

The Happiness Element



More than a decade of research shows that happiness at work — positive relationships, engagement, a sense of meaning — can improve retention, creativity, resilience, profitability, and more. Yet creating and keeping an optimistic culture can be challenging, especially when the past couple of years has put stress, distance, fear and strain on people and organizations. So where do you start? How can your employees lead full and fulfilling lives at work and at home? How can your team and company thrive through challenging times?

I can help!

I deliver evidence-based programs and workshops, backed by research and the science of happiness/positive psychology, that empower people to truly flourish at work and in life. I give individuals the tools to tap into their courage, joy, power, inner strengths and passions. I help them rediscover meaning, magic, and purpose, and infuse that purpose into every part of their lives — at home AND where they work. I help them embrace their authentic selves, empower them to bring their true selves into everything they do, and in turn they become happier in all aspects of their lives. They thrive. The organization thrives.

It's not the organization that will make employees happy. Your team members' love of life and work comes from within. I help them find that missing happiness element.

When that happens, everyone wins.



Lisa Bailey Sullivan



The Happiness Element



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The Happiness Element, LLC

Move from Functioning to Flourishing

Innovative Solutions for a Happier, Healthier, More Connected Organization



An organization's culture is an ever-changing thing. You may be trying to do more and more with fewer resources. Your employees may be feeling the stress and angst of the world in general. But here's something that never changes: if you don't have a culture of resilience, happiness and optimism, it will cost you money with turnover, productivity and lack of engagement. The good news? You can shift your culture towards the positive.

I offer programs, workshops, lunch-n-learns and more, each one specifically designed to bring that element of happiness and positivity into your organization. My programs are rooted in positive psychology and in the science and research of what works to help people and companies thrive. I give leaders and employees the tools to work with their minds and emotions in productive and positive ways.

Most organizations are realizing the need for more human and emotional innovation in addition to technical innovation. I love helping leaders tap into that emotional innovation and engagement with their employees. I love helping teams connect with each other despite differing opinions, differing work schedules, differing priorities. I love helping make life happier for your employees and your organization — and in turn creating more success for your organization. It is my passion!

Evidence-based Programs Focusing on Positivity, Strengths and Resilience in the Workplace

For Companies, Organizations, Municipality Administrations, School Administrations, Medical Practices, and More

Programs Designed to Celebrate Differences while Appreciating Strengths

Targeted DEI Programs such as Women Empowerment Workshops

Half or Full-Day Programs, Presentations, Keynotes, Initiative Kick-Offs, Lunch & Learns, “Happy Hours” and More. Or Three or Six-Month programs Focusing on a Topic/Month to Build Ongoing, Lasting Resilience

My workshops focus on the 5 pillars of positive psychology and the science of happiness:



*What is **SPIRE**? Research has shown that for a person to be resilient, healthy and happy, the wholebeing needs to be focused on: spiritual; physical; intellectual; relational; emotional.*

***SPIRE** represents what every educator needs to flourish within your organization. These five elements equate to happiness for the individual — at work and in life — and success for your organization.*

***SPIRE** is also the highest point or summit. Through this focus and through, your team members grow into the highest and best they are capable of. Your organization does, too.*

I don't just create an event, but an experience that will empower people to truly flourish in the workplace and in life!

Lisa Bailey Sullivan

Speaker • Trainer • Author • Happiness Activist • Life Enthusiast

About Lisa, Your Playshop Facilitator

Lisa is a wife, mom, recovering corporate marketing exec, and CHO (Chief Happiness Officer) of her mostly crazy-happy life. As a happiness “activist,” she’s motivated to create positive change in the world.

Drawing from the science of happiness and positive psychology, her more than two decades of working in the corporate world, Lisa offers simple, tested actions that can help reduce stress and anxiety and cultivate a lasting sense of wellbeing, at work and in life. Her background includes:

