



A 30-Day Journal to Help You Experience and Spread Joy

KATHY Parry
Corporate Energy Expert



Joy Jolt: Ignite the **POWER** that Energizes Teams

With Kathy Parry, CSP – Corporate Energy Expert





3rd Place

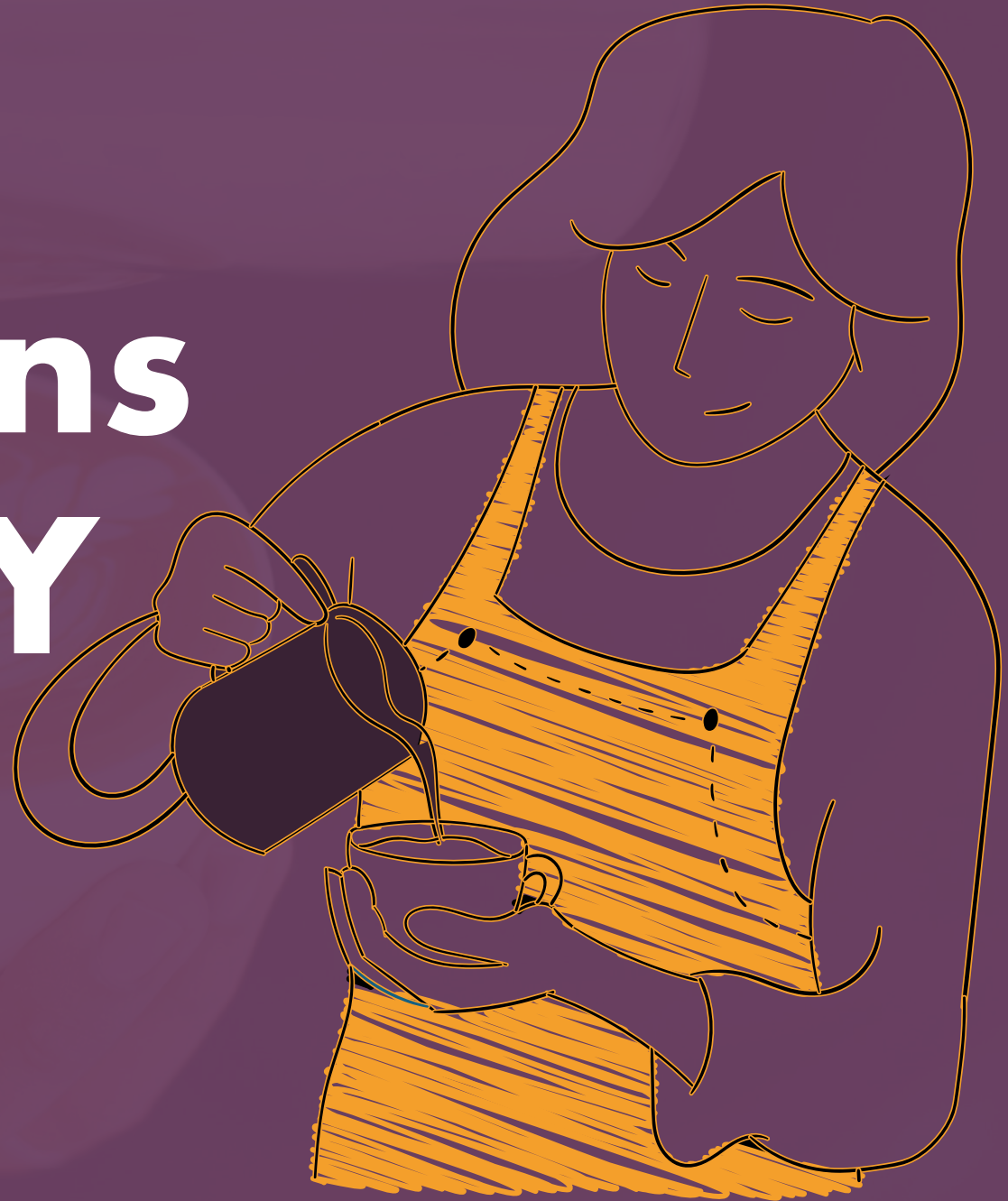


GIVE THE *Gift* OF STARBUCKS



“

**Connections
Bring JOY**



Today

- Joy VS Happiness
- The Problem with JOY
- 3 Things to Bring JOY to Your Culture

