

Fulbright Scholar Daniela Jines Launches Neuroscience-Based Framework to Address Workplace Burnout

Drawing on research, international experience, and years of work in organizational well-being, Daniela Jines presents a science-based approach to helping employees and organizations thrive.



Honolulu, Hawaii Jun 4, 2026 (IssueWire.com) - As organizations around the world continue to face rising levels of burnout, stress, disengagement, and mental health challenges, organizational happiness expert and Fulbright Scholar Daniela Jines is introducing a practical framework designed to help organizations create healthier and more sustainable workplace cultures.

The framework, known as the HAND Method, combines principles from neuroscience, psychology, organizational behavior, and human-centered leadership to help organizations strengthen employee well-being while improving performance, connection, and engagement.

Jines is the founder of Happy Organizations, an organization dedicated to helping workplaces become environments where people can thrive both personally and professionally. Throughout her career, she has worked with leaders, organizations, and communities across multiple countries, focusing on the relationship between happiness, performance, mental health, and organizational success.

“Many organizations are searching for ways to reduce burnout while maintaining performance,” said Daniela Jines. “The goal is not simply to make employees happier. The goal is to create conditions where people can perform at their best while protecting their mental and emotional well-being.”

According to global workplace studies, employee burnout continues to affect productivity, retention, engagement, and overall organizational health. The HAND Method was developed as a practical response to these challenges, providing organizations with tools that can be adapted across industries and workplace settings.

Jines is also the author of the book *For Those Who Have a Job and Are Not Happy... Yet*, which explores the science of happiness at work and offers practical strategies for improving well-being in professional environments.

In addition to her work through Happy Organizations, Daniela Jines has been recognized internationally for her contributions to organizational well-being, leadership development, and workplace culture. Her work integrates scientific research with practical applications that organizations can implement immediately.

Organizations, leaders, and professionals interested in learning more about the HAND Method and workplace happiness initiatives can visit:

www.happyorganizations.org

About Daniela Jines

Daniela Jines is a Fulbright Scholar, organizational happiness strategist, author, speaker, and founder of Happy Organizations. Her work focuses on the science of workplace well-being, leadership, organizational culture, and mental health. She has worked with organizations and communities across multiple countries and is dedicated to helping workplaces become environments where people can thrive.

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