- Twenty years as a marketing exec for local, national and international companies.
- Certified in Positive Psychology through the Wholebeing Institute.
- Graduate of the Happiness Studies Academy, studying under Harvard's Tal Ben-Shahar. As a lecturer at Harvard University, Ben-Shahar created the most popular course in Harvard's history focused on the science of happiness and flourishing.
- Trained in Google's Search Inside Yourself Leadership Institute, focusing on mindfulness, neuroscience, and emotional intelligence.
- Certified Let Your Yoga Dance Teacher, trained by a former Director of Yoga Teacher Training at Kripalu Center for Yoga & Health, the largest yoga retreat center in North America.
- Founder of Camp Atta Girl!, a fun, campy, and empowering retreat for women.
- Author of the book, “Atta Girl! - The Art of Tapping Into Your Power and Moxie and Living Fearlessly Happy (in the middle of a sh*tshow)” — a guide to getting through tough times using the science of happiness and a little bit of laughter. Also part of the book, “Unshakable Happiness — Tips to Finding Happiness from 25 Happiness Professionals.”
- Believer that anything is possible and of living in full color!

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What is the Science of Happiness?



The phrase "the science of happiness" refers to a relatively new field of social science called positive psychology. Contrary to popular belief, it is not "positive thinking" or self-help, but a broad empirical field of research and application worldwide. Simply put, positive psychology is the study of those things that make life worth living. While traditional psychology helps us get less of what we don't want and fix the things that are wrong with us, positive psychology functions constructively in helping us get more of what we do want, and making ourselves better, happier people.

The co-founder of the science of happiness, Dr. Martin Seligman, was the President of the American Psychological Association and made it his mission to turn the attention of psychology toward those elements of life that contribute to human flourishing. The field of positive psychology operates from the premise that we should acknowledge both the light and the dark sides of life. It focuses on positive elements of life such as character strengths, positive emotion, resilience, purpose, positive relationships, and creative achievement. It strives to create healthy institutions, joyful and engaged individuals, and flourishing communities.

Lisa has immersed herself in the science of happiness, with a goal to bring the tools and practices to individuals and businesses, to not only create flourishing organizations, but to help people become happier at work and in all aspects of their lives. She has created dozens of retreats and workshops, both in-person and virtually. She can work with you and your organization to help your team members live happier lives and help your company become more successful. Contact her to see how she can help you!

Benefits of Bringing Positivity & Happiness Workshops into Your Organization



BRAIN EMPOWERMENT



MIND FOCUS



STRESS RELIEF



CREATIVITY



MOOD ENHANCEMENT



EMPOWERED



BALANCE



FEEL CONNECTED



TIME MANAGEMENT



TEAM PLAYERS



REACH GOALS



COMPANY SUCCESS

"Lisa creates experiences that fill people with wisdom, creativity and joy. She also really understands how to connect with the heads and hearts of people working in big companies." — Lois Kelly, Co-author, *Rebels at Work: A Handbook for Leading Change from Within*

"Lisa's energy and positive nature truly inspires all who she comes in contact with. I can attest first hand that Lisa's programs can help create and promote positive collaboration, increased productivity and innovation" — Jay Loeffler, Vice President of National Sales SKU Local

"Lisa, you knocked it out of the park. I've been in corporate w J&J, AT&T, 3M and Emerson Electric so I've seen many leadership and development sessions and yours was by far the most illuminating. Thanks for the energy and having your voice heard." — Program Participant

"Lisa brings creativity, logic, and smiles to the workplace. She leverages her perceptive ability to quickly diagnose a climate, draw on talents, and provide solutions in a creative, effective way. Her ability to lead an organization through constant change and progress to its future state is invaluable." — Janet Kolb, Former Vice President, Human Resources, Cox Target Media/V P Holdings, Inc.

"Lisa's creativity, perspective and generosity of spirit inspire new thoughts and action in individuals and companies. To think differently and achieve a differentiated outcome, Lisa serves as the perfect catalyst." — Karen Breen, Vice President, Marketing Strategy Comcast Cable

Lisa's enthusiasm is contagious. When she was a co-worker, our leadership team was going through some tough times. She was often the one leading me and the rest of our group to thinking optimistically (yet realistically) about our next steps. She used a combination of team-building efforts and creative fun to lift our spirits, create a bond, and keep our attention focused on the people and products that matter most to our success." — Debbie Hiott, General Manager, KUT Public Media

"We are raised to always focus on what we are not good at, where we need to improve or our insecurities. I wish we focused more on the positive attributes and what makes people great and happy by their differences and strengths! I loved that this program did this!" — Program Participant

KIND WORDS

To learn more, go to happinesselement.com

Lisa Bailey Sullivan 
The Happiness Element *Let's Make Life Happier.*

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