

Happy Brain Science

Fostering productivity, creativity & happiness through the application of cutting-edge brain science.

The Science of Being Happy and Productive at Work!

Short Workshop Description

Studies show that happier people are more productive, creative, insightful, engaged and resilient. They are also healthier and more sociable. Grounded in solid scientific data, this award-winning presentation covers dozens of actionable techniques to increase job happiness, organized around the themes of goals, relationships, and attitude. Gain specific strategies to...

- Effectively cope with stress
 - Reboot your workflow for increased focus and creativity
 - Develop and sustain happiness
- ...and more!

Long Workshop Description

Studies show that happier people are more productive, creative, insightful, engaged and resilient. They are also healthier and more sociable. Grounded in solid scientific data, this presentation covers dozens of actionable techniques to increase job happiness organized around the themes of goals, relationships, and attitude.

In this workshop, attendees will gain specific strategies to effectively cope with stress, reboot workflow for increased focus and creativity, build and invest in relationships, and develop and sustain happiness.

As we dive into each theme, attendees will learn about and practice science-based strategies and activities to achieve the benefits of being happier and more productive. Power-Posing like a super hero (to lower stress and boost confidence), writing down a Best Possible Future (to boost optimism and progress towards goals), and experiencing Mirror Neurons (to resonate with others and build relationships) are just three of the many activities that attendees will participate in during this interactive and action-inspiring workshop.

Attendees will leave the workshop with a solid understanding of what happiness truly is, according to science, and will be equipped with dozens of immediately applicable techniques for developing and sustaining happiness in themselves and in others.