



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

The Meaning Of Your Life: Finding Purpose in an Age of Emptiness

How to Get Happier in an Unhappy World

Leadership and Happiness

Emotional Self-Management

From Strength to Strength

Love Your Enemies

## The Meaning Of Your Life: Finding Purpose in an Age of Emptiness

### Recommended Reading:

[\*The Meaning of Your Life: Finding Purpose in an Age of Emptiness\*](#)

by Arthur C. Brooks

### Keynote Description:

If you struggle to discern life's meaning, you're not alone. Millions today describe a growing sense of emptiness, a lack of purpose and significance. And there's a reason: Rapid cultural, economic, and technological changes have rewired our brains, reducing their ability to perceive depth and purpose. In this talk, Arthur shows you how to push back against these changes and find the meaning you need to live a happy, fulfilling life.

# 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.

# 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.

# Emotional 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.

# From Strength to Strength

## **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.