

**NOW SHOWING**

**HOW TO SUCCEED IN BUSINESS**

**WITHOUT REALLY TRYING**

**Starring Stacey Soeldner**





It's not reality that shapes us,  
but the **lens** through which  
your brain views **the world**  
that shapes **your reality**

# NO I'M HAPPY.....REALLY...

4 in 5 Harvard students suffer depression at least once and more than half suffer so much it is debilitating

45% of workers surveyed were happy at their jobs

Today depression is 10 TIMES higher than 1960



The Seven Principles  
of Positive Psychology  
That Fuel Success and  
Performance at Work

THE HAPPINESS ADVANTAGE

**SHAWN ACHOR**

As Taught in Harvard's Famed Happiness Course and to Companies Worldwide

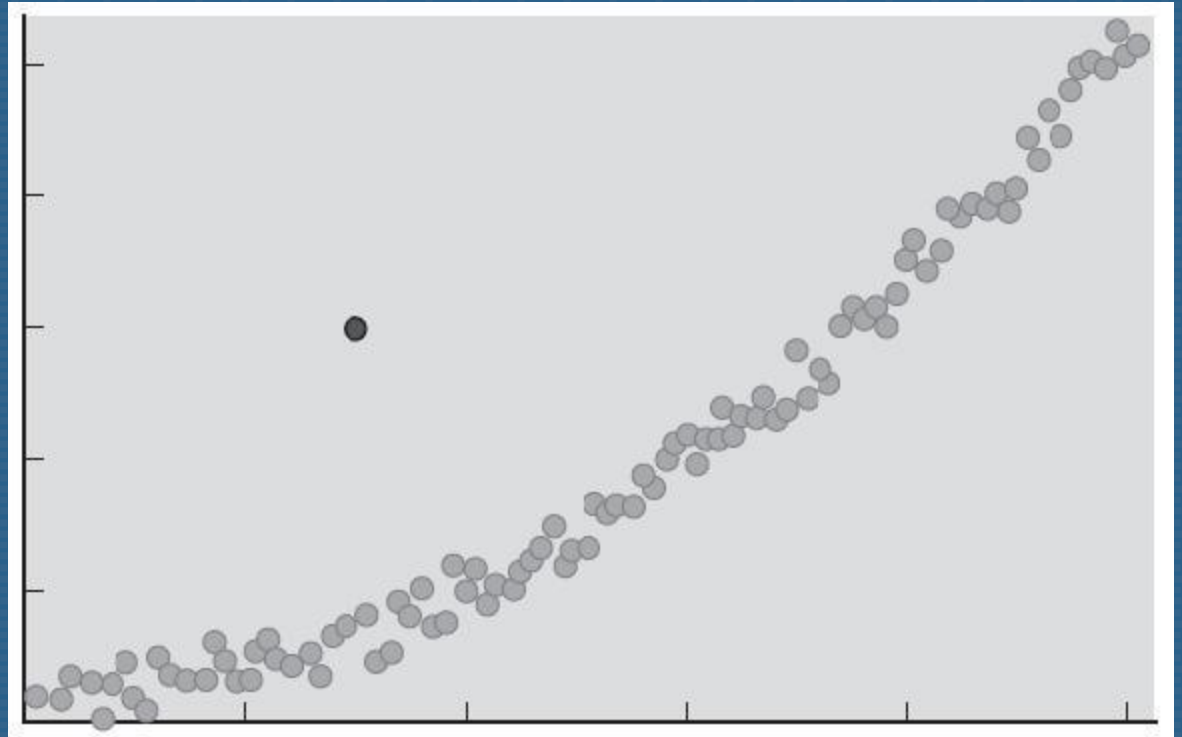
*“If we study merely what is  
average, we will remain  
merely average”  
- Shawn Achor*

# MY RESUME

My school achievement

Where I went to school

My achievements







# POSITIVE BRAIN AND SUCCESS

The Silent 75%

Positivity and Performance

Happiness and Intelligence

# THE HAPPINESS ADVANTAGE AT WORK

Being a happy employee or a happy leader results in:

Higher levels of productivity

Higher sales

Higher performance ratings

Higher pay

# REWIRE YOUR BRAIN FOR SUCCESS

3 Gratitudes

Journaling

Exercise

Meditation

Looking forward

Random acts of kindness

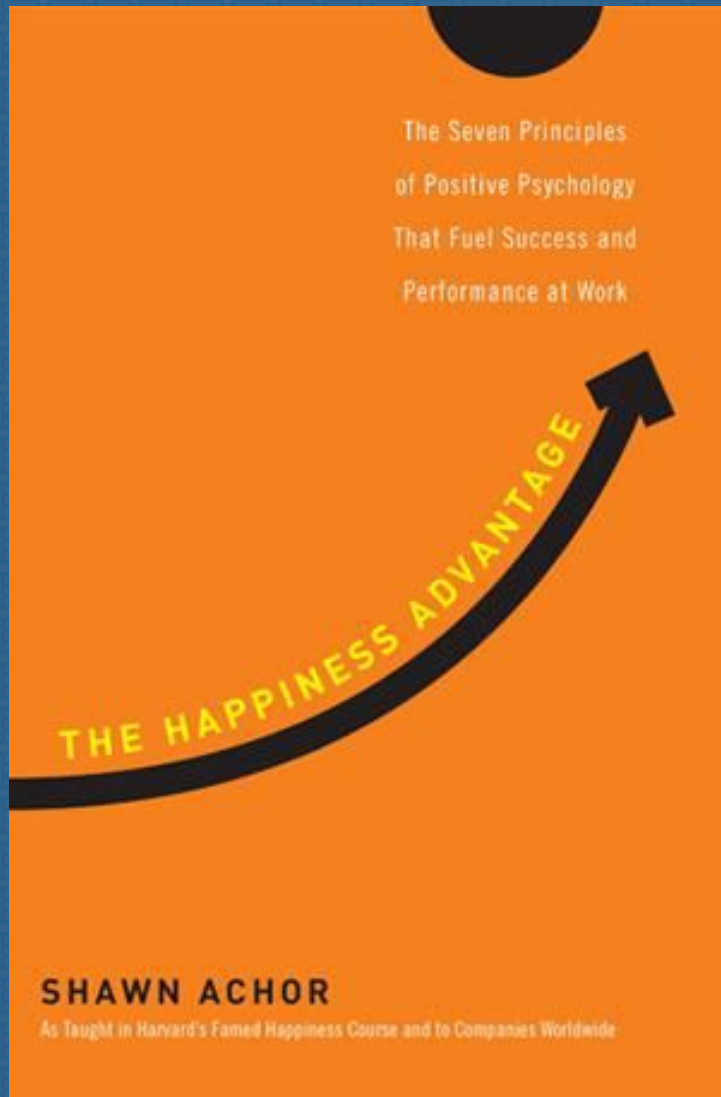
Change your surroundings

Spend money

Use your strengths

Mind the meeting

Create life lines



# The Challenge

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