Poppy Jamie

Founder of Happy Not Perfect, Co-Founder of Pop & Suki, and Happiness Expert

Happy Not Perfect: The Power of Flexible Thinking With the complex world comes a crushing wave of stress, anxiety, isolation, life change, and financial struggle to add to a growing mental health crisis. Due to a culture that encourages perfection, hustle, and fictional life/work balance, many are burning out. Behind her Instagram-projected image of “happy wellness founder,” Poppy Jamie was also struggling mightily with perfectionism and life purpose. In this talk, she blends her personal mental health journey with scientific research to share with audiences the practical tools to overcome our inner critic and rewire our minds. Using healthier thought habits and her Flexy Thoughts approach, Poppy demonstrates how to break patterns of avoidance, challenge fears of not being good enough, and turn failure around to become more confident, emotionally resilient, adaptable, and accepting for a happier, healthier future.

Upgrade Your Mind and Manifest Your Best Self To be human, means you can manifest. Our ability to think of a solution and turn it into a reality is what has led our species’ survival in the face of extreme adversity. In this talk, Poppy will share how you can enhance the power of the brain, harness its natural ability to change, and create whatever you set your mind toward – even in the most challenging times. Using cutting edge neuroscience and mindfulness strategies, Poppy will teach groups the tools to become a magnificent manifester in all aspects of life, from business to personal, and create the future you want.

Happiness Workout: A Journaling & Meditation Experience In this interactive experience, Poppy Jamie will dive into the strategies and science behind her award-winning app that has guided 100,000 users to feel happier, calmer, and less anxious. Using behavioral science research, she will teach groups the breathing strategies to effectively cope with stress and demonstrate why journaling is proven to improve our overall mental health. Audiences will walk away with tools to be more emotionally flexible, develop healthier mental health habits, and equipped to thrive in the modern world.

Addicted to Likes Poppy Jamie is no stranger to the pressures and impact of social media. A self-confessed “social media junkie,” she even launched and hosted Snapchat’s first chat show, *Pillow Talk with Poppy*. In this presentation, Poppy outlines how society’s current tech obsession has completely altered the nature, quality, and quantity of our social interactions, and the link between the acceleration of social media usage and the rise in mental health problems today. Highlighting the harmful effect social media can have on our mental well-being and overall health, she’ll explore the question: How do we balance the stresses presented by the digital world and make our plugged-in lives better, less toxic, and healthier?