



Elia Gourgouris

Coach, author and speaker on happiness, positive leadership and wellbeing

Dr. Elia Gourgouris is the president of The Happiness Center, an organization of world-leading experts in the field of Positive Psychology dedicated to creating personal success and happiness. He is also Founding Partner at The Global Institute of Thought Leadership, an organization that brings together bestselling authors, world-renowned speakers, industry experts and pioneering thinkers who all share a common goal: Changing the world of ideas.

Elia's biography

Elia Gourgouris' background

Dr. Elia is the author of the #1 best-selling Amazon book, *7 Paths to Lasting Happiness*, which has been translated in Mandarin, Cantonese and Greek. He recently co-authored the highly acclaimed book *7 Keys to Navigating a Crisis: A Practical Guide to Emotionally Dealing with Pandemics and Other Disasters*. His message is featured in respected publications and media around the world.

With his Positive Psychology background, he has helped thousands of people both in their careers and in their relationships to achieve success and better [work-life balance](#). As a keynote speaker he frequently presents at international conferences and Universities focusing on corporate wellness, [mental health](#), positive [leadership](#), building trust & loyalty, and building resilience and agility. He coaches leaders and their companies to help them build a culture of trust, accountability, and empowerment. The result is that happily engaged employees are more productive, collaborative, and innovative. He co-hosts the weekly The Kindness and Happiness Connection podcast and was the Executive Producer of the Reality TV show Cash Cowboys and is currently working on a new Reality TV show called The Kindness Givers! Dr. Elia was born and raised in Athens, Greece, where he became a National Swim Champion. He moved with his family to Santa Monica, CA when he was ten. He received his BA in psychology from UCLA, and then went on to receive his MA and PhD in psychology.

Elia's talks

- **Positive Leadership**

Positive leadership directly shapes organizational behaviors in concrete and measurable ways. As a leader, you directly influence the behaviors of others, either positively or negatively, and a positive leader not only inspires others, but he/she has the ability to identify and also attract the best employees. Positive leadership also fosters both creativity and ownership in those they oversee. If you want a prominent, noticeable culture of trust and collaboration to identify your company, then becoming a positive leader is the pathway for you.

- **Wellbeing and Mental Health**

Although the world is now completely interconnected, individuals are still vulnerable to feeling isolated, frightened, and overwhelmed at the challenges they are called to face in light of recent global events. Leaders are pushed to leave behind old comfort zones and manage new situations that raise both their employees' and their own anxiety levels. Helping your employees understand and manage their wellbeing and mental health is not an "extra" anymore, it is mandatory in order for your organization to thrive in these turbulent times.

- **Building a Culture of Trust & Loyalty**

There is a direct connection in business between loyalty and exceeding expectations. In both customer service and in overall organizations, building a culture of trust and loyalty is fundamental for success. Learning how to practice "HOT" (Honest, Open, and Transparent) communication creates a culture of trust in both your employees and even your stakeholders. But it always starts at the top with you, the leader. Learning techniques to consistently exceed expectations as a manager and a company, will help you stand out against the competition and WOW your customers every single time!

- **Growing Resilience & Agility**

Resilience and agility are now more than ever, considered to be the cornerstone of an empowered workforce. Employees who possess those two skills flourish; they demonstrate stronger commitment, more creativity, and greater confidence in themselves. This in turn, means that they are more productive and willing to take on greater challenges. Learn the basic steps to help your employees develop their resilience and build their agility, and create a more empowered, innovative, unified workforce.

- **Infusing Happiness in the Workplace**

Happiness is a choice, but only if you get the correct information and apply those principles; it's all about taking action! Based upon the latest research, this session will help you learn the tools you need to create a positive work environment and a happy workforce. People, including your employees and your customers, want to thrive, not just survive these days, and happiness is a skillset that can be learned. Some of the keys include: a focus on love, being grateful, forgiving yourself and others, living with passion and purpose, becoming service minded and creating happy relationships. Finding happiness is urgent – our entire wellbeing depends on it! Begin that journey today.

