards category is judged by an independent panel which includes business experts, HR professionals and psychologists. Winners will be announced at a gala ceremony in London on November 22nd.

The workplace awards Gold sponsor is Simply Better Events and the event will raise money for Haven House Children's Hospice.

For more information go to our website

(<http://www.laughology.co.uk/happiness-awards/national-happiness-awards-2019>) or contact:

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