

NEIL PASRICHA

Happiness Expert, New York Times bestselling author, and TED speaker

CONSISTENTLY RECEIVES THE

Highest Overall Speaker Rating



THE INSTITUTE FOR GLOBAL HAPPINESS

After graduating from Harvard Business School, Neil spent a decade as Director of Leadership at Walmart, the world's largest company. While there he wrote the 100-million-hit, award-winning blog 1000 Awesome Things and then the New York Times bestsellers *The Book of Awesome*, *The Happiness Equation*, and most recently *You Are Awesome: How To Navigate Change, Wrestle With Failure and Live an Intentional Life*. Collectively his books have been on bestseller lists for over 200 weeks and sold over two million copies. Neil's award-winning Apple "Best Of" podcast *3 Books* is spending 15 years counting down the 1000 most formative books in the world featuring guests like Brené Brown, David Sedaris, and Malcolm Gladwell.

Neil's research and writing on happiness, resilience, and positive mindset have been featured in *Harvard Business Review*, *Fast Company*, *The New Yorker*, *The Sunday Times*, *CNN*, *BBC*, and *The Oprah Winfrey Network*. Onstage he offers an incredibly rare blend of raw, hilarious, and heartwarming and his high-energy, takeaway-laden speeches are often voted tops at any conference or event.

PAST CLIENT AUDIENCES

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PASRICHA'S

SPEAKING TOPICS

RESILIENCE AND BREAKTHROUGH PERFORMANCE IN TIMES OF CHANGE

After Neil Pasricha's wife left him and his best friend suddenly took his own life, he crash-landed in an empty downtown bachelor apartment. Just twelve months later, he was working directly for the CEO at Walmart, running the International Academy of Digital Arts and Science's "Best Blog in the world", and had just published *The Book of Awesome* which stormed the New York Times bestseller list and sold over a million copies. The lesson was clear: resilience, change, and growth can come from times of challenge. This inspiring talk is for anybody looking for simple practical ways to lift performance to new heights. In Neil's case, he realized before life could change, he had to change. Leadership ultimately comes from within. When company execs would ask him "How did you get so happy?" he'd share the secret is to "Be happy first" and let the mindset you cultivate ultimately enable your success. Neil's presentation leaves audiences with five clear tools they can use to achieve their biggest goals.

THE SCIENCE OF POSITIVE GROWTH MINDSET

Does great work lead to happiness? Or... does happiness lead to great work? Neil Pasricha shares counterintuitive research-based answers in this fun, fast-paced, research-grounded tour of the emerging neuroscience and positive psychology landscape. He challenges your audience by asking: "Would you press a button and have 31% higher productivity, 37% higher sales, and 300% greater creativity on Monday morning?" When heads start nodding, he shows how to get there. Based on fresh research Pasricha published in *Harvard Business Review* together with the latest in neuroscience and positive psychology, this speech is not true motivation – it's application. Perfect for left-brained, analytical, or even skeptical audiences.

KEYNOTES INCLUDE:

- 30, 45, or 60 minute keynote speech customized to organization priorities
- Optional 15 or 30 min Q&A
- Optional hardcovers of Neil's books or journals
- Optional 30 or 60 min Book Signing
- Optional VIP Meet and Greet



LEAD YOURSELF FIRST, BEFORE YOU LEAD OTHERS

Which company is #1 on the Fortune 500 today and has been for more than a decade? Walmart. The retail behemoth's rise to half a trillion dollars in sales with over two million employees spread across the globe has been well-documented. But what hasn't been documented is how they develop, nurture, and grow leaders up through those ranks. Neil Pasricha served as Director of Leadership Development inside Walmart for the past ten years – working directly for two CEOs and partnering with Harvard Business School to develop the first global executive program inside the retail giant. Join him as he shares a window into what his research and work reveal about what truly makes leaders tick and walk away with clear takeaways on how they can drive you and your teams. How do you lead a team of two, two hundred thousand, or even two million people? It starts with yourself. Let Neil show you how.

HOW TO BE HAPPY AT WORK

Why can so few people at work genuinely say, "I love my job"? Gallup reports 87% of the global workforce is disengaged. But what if there were subtle, secret weapons that could turn employees into their most powerful, engaged, and productive selves? It's not crazy talk. It's actually happening. Using his unique blend of counterintuitive research and sidesplitting stories, Neil illuminates a clear path forward into workplaces where people show up inspired, do great work, and leave with full minds and full hearts. Raw, hilarious, and heartwarming, this is the perfect keynote to kick off or close your conference with the ultimate high.

FEATURED IN:

