

Talk Descriptions for Program Marketing

BE HAPPY. WORK HAPPY.

Because Happy People Make Good Things Happen

Making good things happen – for yourself, your clients, customers, co-workers and communities – is what business is all about. And happiness is a legitimate path to getting there. Focusing on small actions and daily practices that can increase your emotional wellbeing and sense of fulfillment have been proven to make you not only happier, but also more engaged, productive, creative and even healthier. In this fun keynote, Kim takes all the data and distills it down into a simple Happiness Habit, that can be mastered by anyone, done in less than 60 seconds, and will make a lasting change in your happiness – at work and in life.

Be HAPPY. Lead HAPPY.

Why HAPPY Leaders Get Results, Not Resistance

Leaders come in all shapes and guises and show up at every level of an organization. And the best leaders, that get the best results – are those who can lead happy. Happy leaders create a positive environment where everyone is engaged and optimistic, they show their appreciation, they're connected to each other, and they believe in the work of the company. While intentionally focusing on happiness helps you personally, research also validates that it has a positive impact on the organization as a whole.

Be HAPPY. Speak HAPPY.

Because Positive Communication Creates Happy Teams

Positive communication can be a tool to strengthen connections, build trust and create collaborative teams. When we learn to integrate the habits of happiness into our everyday conversations, and even difficult discussions, we use communication as a means to build more authentic relationships, create a culture of caring and provide a safety net for all types of ideas.

Be HAPPY. Live HAPPY.

Finding Balance & Staying Happy in a High Demand World

In this talk Kim reveals how creating habits of happiness not only help us to be happy, but they help us to LIVE happy. Encompassing body, mind and spirit, this talk is chock full of tips and strategies of how to start your day, end your day and LIVE your days so you are balancing your priorities, minimizing stress, becoming healthier and ultimately, feeling happy and fulfilled in all the nooks and crannies of your life.

