



KELLY MCGONIGAL

Stress is Bad for You

∨

Believing Stress is Bad for You is
Worse for You



KELLY MCGONIGAL





KELLY MCGONIGAL

Positive Effects of Stress

Heavy Breathing

Heart Pounding

Blood Vessels Constricting

Oxytocin



Positive Effects of Stress

Heavy Breathing

Heart Pounding

Blood Vessels Constricting

Oxytocin

**How You Think About Stress Is More
Important Than The Stress**



KELLY MCGONIGAL





KELLY MCGONIGAL







 SHAWN ACHOR

Motivated / Work Hard



Success



Happy





 SHAWN ACHOR

Motivated / Work Hard



Success



Work Harder





SHAWN ACHOR

Happy



Motivated / Work Hard



Success



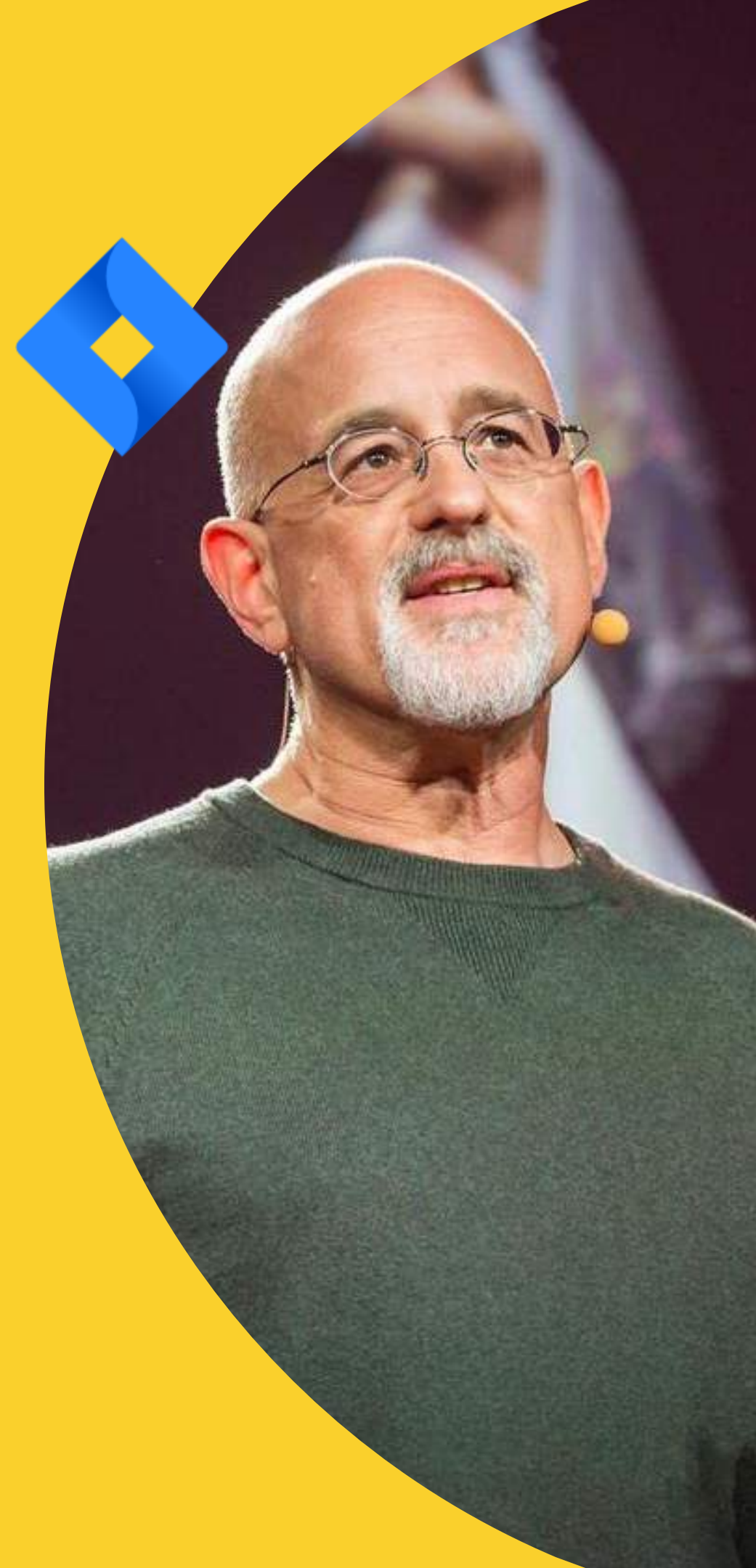


SHAWN ACHOR

Who Here Knows How To Be Happy?



