

The Happiness Edge: How Positive Minds Perform Better

We were always taught that we should work hard, be successful, and then we will be happy.

BUT SCIENCE PROVES THAT THE OPPOSITE IS TRUE.

In fact, the latest research on high performing teams shows that positive minds fuel higher levels of success.

That's because when people are positive, they are more optimistic, they have more energy, they have better relationships at work and they are better able to manage their stress.

In this fun and interactive keynote talk, Louisa Jewell, founder of the Canadian Positive Psychology Association, will share the six pillars of happiness and sciencebacked strategies your people can use every day to boost their energy, reduce stress and increase happiness at work and at home.

About Louisa Jewell, MAPP

Louisa Jewell is a speaker, author, and Canada's leading expert in positive psychology. She has taught thousands of people to flourish – both at work and in their personal lives – using positive psychology.

Louisa is a graduate of the ground-breaking Master of Applied Positive Psychology (MAPP) program at the University of Pennsylvania which is the first master's program in the world that offers in-depth study of the science of psychological well-being, led by renowned psychologist, Dr. Martin Seligman. Louisa is a professor of positive psychology at the University of Texas and was an instructor at the University of Toronto and regularly delivers webinars and workshops to positive psychology practitioners around the world.