Joy vs

Happiness



PLEASURE

SATISFACTION

PURPOSE



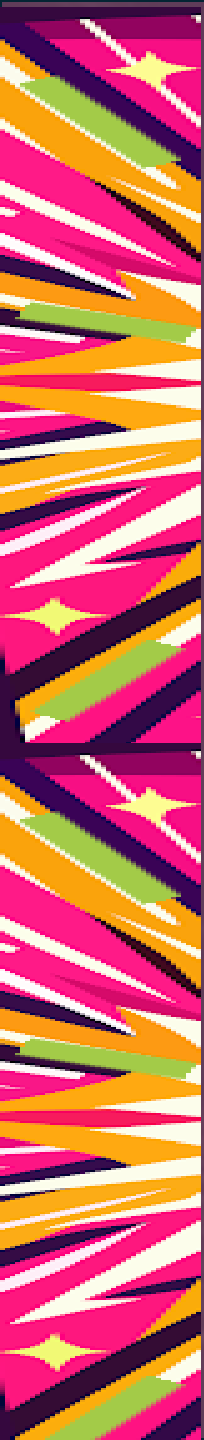
Joy Defies

Circumstance

STARBUCKS COFFEE



The Problem With JOY



**We Want to
Experience and
Spread JOY
Despite
Circumstances**



“JOY JOLT:
Inner Spark
With
Outer Reach





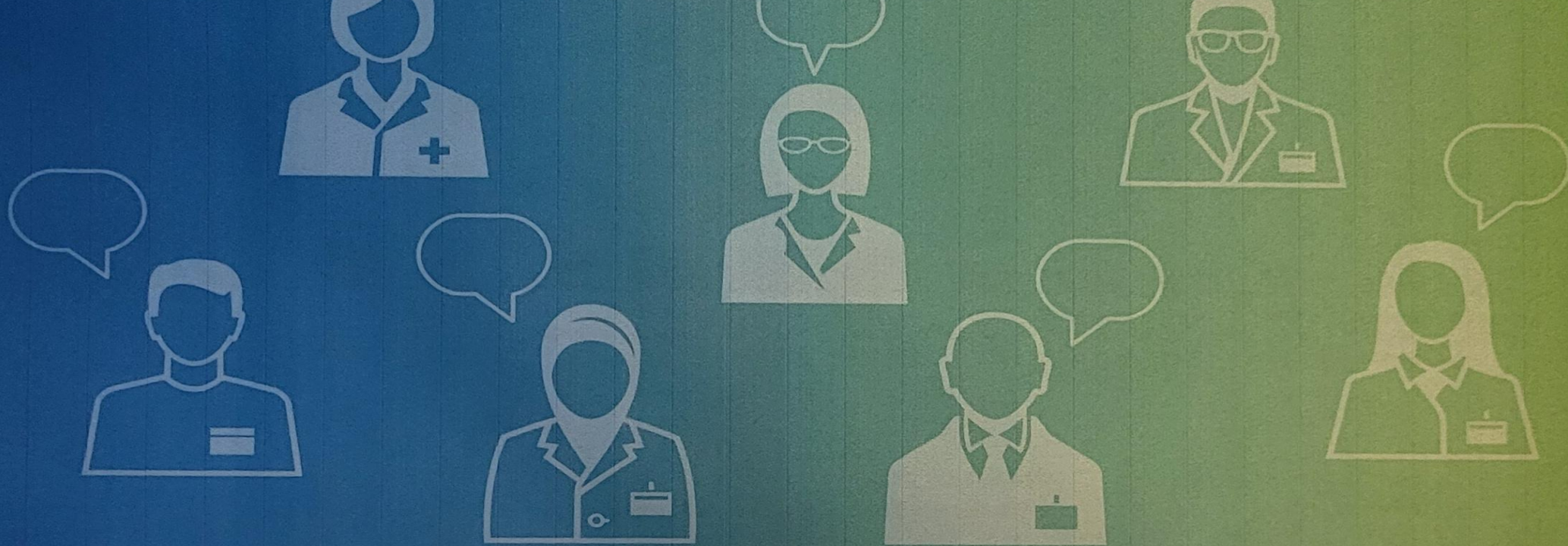
What Happens If You Don't Emphasize Joy in Your Culture? Or Manage Expectations?



