Neil Pasricha

New York Times Bestselling Author of The Happiness Equation & Former Walmart Director of Leadership Development

HAPPINESS – "The Happiness Equation" 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'. Takeaways:
– Research-based tools that help cultivate a more positive mindset
– The ability to identity morning and evening routines that drain energy—and swap them for ones that build it
– A simple gratitude practice to raise productivity (31%), promotability (40%), and closer work relationships (48%)

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 uniquely develop, nurture, and grow leaders up through those ranks. Neil served as Director of Leadership Development at Walmart for a decade and worked for two country CEOs 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 doesn't start out there. It starts with inside—with yourself. Neil will show you how. Takeaways:
– A simple and actionable model to lead yourself so you can show up for others
– Tools to focus your energy and increase clarity of mind
– A renewed sense of leadership confidence and purpose

CHANGE – "Change Your Habits, Change Your Life" The only constant is change. And the latest disruption? Getting disrupted. It doesn't help that Gallup is reporting a whopping 79% of the global workforce is disengaged. But what if there were simple habits that could be unlocked during our choppy times to genuinely help employees find ballast to drive engagement, connection, and positivity? 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 habits and, more importantly, teaches audiences how to make them stick. In this talk, Neil shares science-backed practices contributors, managers, and leaders can use starting today that help them show up as their best selves during

times of change. Takeaways:
– Research-backed habits for navigating company or functional changes with confidence
– Learn why action creates motivation when facing setbacks, not the other way around
– A mindset shift that makes change less chaotic and more constructive
– A set of simple behaviors to lead others through what's next — even when what's next isn't known

GROWTH – "The Science Of A 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 growth mindset results in 31% higher productivity, 37% higher sales, 48% closer work relationships, 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. Takeaways:
– A simple framework to re-engage with work that matters
– 3 simple tools to shift mindset from "autopilot" to "intention"
– Learn to see role challenges as an opportunity to unlock full personal potential

RESILIENCE – "The Resilience Equation" As AI quickly disrupts and evolves industries the good news is you still control … yourself. You choose how to show up every day by cultivating a resilient mindset to steady and ready yourself for the future. Join New York Times bestselling author Neil Pasricha as he draws from his #1 international bestselling resilience guidebook 'You Are Awesome', in this transformative session on how to cultivate positive, resilient habits to fuel long-term well-being in changing times. Stop waiting for success to lead the way. Start shaping the habits that help you grow, thrive, and create your own momentum. Takeaways:
– Learn the science behind resilient thinking and how it impacts your performance and career
– A set of actionable 2-minute habits to increase resilience in the face of distraction
– Strategies to create a ripple effect of positivity in your personal life and professional journey

TRUST – "Building a Culture of Trust In Distrustful Times" Culture starts with trust and according to the Edelman Trust Barometer we have all-time low levels of trust in media, business, and government. We have never believed less, agreed less, or trusted less. Yet, building a culture of trust, and developing the community that surrounds it, remains essential for any organization, startup, or brand. So what are new ways to build trust in an era of mistrust? With research and current business case examples Neil shares what works, what doesn't, and how to figure out who to really believe. This talk debuted as a SXSW Featured Keynote and includes 3 modern ways organizations can build more trust. Takeaways:
– Finite Over Infinite: In an era of infinite choice, the value of curation skyrockets
– Human Over Algorithm: In an era of bots, we trust brains
– Go All In, Show All In: The more chips you push into the middle, the more we buy your hand