



EAST MEETS WEST

Indivisible Happiness

Overcoming Challenges and Leading with Authenticity

KEYNOTE/WORKSHOP

In today's ever-changing landscape, we are confronted with an array of relentless challenges: from overcoming negativity in the workplace, becoming endlessly adaptable, constantly shifting priorities, overcoming perpetual anxiety, maintaining focus and concentration, and managing misunderstandings and conflict. The past has left many of us with an inability to trust others, feel increasingly insecure and have an ever-present bleak picture of the future.

The question arises: As the times have changed, so have we, but I ask, is it for the better?

As high achievers, entrepreneurs, and leaders, we require evidence-based tools to overcome failures, negative mindsets, difficult people and even the feeling of being stuck. Enter Indivisible Happiness, the solution to the problem.

This keynote lays the foundational scientific understanding necessary to convince your brain to adopt a new approach to life. Life doesn't have to be a constant struggle.

Happiness, intricately linked to **motivation**, is pivotal for generating innovative ideas, creative problem solving, and influencing others. Moreover, happiness fosters authentic relationships built on trust, essential for leading in high-stakes, high-stress environments.

During this keynote, you will gain access to four powerful tools rooted in Eastern philosophy and supported by neuroscience proven to transform your relationship with stress, enhance emotional and social intelligence and improve your decision-making and creative problem-solving abilities – these tools will even improve your immune system.

Walk away from this transformative experience equipped with a **step-by-step personal profile**, guiding you from where you are to a happier, wiser, recalibrated version of yourself.



LEARNING OBJECTIVES

- ▶ Gain insight on your identity, purpose, and approach to life.
- ▶ Reduce stress, anxiety, and shift your mindsets on-demand.
- ▶ Determine your external and internal goals,
- ▶ Improve your reliability for success.
- ▶ Unlock potential in others and become the leader they need you to be.

“I'm up in Alaska waiting on a plane waiting for the weather to clear. I have just gone through the hardest 2.5 months of my career. Just wanted to let you know I don't think I would have survived without the skills you have given me..”

- **Ken Tu, U.S. Forest Service**
Project Lead, Regulatory Team

FOR MORE INFORMATION

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