BURN OUT

STRESSED OUT

WALKING OUT



SURVEY REPORT

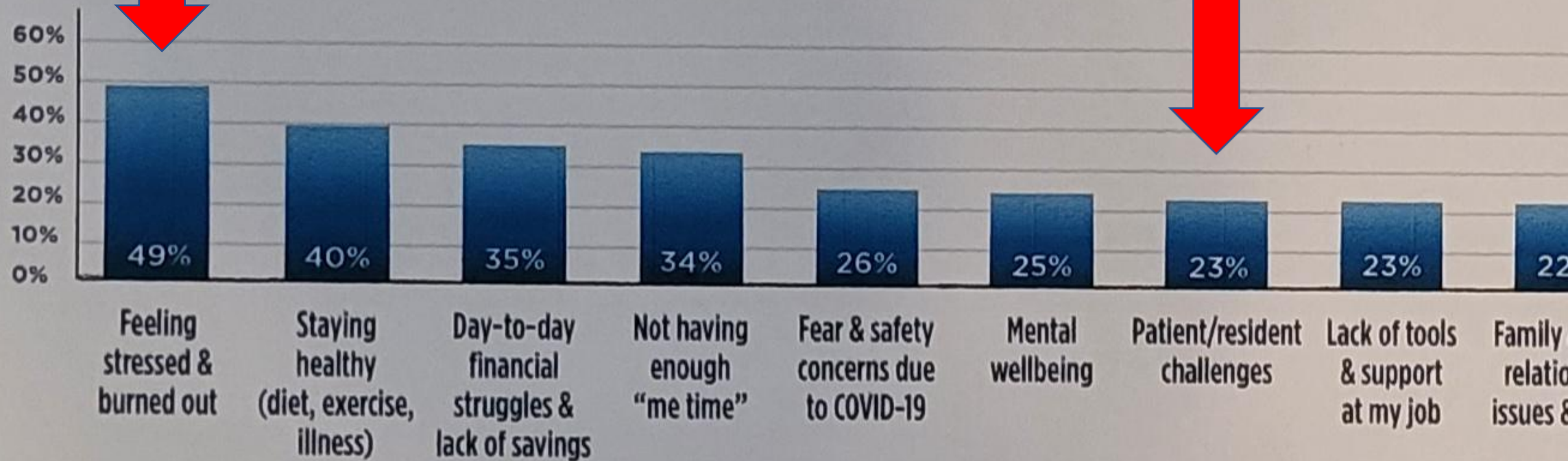
Employee Perspectives

INSIGHT INTO THE PERSONAL AND PROFESSIONAL NEEDS,
WANTS & CHALLENGES OF SENIOR CARE EMPLOYEES

On)Shift

Survey Results

What are the most significant challenges that you are currently experiencing?



How would you rate your overall satisfaction with your current situation?

- **Mental Health Initiatives**
- **Wellness Committee**
- **Acknowledge Stress**
- **Not Taking Work Home**
- **Childcare Solutions**
- **Resources Available**



