

The Practice Plan Workshop Tour

Session 1

The Happiness Effect Ingredients

We looked at the foundations of happiness, from brain chemistry to social connection:

- **DOSE:** understanding the four feel-good brain chemicals – *Dopamine, Oxytocin, Serotonin and Endorphins*
- **Psychological safety:** why feeling safe, seen and supported helps teams thrive
- **Thinking fast and slow:** how stress influences our decisions and behaviours
- **Having a laugh:** using laughter to ease tension and strengthen bonds
- **Good humour ingredients:** keeping humour inclusive, uplifting and connection-boosting
- **Warm connections:** practical ways to build trust, empathy and belonging.



Happiness Highlights

Session 2

Growth Mindset

We explored how mindset and environment influence the way we feel and work together:

- The **brain's complexity** and why it matters for teamwork
- **Growth vs. fixed mindset** – how beliefs shape responses to setbacks and opportunities
- Ways to **apply a growth mindset** daily in the practice
- The role of **curiosity** – asking better questions to spark better thinking
- **Encouraging others** – how to share a growth mindset to lift everyone.

Session 3

From Ideas to Action

We focused on challenging old habits, embedding change and leaving with a plan for happier ways of working:

- **FLIP-it thinking:** reframing problems into possibilities
- **Shifting focus:** training your brain to notice what's going well
- **The chuck-it bucket:** letting go of draining habits and behaviours
- **Three magic questions:** what to stop, start and continue to boost positivity and progress
- **Pattern breaking:** disrupting routines to make space for better ones.



It's reflection time!

Your personal Happiness Effect top tips to put into action.

Session 1 – The Happiness Effect Ingredients:

What's your top takeaway from this session?

1

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Session 2 – Growth Mindset:

What will you do to build more of a growth mindset in yourself and encourage it in others?

2

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Session 3 – FLIP-it Thinking:

What will you stop, start and continue doing to bring The Happiness Effect to you and your team?

3

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Shifting Focus

HA!
HA!

Circle of concern

Circle of control



Dental Practice 'Wish List'

What would make your practice even better - for you, your team, your patients, and the experience you deliver every day?

Tangible Wishes

e.g new chairs in the waiting room

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Intangible Wishes

e.g a 'floating' nurse to cover sickness and lunches

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