

# LOUISA JEWELL

## BIOGRAPHY

Louisa Jewell is one of Canada's leading experts on the science of wellbeing and human thriving. She has spoken to over one hundred thousand people around the world about how to increase happiness, resilience and meaning so that people can show up as their best selves and do their best work. Hilariously funny, Louisa is a student of the Second City Stand-Up Training Centre and loves to entertain people with her humour while empowering her audiences with science-backed strategies that work.

Jewell founded the Canadian Positive Psychology Association (CPPA) in 2012, to bridge the gap between wellbeing research and practice, and is leading the charge on championing wellbeing for all Canadians. She is the host of The Awesome Project, a new Audible Originals Podcast series that was released in June 2021. She holds a master's degree in Applied Positive Psychology (MAPP) from the University of Pennsylvania, where she studied with the field's founder, renowned psychologist, Dr. Martin Seligman.

Mainly known for her work educating people and practitioners around the world about the neuroscience of resilience, Jewell appears regularly on CBC radio as a well-being expert and has been featured extensively in other media including Forbes, Fast Company, Oprah Magazine, The Globe and Mail, Huffington Post, Psychology Today and CTV TV.

Jewell is a featured expert in several documentaries including *The Science of Happiness* and *Mental Health in the City* and her best-selling book *Wire Your Brain for Confidence: The Science of Conquering Self-Doubt* was named in the top 100 Best Psychology Books of All Time by Book Authority.

Video: <https://www.youtube.com/watch?v=GGAwWSjb75o&t=9s>

