

Michelle Gielan

Founder of The Institute for Applied Positive Research

Please contact a GDA agent for information.

Topics

- Broadcast / Media
- Communication
- Corporate Culture & Governance
- Journalism / Literary / Author
- Mental Health / Psychology
- Productivity



About Michelle Gielan

Michelle Gielan has spent the past decade researching the link between happiness and success. She is the bestselling author of [Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change](#) and was named one of the Top 10 authors on resilience by the *Harvard Business Review*.

Michelle is an Executive Producer of “The Happiness Advantage” on PBS and a [featured professor in Oprah’s Happiness course](#). She formerly served as anchor of The CBS Morning News, and her research has received attention from dozens of media outlets including *The Washington Post*, *FORBES*, and *The New York Times*.

Michelle holds an advanced degree in positive psychology from the University of Pennsylvania and a B.S. from Tufts University in Computer Engineering.

Select Keynotes

- **Resilient to the Core: How to Improve Your Default Response to Stress to Boost Performance & Happiness**

A mindset hijacked by stress is one of the biggest barriers to high performance for leaders and their teams, yet new research shows 91% of people could improve their default response to stress using simple, proven habits. The antidote to the weight of change, uncertainty, and non-stop demands is building a resilient, optimistic mindset.

In one of the largest studies on stress of its kind, Michelle has identified the three major dimensions of your response to stress that predict your well-being and performance. In a separate landmark study done in partnership with Stanford and Yale, her team trained executives at UBS how to rethink their relationship with stress, and four weeks later that group as compared to the control reported a 23% decrease in stress related symptoms including headaches, backaches and fatigue. Drawing from that work and numerous other studies, Michelle will train your audience how to identify stress response pitfalls that waste energy and leave us stuck, use unavoidable stress to their advantage to boost performance, develop simple habits to retrain their brains to be more resilient and optimistic in minutes, and cultivate interconnected teams to create cultures of high performance, optimism and sustainable resilience.

- **The Optimism Quotient: Changing our Mindset, Fueling Success**

We often overestimate the impact our life circumstances have on our happiness and success. New research shows 90% of our long-term success is predicted not by our external circumstance but how we process the world around us.

So what is the scientific key to our success? Optimism: the belief that challenges are temporary, and if we take action, we can improve our circumstances. Optimists are historically more successful – not to mention they experience more joy achieving their goals!

Michelle has conducted research with people in the wake of everything from small setbacks to life-changing events, and she has identified hallmarks of an optimistic mindset that lead to benefits including more energy, better health, greater wealth, and significantly less stress. During this interactive session, Michelle shares the strategies for raising our personal optimism quotient, responding to challenges more effectively, and channeling this new mindset into tangible success.

- **Communicating Greatness: The Science of Positive Authentic Female Leadership**

In our corporate culture, it can sometimes be difficult to be both female and positive without fear of being perceived as “pollyannish” or out of touch with reality. In this talk, Michelle shatters the misconceptions about positive leadership using science to show how to not only avoid

prejudice, but to also change the mindsets of those around you to drive success.

Michelle describes funny and poignant stories she experienced while one of the top female media professionals, as well as from her work with influential female executives at companies including Google, Microsoft and Bank of America. In this talk, Michelle reveals how to cultivate rational optimism, change the social script using verbal and nonverbal cues, guide the negative towards the positive, and be perceived as a strong, deep and optimistic female leader.

- **Broadcasting Happiness: Creating Success through Positive Engagement**

Effective, positive communication is the single biggest driver of success at work. New research in the fields of neuroscience and positive psychology is showing the incredible ripple effect positive communication can have on employee engagement, productivity, and happiness.

After spending years as a national CBS News anchor broadcasting to millions and receiving an advanced degree from the University of Pennsylvania in Positive Psychology, Michelle developed simple, yet proven techniques for positive communication that drive individual and team success for quantifiable results. She trains professionals on ways to inoculate their brain against stress and negativity, praise effectively, get others to adopt a more resilient mindset and shift the culture at work to create a talent-enhancing environment.

Select Book Titles

- **2015:** Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change

Select Articles

- [4 Ways to Stop Work Stress From Following You Home Live Happy, Shawn Achor & Michelle Gielan August 20, 2017](#)

Create a protective culture at home to relax and refresh in your off hours. 1. Hold a stakeholders meeting. 2. Start culture at the door. 3. Bag up tech. 4. Sleep your way to the top (getting plenty of rest is super-important).

- [You Can Improve Your Default Response to Stress](#)

Cool under pressure. Are you calm and collected, giving your brain a chance to see a path forward, or is your mind filled with anxious, worried, and stressful thoughts that wear you out? Open communicator. Do you share your struggles with people in your life in a way that creates connections, or do you keep them to yourself and suffer in silence? Active problem solver. Do you face challenges head-on and make a plan, or do you deny the reality of what's happening in your life and distract yourself?

- [How to Stay Informed With the News Without Getting Depressed](#)

The results of our work together might change (or more likely validate) your approach to how you consume news.

Select Testimonials

“Michelle Gielan is one of the brightest stars in positive psychology and an eloquent champion for rethinking the way we communicate – at work, in our lives, and especially in the media.”

– Arianna Huffington