



As you plan your event, we would like to know about the goals your organization has set for your participants. This will help our content team guide your topic choice and ensure that Arthur delivers the most impactful message.

What type of participant experience are you envisioning?

- A lecture embedded with deep science and understanding, while still accessible. This type of experience typically includes slides.
- An intimate and personal conversation with participants.
- A presentation designed to engage and entertain the audience while providing practical life strategies.

Topic Options

The following keynote topics are available:

Topic Options

Leadership and Happiness in Times of Rapid Change	1
Leadership and Happiness	2
How to Get Happier in an Unhappy World	2
The Secrets of Self-Management	2
Moving from Strength to Strength in Work, Life & Happiness	3
Love Your Enemies	3

Leadership and Happiness in Times of Rapid Change

Recommended Reading:

[*The Happiness Files: Insights on Work and Life*](#)

by Arthur C. Brooks and Oprah Winfrey

Keynote Description:

Periods of chance can unsettle even the strongest teams.

Uncertainty drives fear, morale drops, and leaders are left wondering how to steady the ship (while battling their own worries). Fortunately, science has answers on how to boost morale and happiness in the workplace, even in challenging times, so you can see better performance, stronger culture, and lower turnover. In this talk, Arthur equips leaders with research-backed strategies to understand and elevate their management styles, boost morale, and lead with confidence—no matter what the business climate brings.

Leadership and Happiness

Recommended Reading:

[*Build the Life You Want: The Art and Science of Getting Happier*](#)

by Arthur C. Brooks and Oprah Winfrey

Keynote Description:

Most people think success is the key to happiness, but they are wrong. Happiness is the key to success. According to research, to be successful in life, one should understand happiness and manage to it—our own and others'. Unfortunately, most people have to learn this fact by hard experience. Happiness expert Arthur C. Brooks shows that behind this problem lies an enormous opportunity for leaders to improve happiness practices internally to their organizations, thus raising workplace engagement, facilitating recruitment, and increasing retention and productivity. Indeed, companies can establish a culture of meaning, purpose, and life satisfaction—and can thus prosper in highly-competitive labor markets where culture and quality of life are so critical.

How to Get Happier in an Unhappy World

Recommended Reading:

[*Build the Life You Want: The Art and Science of Getting Happier*](#)

by Arthur C. Brooks and Oprah Winfrey

Keynote Description:

The evidence is clear: In almost every country, happiness is falling. It is easy to get dragged down when around us, loneliness is increasing, relationships are harder to form, and political polarization is on the rise. But we can counter this trend by understanding the fundamentals of happiness science, practicing it each day, and sharing it with others.

The Secrets of Self-Management

Recommended Reading:

[*Build the Life You Want: The Art and Science of Getting Happier*](#)

by Arthur C. Brooks and Oprah Winfrey

Keynote Description:

Most people are good at managing things around them—their families, their homes, their jobs, even their companies. But managing their own feelings is a big mystery, and an enormous barrier to happiness. This talk introduces the amazing science of emotional self-management. With knowledge and a few changes in habits, each of us can take control of our emotions and lead lives that are more satisfying and successful.

Moving from Strength to Strength in Work, Life & Happiness

Recommended Reading:

[*From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life*](#)

by Arthur C. Brooks

Keynote Description:

Our skills and interests naturally change as we age—a fact that can be difficult and frightening for many “strivers.” How can we prepare for the changes that come later in life, and how can we structure our lives in a way that uncovers new strengths and leads to lasting happiness? Blending the latest in behavioral social science research, ancient wisdom, and historical analysis, Arthur Brooks will reveal how effectiveness and wellbeing at all stages of life come not from holding on to past achievements, but from cultivating new habits and a different understanding of success and fulfillment.

Love Your Enemies

Recommended Reading:

[*Love Your Enemies: How Decent People Can Save America from the Culture of Contempt*](#)

by Arthur C. Brooks

Keynote Description:

America is afflicted with a “culture of contempt,” says Brooks. It is increasingly common for people to view those who disagree with them as worthless, instead of just misguided or incorrect. This is fomented by an “outrage industrial complex” in media and politics. Through ancient wisdom and cutting-edge behavioral science, Brooks provides a roadmap to the happiness and gratification that comes when we choose to love one another – gaining strength from our differences.