



## Tal Ben-Shahar

### Expert on Leadership & Positive Psychology

*"Make the world a better place through whole-being education"*

Tal Ben-Shahar is an author and lecturer who taught the most popular course at Harvard University on "Positive Psychology," and the university's third most popular course on "The Psychology of Leadership" – with a total of more than 1,400 students.

#### TOPICS:

- Happiness and Mindfulness
- Inspiring Lives
- Personal Growth and Achievement
- Sales Skills and Motivation
- Motivation

#### LANGUAGES:

He presents in English & Hebrew.

#### PUBLICATIONS:

- 2021** Happiness Studies: An Introduction
- 2017** The Joy of Leadership
- 2009** The Pursuit of Perfect
- 2007** Happier
  - Happiness and Mindfulness
  - Inspiring Lives
  - Personal Growth and Achievement
  - Sales Skills and Motivation
  - Motivation

#### IN DETAIL:

Tal Ben-Shahar is also a serial entrepreneur and is the co-founder and chief learning officer of the Happiness Studies Academy (HSA), Potentiallife, Maytiv, and Happier.TV. He teaches, speaks and consults around the world, to the general public, governments, Fortune 500 companies, and educational institutions. Ben-Shahar – whose internationally best-selling books have been translated into more than 25 languages – published his most recent book, Happier, No Matter What: Cultivating Hope, Resilience, and Purpose in Hard Times in May 2021. He is currently developing curricula based on positive psychology for schools and universities. He has been featured on The Daily Show with Jon Stewart, NBC, FOX, CNN, 60 Minutes and in many publications around the world. He was the host of the PBS Special: Happiness 10. Ben-Shahar walks the walk and talks the talk.

#### WHAT HE OFFERS YOU:

An expert on leadership and positive psychology, Tal Ben-Shahar combines scientific research, self-help advice, and spiritual principles to show audiences how to optimize their success and happiness.

#### HOW HE PRESENTS:

Ben-Shahar is renowned for his insightful, inspirational and thought-provoking speaking style. He is in great demand by corporate clients the world over.