

Amy Blankson

Co-Founder GoodThink, Presidential Point of Light, Award-Winning Author

Please contact a GDA agent for information.

Topics

- Change Management / Organizational Change
- Education
- Innovation / Creativity
- Leadership
- Mental Health / Psychology



About Amy Blankson

Amy Blankson is the Co-founder and Chief Evangelist of the Digital Wellness Institute and the bestselling author of *The Future of Happiness*. A graduate of Harvard and the Yale School of Management, she's the only person to receive a Point of Light award from two US Presidents.

She is also a former member of the UN Global Happiness Council, a Fellow of the World Innovation Organization, a featured professor in Oprah's happiness e-course, and a regular contributor to *Forbes*. Her current work focuses on how to cultivate happiness and well-being in a hyperconnected world.

Oh, and you might also know her as Amy the Unicorn, from her brother Shawn Achor's infamous TEDx talk on the science of happiness

Select Keynotes

- **The Joy Game™: Turn Stress and Exhaustion into the Daily Practice of Joy**

In the midst of uncertainty and change, we yearn for joy—but the path forward can often feel elusive. We try to do all the right things but, let's be honest, it's exhausting. What if we quit trying so hard to be happy and instead approached joy as a game?

In this talk, you'll learn how to play the Joy Game, a research-based way to experiment with what brings us happiness both online and offline. Drawing on principles from game theory and psychology, prepare to not only gain a fresh perspective on addressing challenges, finding meaning, and defining purpose but also experience joy along the way.

This program is perfect for leaders and teams:

- ◊ Responsible for building positive workplace cultures
- ◊ Needing inspiration to create positive change at work
- ◊ Navigating uncertainty or change
- ◊ Wanting to unlock creativity and innovation—for themselves or others

The audience will leave with:

- ◊ A renewed sense of joy, meaning, and purpose
- ◊ A new perspective for thinking about challenges
- ◊ A sense of personal agency when it comes to effecting positive change at work
- ◊ Actionable strategies for practicing positive habits on a daily basis

- **AI and the Future of Happiness: Why Optimism Will Be the Key to Our Success**

Throughout human history, technological innovations have consistently sparked fear and apprehension—but AI's remarkable power and complexity sets it apart. Its emergence has sparked heated debates and given rise to endless doomsday scenarios, capturing our collective imagination. Yet, this fixation on fear fails to address the actual challenges we face and doesn't propel us toward a happier future.

In this talk, Amy will draw from her wealth of experience working with leaders and organizations in over 60 countries to shed light on a path toward a future where AI is centered around human flourishing. As captured in her bestselling book *The Future of Happiness*, Amy is passionate

about integrating AI into our personal and professional lives in a way that defines our humanity and shapes the course of happiness for our future.

This program is perfect for leaders and teams:

- ◆ Implementing a new AI initiative
- ◆ Looking to create a more positive change narrative
- ◆ Needing actionable ideas for the ethical, responsible use of AI

The audience will leave with:

- ◆ A deeper understanding of the human response to technology and change
- ◆ A mindset shift about why optimism is the key to a future of happiness with AI
- ◆ Knowledge of how leaders can help shape the social scripts for the use of AI

• **Fearless Positivity: Mastering Mindset in the Midst of Change**

We all face fear, discomfort, and resistance to change, yet our actions in the face of these challenges are what truly define us. Fearless positivity is not the absence of fear, but the opportunity to move through it by focusing on what matters most.

In this inspiring talk grounded in research and customized to address your audience's specific challenges, Amy highlights leaders who have bravely embraced positivity amid adversity.

Drawing from insights in positive psychology and behavioral science, she shares how negative mindsets can hold us back, explores why some fear is actually good for us, and provides strategies to reframe stress so it better serves us.

This program is perfect for leaders, teams, and individuals in:

- ◆ Sales
- ◆ Financial Services
- ◆ Human Resources
- ◆ Business ownership
- ◆ Education

The audience will leave with:

- ◆ An understanding of why a positive mindset is crucial for agile and transformative leadership
- ◆ Four actionable strategies to help them master their mindset
- ◆ Simple "J-GAME" habits they can implement to foster resilience
- ◆ Ways to reframe stress and embrace optimism

• **Digital Thriving: Technology and the Future of Happiness in a Hyperconnected World**

As we look toward the future of work and learning, the spotlight is firmly on wellness. A recent survey revealed that over 90% of individuals are experiencing burnout due to digital overwhelm—citing the pressures of working across multiple time zones, toggling between applications, fending off digital distractions, overcoming Zoom fatigue, and more.

While leaders acknowledge these issues, there's a lack of vision on how to overcome them and establish a more positive digital culture.

In this interactive workshop, Amy will guide you through cutting-edge research from the field, equip you with actionable skills to support your teams, and introduce emerging resources available to you now to create systematic and lasting change.

This program is perfect for leaders and teams:

- ◆ Feeling the pressure of being always-on in a hyper-connected world
- ◆ Fighting burnout due to communication overload and platform overwhelm
- ◆ Experiencing digital transformations, including the introduction of generative AI, SAP transitions, shifts in platforms, or hybrid work
- ◆ Navigating generational and geographic differences in the workplace

The audience will leave with:

- ◆ An understanding of how to hack their distractions to achieve maximum productivity and life satisfaction
- ◆ Best practices for creating realistic tech-life boundaries to recapture their focus, deepen engagement, and find flow in their everyday lives
- ◆ Actionable strategies for optimizing team communication across countries and generations

- ◊ Deep insight into how tech impacts charisma, and how to reshape their perception as a leader

Select Book Titles

- **2020:** How to Make a Shark Smile: How a positive mindset spreads happiness (Children's book)
- **2017:** The Future of Happiness: 5 Modern Strategies for Balancing Productivity and Well-Being In the Digital Era

Select Articles

- [Limit Digital Distractions to Promote Productivity Thrive Global.](#)

Did you know that the average attention span of a human has officially dropped below that of a goldfish? Yes, the frequently mocked unintelligent goldfish has an attention span of a brief nine-seconds, while ours now averages at an even briefer, eight. Admittedly this is a shocking (and slightly depressing) statistic, but why does it matter in the grand scheme of things?

- [Start a Ripple of Kindness in Your Community](#)

When we see others giving back and being compassionate, we want to do the same.

- [Happy Tech...An Oxymoron?](#)

Technology is a tool, a means to an end—and we get to decide how that story ends. My goal through this blog is to inspire a new way of thinking about technology, one that gives us new language with which to think about how we fuse technology into our lives.

- [Back to the Future...of Happiness](#)

Recently, my husband and I decided to show our three daughters (ages 9, 6, and 3) the classic movie Back to the Future. Of course, my kids were immediately enthralled, but my youngest had a few key questions like, Mommy, what is the future? And what is the present? (pause) And what is plutonium?

Select Testimonials

"She was absolutely FANTASTIC to have! Our nurses have more positive, outgoing, and passionate about patient care since her chat today. We are extremely grateful to have had the pleasure of working with Amy and having her speak to our nurses. Our entire leadership team had a wonderful experience as well. We are just so very grateful to have had the opportunity to hear Amy speak. Thank you, thank you, we can't thank you enough!"

— *Dignity Health*

We had THE BEST EXPERIENCE with Amy. Truly an outstanding person and speaker. She spent the entire day with us and made a huge impression on everyone she came in contact with, from student, to teacher, administrator, and parent. I can't speak more highly of her. Thanks for steering her our direction.

— *Episcopal School of Dallas*

We had Amy as a guest speaker at our annual kick off meeting for staff. She was a fantastic addition to our program. She spoke for an hour, was engaging the entire time and had insightful stories to share. She had such an impact that when the event ended we had staff eager to speak with her further one on one.

— *Rakuten Marketing*