DAN GILBERT



 DAN GILBERT



 SHAWN ACHOR

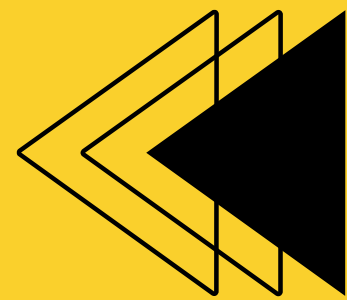
Who Here Knows How To Be Happy?

 ROBERT WALDINGER





ROBERT WALDINGER



Da Man





ROBERT WALDINGER

“THE CLEAREST MESSAGE THAT
WE GET FROM THIS 75-YEAR
STUDY IS THIS: **GOOD
RELATIONSHIPS KEEP US HAPPIER
AND HEALTHIER. PERIOD.**”



Day 1 - Take Stock In Your Relationships

Day 2 - The Secret Power of the 8-Minute Phone Call

Day 3 - Small Talk Has Big Benefits

Kids / Weather / Vacation / Food / Celebrity / Entertainment

Day 4 - Write and Deliver A Living Eulogy

Day 5 - The Importance of Work Friends

Day 6 - Don't Cancel Those Plans

Day 7 – Keep Happiness Going All Year Long.



ROBERT WALDINGER



"GOOD RELATIONSHIPS KEEP US
HAPPY AND HEALTHIER."



BRENE BROWN



BRENE BROWN

“WE ARE NEUROBIOLOGICALLY
WIRED FOR CONNECTION.”



 BRENE BROWN

Connection



Sense of Love and Belonging



Worthiness





 BRENE BROWN

Worthiness

Courage

Compassion

Connection

Vulnerability





 BRENE BROWN

You Are Worthy of Being Heard



 JULIAN TREASURE



DON'T

- Gossip
- Judge
- Be Negative
- Complain
- Make Excuses
- Exaggerate / Lie
- Be Dogmatic

DO

- HAIL**
- Honest
- Authentic
- Integrity
- Love / Gratitude



JULIAN TREASURE

It's Not Their Job To Remember
It's Your Job To Be Memorable



JULIAN TREASURE





JULIAN TREASURE

Be Memorable
Be Creative



MANOUSH ZOMORODI



MANOUSH ZOMORODI

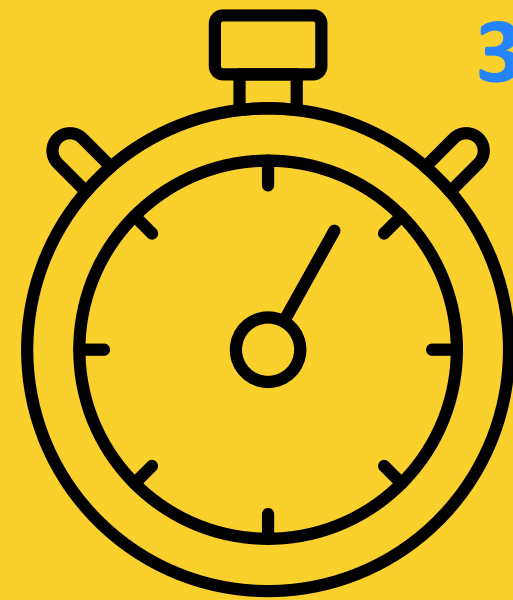
#1 Trait For Leadership



CREATIVITY



MANOUSH ZOMORODI



3 Minutes



45 Seconds





MANOUSH ZOMORODI





Fiction
Friction
Fraction
Action



**Mel
Robbins**

How to stop screwing
yourself over



MANOUSH ZOMORODI



DAN PINK

Creative Corporate Culture



 DAN PINK

ROWE



Multi-Dimensional



DAN PINK

Multi-Dimensional



STEVE RICHMAN





STEVE RICHMAN

Education Takes Us Into A Future That We Can't Predict



SIR KEN ROBINSON





STEVE RICHMAN

Turn Education Into
Eduaction To Create
Your Future Based
Upon What You Think
Will Probably Happen



SIR KEN ROBINSON



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Thank You



Northeast Mortgage Summit

Multi-Dimensional Connectivity