



## Samantha Clarke

**Happiness Consultant, Global Changemaker, Ted X Speaker and [Author](#) of Love It or Leave It - How to be happy at work**

Samantha Clarke's mission is to build robust changemakers out of the next generation of leaders. She's a resident lecturer and facilitator at The School of Life, Simon Sinek's platform and The Guardian; advising on navigating transitions and change, overcoming stress and anxiety, finding purpose and wellbeing and [culture](#) development.

## Samantha's biography

### About Samantha Clarke

Samantha's mission is to build robust changemakers out of the next generation of leaders. Her philosophies and neuroscience, therapeutic and positive psychology led processes instill resilience, deep wellbeing and strength to give her clients the power, intentionality and courage to do important work in the world. Through the key drivers of happiness and purpose, she inspires everyone she meets to innovate their lives and be their best selves.

As a qualified Gross National Happiness Facilitator, Samantha is able to embed key mindfulness skills taken from regions like Bhutan and Copenhagen to enhance wellbeing, HR practices and employee performance in global organisations. A Co-Active & ORSC trained and ICF accredited coach, she designs a holistic approach to leadership development to create the cultures and environments that enable people to thrive.

Working in partnership with Hilary Rodham Clinton and her Global Challenges Scholars, she sat alongside Hilary Rodham Clinton and Angela Duckworth to discuss how to be a changemaker. Samantha is also a resident lecturer and facilitator at The School of Life, Simon Sinek's Inspire U platform and The Guardian; advising on navigating stress & anxiety, finding purpose and building happy cultures.

Working directly with company HR, senior leaders and managers, she provides coaching, licensing, and strategic [consultancy](#). Her clientele include JP Morgan, Samsung, Nespresso, Kayak/OpenTable, Mediacom, ITV, Deutsche Mobile, Dishoom, Virgin, LVMH, Vitra, Weight Watchers, Design Hotels, Tier Global and more.

As the [author](#) of Love It Or Leave It: How to be Happy at Work and together with a Ted X talk 'Are you ready to break up with work?', Samantha offers a rallying call for individuals to break up with limiting beliefs and take agency in their careers to rebuild more purposeful ways of working.

Sharing her wisdom on navigating change, work wellbeing, happiness and purpose she has been featured in Forbes, Fast Company, BBC Woman's Hour, Deliciously Ella Podcast, Psychologies, Stylist, Elle, BBC Global Review, The Times and Monocle.

With two podcasts under her belts she hosts The "Love It or Leave It", which explores the journeys of individuals crafting careers on their own terms and "How to Be A Changemaker". This podcast houses conversations with leaders, philosophers, psychologists, technologists and [communication](#) experts on creating positive solutions to navigate and facilitate change and increase wellbeing at work.

Samantha's personal interests in innovation, the [arts](#), design and nature feed into her work and she has expanded her qualifications in this direction, with an Advanced Diploma in the Therapeutic and Educational Application of the Arts. She is working towards her Msc in Psychology of Art, Neuroaesthetics and [Creativity](#) to support her focus on the impact of the arts, architecture and music on health, happiness and wellbeing. Whether that is via office design for employee wellbeing, designing team events/workshops with an art focus to help neurodiverse employees build social and occupational skills at work or relieve burnout in healthcare and frontline workers.

## Samantha's talks

- **How to be a Changemaker**
- **Authentic Leadership (in the Hybrid/Digital Age)**
- **Navigating Transitions and Change**
- **Optimising Happiness and Wellbeing at work**
- **Building Confidence & Resilience in Uncertainty**
- **Emotion wellbeing & remote working - do the two go hand in hand?**
- **Maintaining connection & collaboration across distance**
- **Stress & Mental wellbeing - The good, the bad and the ugly**
- **The Four Pillars of Happiness - which areas need work?**