



AMY BLANKSON

# STRATEGIC HAPPINESS

## RETHINKING STRESS AND SUSTAINING POSITIVE CHANGE

CATEGORIES: Leadership, Trust, Authenticity, Engagement

Happiness is the greatest competitive advantage in the modern economy, yet so often it is seen as a luxury at work. However, a decade of research shows that training your brain to be positive at work actually fuels greater success. In fact, 75% of our job success is predicted not by intelligence, but by your optimism, social support network and the ability to manage energy and stress in a positive way. It is time to get strategic about how we can raise happiness levels at our organizations to empower teams to reach their full potential. In this talk, Amy draws on her experiences working as Co-founder of global consulting firm GoodThink to empower teams that happiness is a choice, happiness is a habit, and happiness spreads. She explains how we rethink stress in the midst of change and challenge and how we can lead positive change from any position in the organization.

### LEARNING OBJECTIVES:

- Learn how the field of positive psychology has changed everything we thought we knew about finding happiness and success.
- Understand why happiness is a choice and not a genetic or environmental byproduct.
- Discover practical strategies for practicing happiness on a daily basis.
- Uncover the power of emotional contagion and use positive social influence to deal with toxic co-workers.

### BEST AUDIENCES:

Sales, Entrepreneurs, Financial Services, Direct Sales, Technology, Education