

Neil Pasricha

Bestselling Author of "The Happiness Equation"

1. HAPPINESS

THE HAPPINESS EQUATION: Science-Backed Habits to Cultivate Positive Mindset

We live in a world where we're bombarded by change, expectation, and uncertainty. News media hijacks our brains while social media tells us we are never good enough. Anxiety, depression, and loneliness rates are at record highs. What we need is a splash-of-cold-water talk that is science-backed, story-laden, and full of laughs. Audiences learn how it is possible, despite larger tectonic plates they cannot control, to use specific research-backed tools and practices to cultivate a habit-based positive mindset every day. Based on Neil's #1 international bestseller *The Happiness Equation*.

2. CHANGE

BE HAPPY FIRST: Resilience and Breakthrough Performance In Times Of Change

After Neil's wife left him and his best friend took his own life, he crash-landed in an empty downtown bachelor apartment. Just twelve months later, he was working directly for the CEO at Walmart, running the International Academy of Digital Arts and Science's "Best Blog in the World", and had just published *The Book of Awesome*, which stormed the New York Times bestseller list and sold over a million copies. The lesson was clear: resilience and growth can come from challenge and change. An inspiring talk that shares action-based ways to lift performance to new heights.

3. MINDSET

THE SCIENCE OF POSITIVE GROWTH MINDSET

Does great work lead to happiness? Or... does happiness lead to great work? Neil Pasricha shares counterintuitive research-based answers in this fun, fast-paced, research-grounded tour of the emerging neuroscience and positive psychology landscape. Neil shows how cultivating a positive mindset results in 31% higher productivity, 37% higher sales, and 300% greater creativity – and then shares how to get there. Based on fresh research Pasricha published in *Harvard Business Review*, this is a high-energy, takeaway-laden talk that gets audiences buzzing.

4. LEADERSHIP

LEAD YOURSELF BEFORE YOU LEAD OTHERS

Which company is #1 on the Fortune 500 and has been for over a decade? Walmart. The retail behemoth's rise to half a trillion dollars in sales with over two million employees has been well-documented. But what hasn't been documented is how they develop, nurture, and grow leaders up through those ranks. Neil served as Director of Leadership Development at Walmart and worked for the CEO while partnering with Harvard Business School to develop the first global leadership program inside the retail giant. In this talk he shares how leaders can use science-backed practices to help themselves show up to lead teams of two, two thousand, or two million. It starts with yourself. Neil will show you how.

5. HABITS

HAPPY HABITS: Tiny Changes, Massive Results

Why do so few people say, "I love my job"? Gallup reports a whopping 79% of the global workforce is disengaged. But what if there were simple habits that could help turn employees into their most engaged, creative, and productive selves? It's not crazy talk. It's actually happening. Using his unique blend of science-backed models and lean-in-and-laugh stories, Neil shares simple happiness habits and, more importantly, teaches audiences how to make them stick. The result is an easy and research-backed way to build small, simple habits to help create workplaces where people show up inspired to do their best work every day.

