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The Science + Secrets of Happiness

Happiness means different things to different people. Sometimes it's difficult for us to feel happy, be it because of the unrealistic standards of beauty and perfection we impose on ourselves, or the negativity we surround ourselves with. It could also be due to the fear of failure embedded deep within our subconscious, or our inability to form friendships and meaningful communities as we grow older. There are several unhelpful habits or tendencies we ingrain that can make us miserable and unhappy. Thankfully, researchers maintain that it's possible to intervene and cultivate happiness through will and a proper framework.

There's even better news: our level of happiness is not set in stone. Research identified as The Happiness Pie shows that 50 per cent of our happiness is predetermined by our genetic makeup and personality traits, 10 per cent of our personal happiness is determined by our circumstances and life experiences, and about 40 per cent of our happiness can be chosen willfully by us, and depends largely on our daily actions. As the Dalai Lama says, "Happiness is not something ready-made. It comes from your own actions." This keynote will inspire your audience to find the areas that they can take immediate action on, so that they may live a happier and more fulfilling life.

In this uplifting and fast-paced keynote you will learn to:

- Understand that happiness is an inside job and needs to be curated and committed to
- Identify how you stack up against The Happiness Blue Zones
- Actualize the theory of Positive Psychology by following the practices that lead people to flourish
- Recognize the Hedonic Treadmill, which fools us to believe "the next change" will bring happiness
- Re-set your Happiness Set Point to increase long-term satisfaction
- Build the 5 Pillars for Daily Contentment to have more consistent fulfillment

Finding happiness will always be an ongoing process. As people strive to create a meaningful and joyful life, cultivating consistent behaviors will absolutely make a difference. This keynote will give loads of food for thought and inspiring suggestions that will propel attendees to purposefully and intentionally design a life that brings them more laughter, good health, and happiness. After all, that's fully LIVING.