**3 Ways to
Bring JOY**





**JOY
JOLT**

www.KathyParry.com

PURPOSE

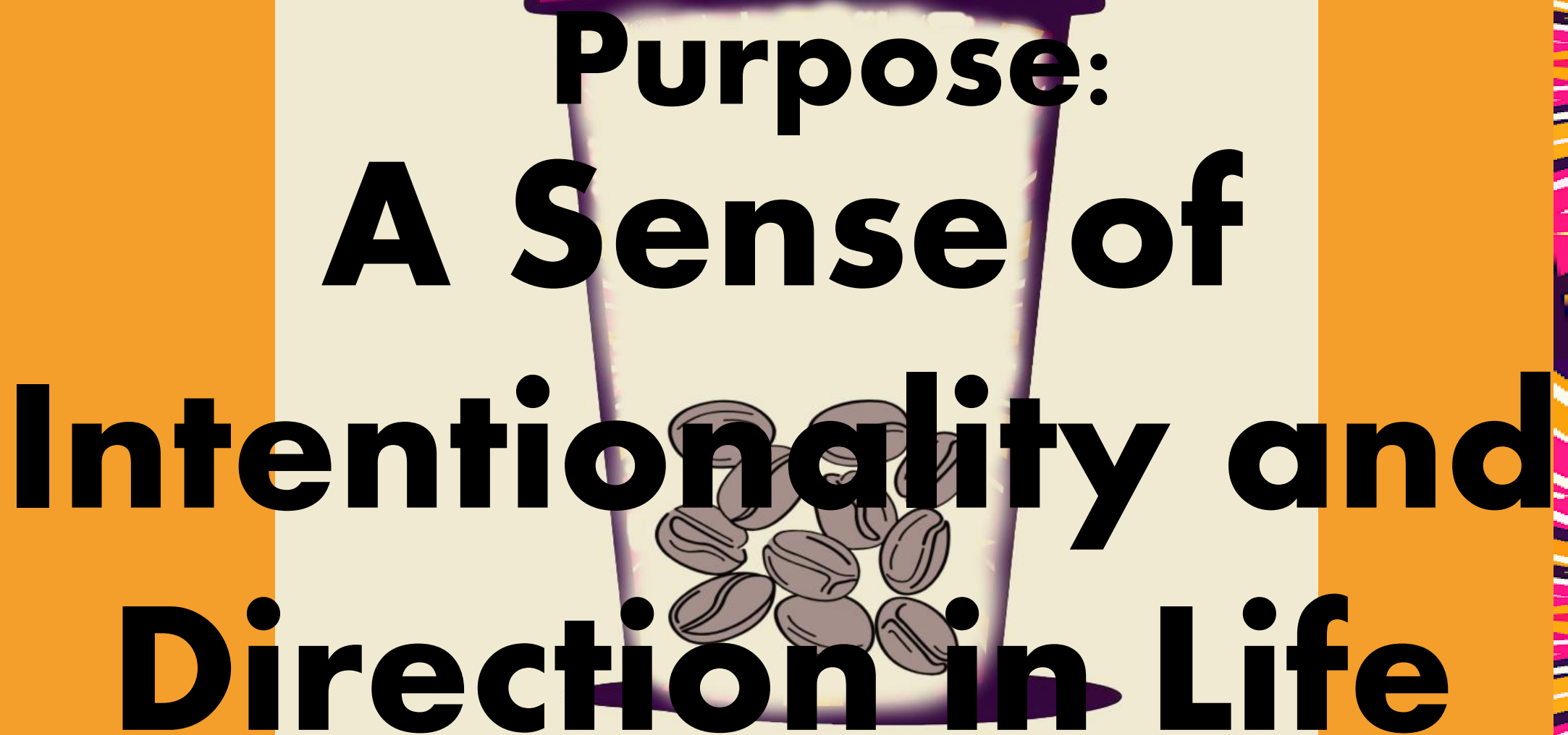


LOYALTY



GRATITUDE





**Purpose:
A Sense of
Intentionality and
Direction in Life**





**97% of Employees Who
Experience Purpose Are
Engaged in Their Work**

**Compared to 55% Who Do
NOT Experience Purpose
in Their Work**

**Purpose Can
Taste Bitter**



- **Workforce Issues**
- **Regulations**
- **Expectations**
- **No Time/Overtime**
- **Budgets / Cuts**
- **Misunderstood**

Clarity of Purpose



Purpose Themes:

Connection

Engagement

Vocation/Education

Support

Wellness

Purpose Themes:

“Tell about a time you knew you were in the right place, doing the right work.”



“

**Understanding
Your Purpose
Precedes Your
Ability to Spread
JOY**



Loyalty:







