

Tal Ben-Shahar- Global Expert Engages With South African Business Leaders

Tal Ben-Shahar, internationally respected author, lecturer and Harvard university professor, was recently in South Africa for 3 days where he met with top business leaders and executives from some of South Africa's largest corporates.

Tal spoke to over 200 leaders from a variety of organisations including Standard Bank, Liberty, Elli Lilly, SAB, Old Mutual, FNB, Nedbank, Barlow, JD Group, Eskom, Multichoice and Barclays Capital; as well as organisations like Edgegrowth.

Tal's talk focused on the topic of leadership- and more specifically about the need for a new type of leader in our volatile, uncertain, complex world. His focus was on changing the questions we ask as leaders and highlighting strengths, being grateful and appreciating progress; and developing resilience. Based on specific examples of corporate success and best practice from around the world, he highlighted the impact as an individual, a team, an organisation and even a nation of making small changes that have a big impact.

Tal is very excited to now have a permanent Johannesburg office for Potentiallife, the revolutionary new leadership development programme which he spent three years, together with cofounder, Angus Ridgway (former senior director at McKinsey) developing.

Shrinkwrapping the best-of-the-best thinking on leadership behaviour and lasting change, supported by a blend of highly personalised data, live interactions and a proprietary platform, for the first time ever it has become possible to develop leaders on a large scale.

Tal's focus on enhancing well-being draws primarily on research from the field of Positive Psychology - the science of happiness and he is world renowned as a business consultant and lecturer who works with executives in multi-national corporations, Fortune 500 companies, educational institutions, as well as the general public. Tal's areas of expertise include leadership, education, ethics, happiness, self-esteem, resilience, goal setting, and mindfulness.

Tal has featured on Jon Stewart's The Daily Show, Fox News and CNN amongst his many media appearances.

As a Harvard University professor, Tal repeatedly taught the most popular course at the university, "Positive Psychology," as well as the university's third most popular course, "The Psychology of Leadership"—with a total of more than 1,400 students.

He is also the author of a number of international best sellers including the New York Times bestseller *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment* and

Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life which have been translated into 25 languages. Tal's latest book *Choose The Life You Want: The Mindful Way to Happiness* has just been released.

Tal Ben-Shahar is the Chief Knowledge Officer of Potentiallife and the Chief Learning Officer of the Wholebeing Institute. He earned his Ph.D. in Organizational Behavior and B.A. in Philosophy and Psychology from Harvard.