

# 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 CEO of the Digital Wellness Institute and 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 – an award she received for her work in civic engagement.

She is also a 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*.

## Select Keynotes

- **Fearless Positivity: Rethinking Stress in the Midst of Uncertainty**

CATEGORIES: Leadership, Health, Innovation, Engagement, Communication, Teamwork

We all face fear, discomfort, and resistance to change, but our actions in the midst of these mindsets are what truly define us. Fearless positivity is not the absence of fear, but the audacious opportunity to move through it by focusing on what matters most. In this inspiring research-based talk, customized to address your audience's current challenges, Amy highlights leaders who have courageously chosen positivity in the midst of adversity. Leveraging learnings from positive psychology and behavioral science, she examines how negative mindsets hold us back, why some fear is actually good for us, and strategies to reframe stress to better serve us.

### LEARNING OBJECTIVES:

- Understand why a positive mindset is crucial for agile/transformational leadership
- Learn 4 actionable strategies for mastering mindset
- Implement simple "J-GAME" habits that foster resilience
- Empower teams to rethink stress and leverage optimism

### BEST AUDIENCES:

Leaders, Sales, Financial Services, Human Resources, Entrepreneurs, Education

- **Digital Flourishing: Leadership Strategies to Enhance Performance and Well-Being in the Digital Era**

CATEGORIES: Well-Being, Technology

Technology—at least in theory—is improving our productivity, efficiency, and communication. Yet the average mobile user checks their phones more than 150 times per day, and 67% of cell owners find themselves checking their phone even when they don't notice their phone ringing or vibrating. Mindful attention is a scarce resource. As one of the world's leading experts on the connection between happiness and technology, Amy Blankson unveils five strategies that successful individuals use to find a sense of balance between technology, productivity, and wellbeing in the Digital Age. In this talk, you will learn how to move from partial attention to full intention, how to hack your distractions to achieve maximum productivity and life satisfaction, and how to rid yourself of the tech graveyard in your office drawers to create more mental and physical space to do the things you love. By rethinking when, where, why and how we use technology, we can begin to recapture our focus,



deepen engagement, and find flow in our everyday activities and relationships.

#### LEARNING OBJECTIVES:

- ✦ Discover the impact of distraction on your productivity and happiness.
- ✦ Establish positive technology boundaries to shift from a mindset of inattention to one of full intention.
- ✦ Learn healthy habits for tech use to maximize flow and engagement.
- ✦ Understand how your technology use impacts your perception as a leader.
- ✦ Increase your flow and engagement by using brain-training techniques.

#### BEST AUDIENCES:

Sales, Entrepreneurs, Financial Services, Direct Sales, Technology, Education.

#### • **Conscious Innovation: Leveraging Potential through Creativity and Collaboration**

In the information economy, collaboration is the ultimate currency. Digital communities now enable us to “upsource” projects to collective wisdom, thereby tapping into vast reserves of knowledge and creativity. Yet at the heart of this movement are individuals, many of whom have ceased to believe that they can overcome systemic barriers to making a difference in their organization. The Ancient Greeks defined optimism as “the belief that our behavior matters,” which is a critical concept for helping individuals to remove limiting beliefs and to shift towards solutions-based thinking. In this talk, Amy will share inspiring stories of individuals who have mobilized their communities for positive change and will reveal core strategies for how to leverage the potential of teams. Using a combination of design thinking and experiential activities, Amy will show audience members how we can all be innovators if we act together with intention.

#### LEARNING OBJECTIVES:

- ✦ Learn how upscaling knowledge has fundamentally shifted the nature of collaboration in the Digital Era.
- ✦ Discover how leaders are leveraging collective wisdom to innovate faster and more effectively.
- ✦ Understand why positive individuals are 3X more creative than negative individuals.
- ✦ Identify and fact-check limiting beliefs that hinder creativity.
- ✦ Empower individuals to use a growth mindset to fuel innovation and create positive change.

#### BEST AUDIENCES:

Business Owners, Entrepreneurs, Marketing, Technology, Civic/Government, Education, Nonprofits

#### 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*