Incivility

Lack of Trust

**Poor
Communication**

**Constant
Disruption**

**Ineffective
Leaders**





TRUST



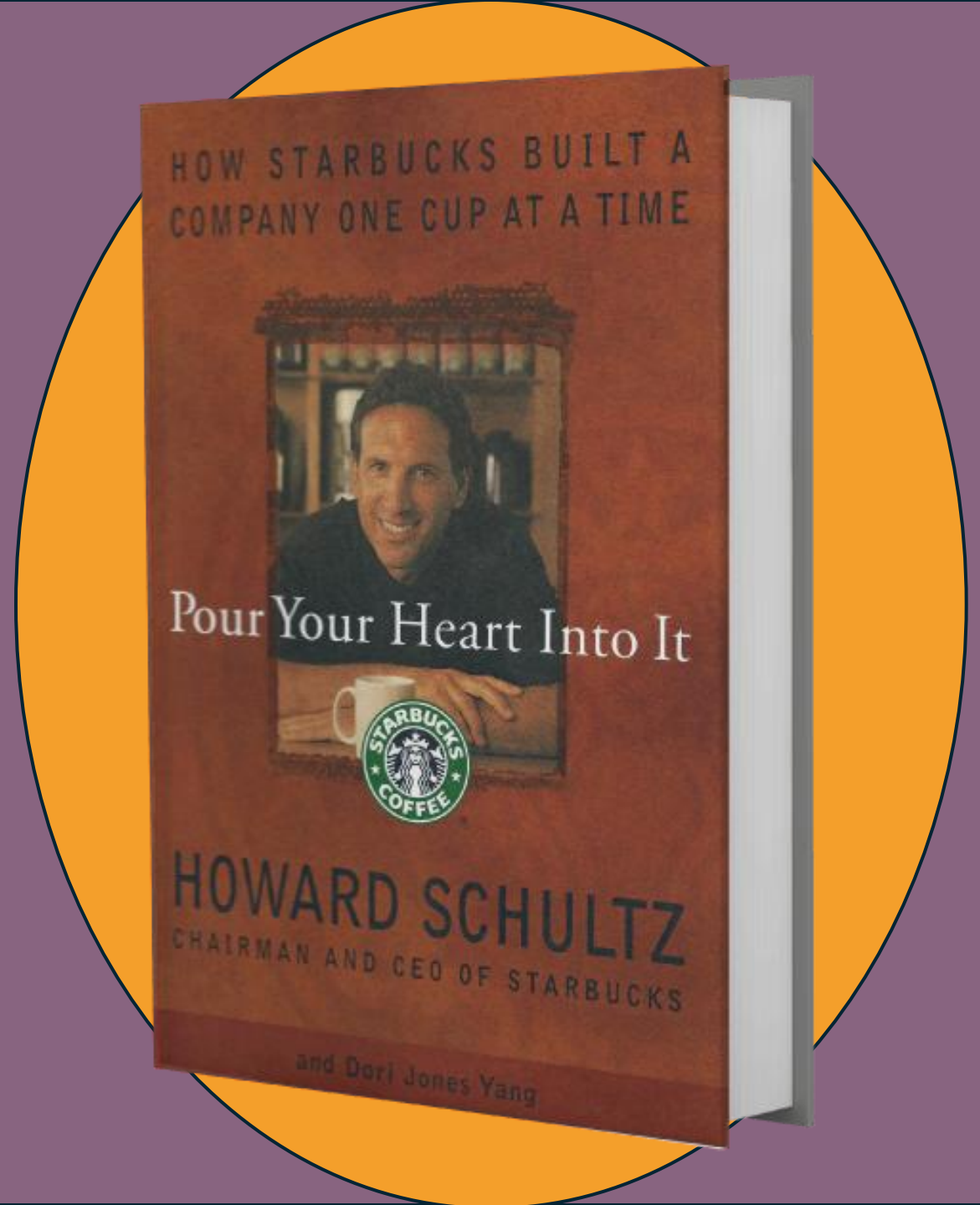
- **Honesty/Transparency**
- **Respectful Interactions**
- **Empathy/Compassion**
- **Timely Responses**
- **Civility/Professional**
- **Humility**





The background is a purple-tinted photograph of coffee. In the foreground, there are two coffee cups on saucers. One cup is in the center, and another is slightly behind it to the right. To the left, there is a pile of coffee beans. The overall scene is softly lit, creating a warm and inviting atmosphere.

Disruptions





CURIOSITY



FLEXIBILITY



OPTIMISM

*Curiosity
turned
frustration into
discovery.*



SHOUT OUT:

Where do you need to be more

Curious?

Flexible?

Optimistic?

