



## Tal Ben-Shahar

**Lecturer of two of the largest classes in Harvard University's history**

An expert on leadership and positive psychology, Tal Ben-Shahar combines scientific studies, scholarly research, self-help guidance and spiritual principles to teach people how to optimise their success and happiness.

## Tal's biography

### About Tal Ben-Shahar

Tal is an author and lecturer. He taught two of the largest classes in Harvard University's history, Positive Psychology and The Psychology of [Leadership](#) and today consults and lectures around the world to executives in multi-national corporations, the general public, and at-risk populations.

The topics he lectures on include leadership, happiness, education, innovation, ethics, self-esteem, [resilience](#), goal setting, and mindfulness. His books have been translated into more than twenty-five languages, and have appeared on best-sellers lists around the world.

Tal is a serial [entrepreneur](#), and is the co-founder and chief learning officer of Happiness Studies Academy, Potentialife, Maytiv, and Happier.TV.

An avid sportsman, Tal won the U.S. Intercollegiate and Israeli National squash championships. Today, for exercise, he swims, dances, and practices Yoga. He obtained his PhD in Organizational Behavior and BA in Philosophy and Psychology from Harvard.

## Tal's talks

- **The Joy of Leadership**

- **Leading in Uncertain Times**

The work of the leader has become increasingly challenging with the world changing at an unprecedented rate, economic crises, political strife, and market pressures – to name just a few of the moving components affecting the work environment. What are the characteristics that allow certain leaders to flourish in uncertain and constantly changing times?

Ben-Shahar looks through the lens of his SHARP model, which focuses on Strengths, Health, Absorption, Relationships, and Purpose to guide the actions of an effective leader. This presentation provides practical tools that allow leaders to bring out the best in themselves, their colleagues, and manage change – even in the most uncertain times.

- **Positive Psychology for Difficult Times**

- **Positive Psychology: The Science of Happiness**

Positive Psychology, 'the scientific study of optimal human functioning,' provides practical tools for better living. This new subfield within psychology is unique in that it creates a bridge between the Ivory Tower and Main Street – making rigorous academic ideas easily accessible.

In this session, Ben-Shahar discusses current research related to the science of happiness and introduces ideas and tools that can actually make you happier. He covers topics including giving ourselves the permission to be human, simplifying our lives, recognizing the mind-body connection, and re-focusing on the positive.

- **Positive Leadership: Strategies for Success**

Most organizational and individual potential is untapped. Talented individuals are attracted to and thrive in organizations that bring out the best in them. Ben-Shahar discusses how leaders can create a positive environment that nurtures their inherent potential, as well as the potential in those with whom they work.

Ben-Shahar presents research and practices from the world of Appreciative Inquiry, and the Strengths-based Approach to Leadership and Organizational Development and illustrates how to blend them into an approach that underpins extraordinary rather than ordinary outcomes, and enables people to reach fulfillment, happiness, wellbeing, and success.

- **Positive Leadership: Making a Difference**