



Tal Ben-Shahar

Expert on Leadership & Positive Psychology

"Make the world a better place through whole-being education"

Tal Ben-Shahar is a world-renowned positive psychology expert, bestselling author, entrepreneur, and keynote speaker. Best known for teaching Harvard University's most popular course on Positive Psychology, this influential speaker has helped millions of people and organisations understand the science of happiness, resilience, leadership, and wellbeing. Through his research, writing, and speaking, Tal Ben-Shahar inspires audiences to achieve greater success, fulfilment, and purpose in both their personal and professional lives.

TOPICS:

- Happiness and Mindfulness
- Inspiring Lives
- Personal Growth and Achievement
- Sales Skills and Motivation
- Motivation
- The Future of Happiness in the Age of AI

LANGUAGES:

He presents in English & Hebrew.

PUBLICATIONS:

- 2025** Happy Habits
- 2021** Happiness Studies: An Introduction
- 2017** The Joy of Leadership
- 2009** The Pursuit of Perfect
- 2007** Happier

IN DETAIL:

Tal Ben-Shahar is recognised globally as one of the leading authorities on positive psychology, happiness, wellbeing, and leadership. During his time at Harvard University, this acclaimed speaker taught the university's most popular course on Positive Psychology and one of its most sought-after courses on The Psychology of Leadership, attracting more than 1,400 students annually. An accomplished entrepreneur and educator, Tal is the co-founder of Happiness Studies Academy, as well as Potentiallife, Maytiv, and Happier.TV. He advises Fortune 500 companies, governments, educational institutions, and business leaders worldwide on topics including resilience, leadership development, employee wellbeing, organisational culture, and peak performance. His internationally bestselling books, translated into more than 25 languages, include Happier, The Joy of Leadership, and Happier, No Matter What, which explores hope, resilience, and purpose during challenging times.

WHAT HE OFFERS YOU:

Tal Ben-Shahar delivers transformative keynote presentations on happiness, positive psychology, resilience, leadership, wellbeing, organisational culture, and human flourishing in the age of AI. This globally recognised speaker provides evidence-based strategies that help leaders and teams improve performance, strengthen resilience, enhance wellbeing, and achieve sustainable success while navigating rapid technological change.

HOW HE PRESENTS:

Tal is an insightful, inspiring, and highly engaging speaker who combines scientific research, practical wisdom, and compelling storytelling. His thought-provoking presentations leave audiences energised, motivated, and equipped with actionable tools they can immediately apply in both their professional and personal lives.