“ Remove the
Impurities from
Your Team to
Keep People Loyal



Gratitude





DECAF

SHOTS

SYRUP

MILK

CUSTOM

140

DRINK





**“It isn’t a matter of respect; it is a matter of neglect.”
Your team wants to be acknowledged.**

Gallup and Workhuman recognition is

fulfilling, authentic,

equitable, embedded in

company culture, and

personalized to the

individual

CAP

CELEBRATE

AUTHENTIC

PERSONALIZED



 kathypgillen

- Home
- Create
- Library
- Explore
- Search
- Notifications

100 Credits

Upgrade to Pro


- Invite friends
- What's new? 20
- More from Suno



Maria, You Shine

 kathypgillen

pop, female vocals

Maria's Song 

June 4, 2025 at 12:19 PM v4

 2    


[Chorus]

Maria you shine brighter than the sun
You make the hard days feel like fun
With every smile you light the way
You go beyond in every way

 Edit Displayed Lyrics



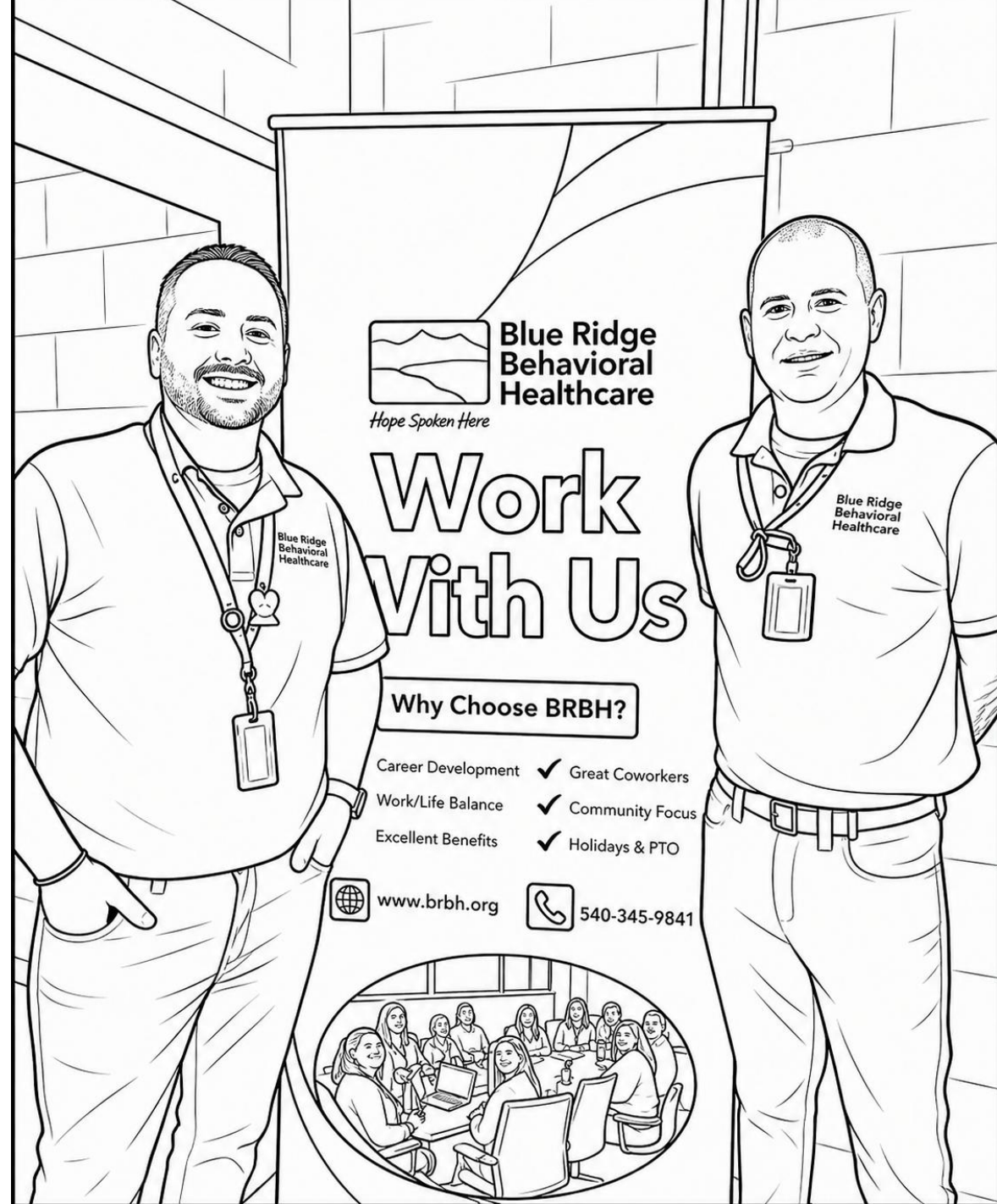
 Write a comment

No comments yet!



