

Dr. Gary Bradt Programs THE SCIENCE AND HEART OF HAPPINESS

How can you harness positivity and happiness to create more success within yourself and others? It's a balance between science and heart. As we continue to navigate the disruption of a global pandemic, social unrest, and political and economic uncertainty, it is easy to feel that these circumstances are hijacking your potential for happiness. But, there are ways you can train yourself to create more joy in your life.

Psychologist, C-Suite Executive Consultant, and respected Author on Change Dr. Gary Bradt shares real stories and research-based strategies for how you can take control and create more well-being and contentment even in these trying times. He'll debunk popular myths of what you think will make you happy and replace those concepts with data-driven strategies to achieve more consistent and sustainable happiness and a sense of well-being.

Key Takeaways

- ◆ Understand the science of happiness. Learn why our brains are hardwired to see what is wrong with any situation, and how you can also learn new techniques to help your brain see the positive.
- ◆ Learn techniques for connecting in more meaningful ways to your colleagues and those closest to you to build more trust and collaboration, especially during times of challenge.
- ◆ Discover simple daily practices to bring more joy, optimism and positive energy to your life, and to be a beacon for the same for those you touch.
- ◆ Highlight the positives in life and be more resilient when change and challenge disrupt your day.