Maria, You Shine
kathypgillen | 01:24 / 02:24



- **How Are You Celebrating?**
- **What Are You Celebrating?**
- **When Are You Celebrating?**
- **Does the Team Understand
What is Celebrated?**
- **Is Everyone Involved?**



“

**Gratitude Shown
to Another
Warms All Future
Interactions**



Today

- Joy VS Happiness

- The Problem with JOY

- 3 Things to Bring JOY









2
Minutes

PURPOSE DISCOVERY & MICRO-MOMENTS OF PURPOSE WORKSHEET

Purpose at work isn't just about the tasks we complete; it's about the impact we make and the meaning we find in what we do. When we feel a deep connection to our work, we are more engaged, productive, and resilient. But without a sense of purpose, teams can become disengaged, leading to costly turnover, burnout, and stagnation. In this worksheet, you'll reflect on what drives your sense of purpose and identify small actions to make your daily work more meaningful. This is not just about finding purpose; it's about sustaining it. Use the following sections to explore your own personal purpose and the micro-moments that bring fulfillment to your work.

Section 1: Personal Reflection

What activities or tasks make you feel the most fulfilled at work?

When was the last time you felt truly energized by something you did professionally? Describe the experience.

Checklist:

- Start your day by setting an intention for how you want to contribute.
- Keep a daily log of moments where you felt energized or proud.
- Have a conversation with a colleague about a time when your work made a difference.
- Write a short note of appreciation to someone whose work inspires you.
- Identify one small action you can take today to align more with your purpose.

Section 2: Strengths and Passions

What are your top three strengths in your work?

What work-related tasks do you enjoy the most? Why?

Checklist:

- Make a list of tasks that excite you and find ways to do more of them.
- Ask a mentor or colleague what strengths they see in you.
- Volunteer for a project that aligns with your strengths and passions.
- Set aside time weekly to develop a skill that brings you joy.
- Reflect on a time when using your strengths made a positive impact.

Section 3: Impact and Legacy

How does your work positively impact others?

If you could be remembered for one contribution in your career, what would it be?

Checklist:

- Keep a file of thank-you notes or positive feedback from colleagues or clients.
- Take a few moments each week to reflect on how your work has helped others.
- Share a story in a meeting about a meaningful impact you've had.
- Identify one way to make a greater impact in your role.
- Mentor someone who is earlier in their career to pass on knowledge and purpose.

Section 4: Alignment and Action

Does your current role align with your sense of purpose? Why or why not?

What steps can you take to bring more purpose into your daily work?

Checklist:

- Revisit your company's mission and connect it to your daily tasks.
- Schedule time with your leader to discuss how you can align your role with your purpose.
- Set personal purpose goals for the next quarter.
- Seek out professional development opportunities that fuel your passion.
- Create a 'purpose statement' that summarizes why your work matters to you.



Celebrate and Acknowledge Form

We want to know how you like to be celebrated and acknowledged

What does a great team member do?

What are ways we can acknowledge you as a great team member?

- | | | |
|---|--|--|
| <input type="checkbox"/> Mentioned on our social media | <input type="checkbox"/> Spotlight at team meeting | <input type="checkbox"/> Acknowledgement in a public space |
| <input type="checkbox"/> 15 minute longer break | <input type="checkbox"/> Leave work 30 minutes early | <input type="checkbox"/> The best parking spot |
| <input type="checkbox"/> Phone call or email from manager | <input type="checkbox"/> Favorite lunch or snacks | <input type="checkbox"/> Other: |

Favorite Snacks

Favorite Beverages

Favorite Hobbies

Favorite Places to Eat Out

Can we celebrate your birthday? Do you like cake?

Do you volunteer your time at any organizations? If so, which ones?

Scan this QR code



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www.KathyParry.com

Purpose
Trust
Empathy
Change
Celebrating





You
Ignite
Joy!

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A 30-Day Journal to Help You Experience and Spread Joy

KATHY Parry
Corporate Energy Expert

Joy Jolt: Ignite Your Culture with Purpose

With Kathy Parry, CSP – Corporate Energy Expert

