

JESSICA WEISS is a happiness expert that shares the exact tools we need to build powerful, high-performing teams with the essential skills for success in this rapidly changing world of work. Without any jargon or fluff, Jessica's approach is razor-sharp and immediately actionable for all levels of the organization.

With 15 years of experience working with Fortune 500 companies, Jessica knows that we must understand that happiness is the glue that connects performance and engagement together. She shares the key to achieving and unlocking that happiness across the best teams in the world and enables them to perform better because they want to, not because they feel like they have to.



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Jessica's Speaking Reel



Jessica's TEDx



Additional Video #1



Additional Video #2



SHORT BIOGRAPHY

Jessica has spent the last 15 years embedded in Fortune 500 companies, doing endless research speaking to thousands of people all about how to navigate this rapidly changing world of work. Jessica has become a trusted expert, helping leaders understand how to build and sustain happiness and drive high performance, not by force, but because their teams find themselves in happier, more inclusive environments.

FULL BIOGRAPHY

Jessica has spent the last 15 years embedded in Fortune 500 companies, doing endless research speaking to thousands of people all about how to navigate this rapidly changing world of work. Jessica has become a trusted expert, helping leaders understand how to build and sustain happiness and drive high performance, not by force, but because their teams find themselves in happier, more inclusive environments.

Jessica teaches businesses why we must understand that HAPPINESS is the glue that holds everything together and achieving and unlocking it is the key to a brighter future and a stronger and more resilient, engaged team.

With 15 years of experience working with global brands like Coca-Cola, Johnson & Johnson, and America Express, Jessica is a trusted source for those who are searching for tangible, research based strategies to build powerful teams prepared and ready for the future.

She is a TEDx speaker and organizational leadership expert who uses her humor and “tell-it-like-it-is” style to teach organizations why happiness is the glue that holds all of this together.

Jessica is an expert in leadership, culture, and organizational development who understands what it really takes to unlock engagement and performance. She graduated from the University of Pennsylvania and has an MBA from Columbia University.

Keynote #1

The Heart of High Performing Teams: How happiness increases collaboration and communication on incredible teams

Teams today are feeling more disengaged, decentralized, and more lonely than they ever have before. Depression is up 20% in the last five years, stress is at an all time high, people are burned out and scrambling for time, and turnover continues to increase. While most people think that the solution is more PTO, longer breaks, and less to do, the truth is that we need to have a more connected, collaborative, and engaged team. And to do that, we must understand that happiness is the glue that holds everything together, and achieving and unlocking it is the key to a brighter future, and a stronger, more resilient, and engaged team that simply performs better because they want to, not because they feel like they have to.

In this engaging and entertaining presentation, learn from workplace culture and happiness expert Jessica Weiss as she shares groundbreaking and actionable research that helps leaders from across the country build a deeper sense of resilience, psychological safety, and belonging with their teams. By helping them decode the heart of happiness, leaders will understand how to build and sustain happiness, and drive high performance not by force, but because their teams find themselves in happier, more inclusive environments.

Attendees will learn:

- How to drive engagement and connection regardless of whether teams are hybrid, remote or in-office
- What the five critical steps are to building a culture of trust and resiliency
- The toolkit that creates a culture of collaboration and creativity
- Why a culture of happiness is the foundation for all high performing teams
- The root of happiness and how to achieve more of it on a daily basis

Keynote #2

The happiness equation: How happiness attracts and builds high-performing teams

With the world moving faster than it ever has before and the talent shortage being more severe than it has been in the past 50 years, organizations are struggling not just to attract top people but to keep the greatest people that they have. Leaders are grappling with recruiting, engaging and retaining employees – all while striving to foster a culture that is resilient, inclusive and vibrant.

Why is it so difficult to keep our best people? Why is it so difficult to attract the best talent and more importantly what do we do? It turns out after studying hundreds of organizations and thousands of individuals, workplace culture expert Jessica Weiss has discovered that the solution no one is seeing to the problem that everyone recognizes they have - is happiness. And to understand that happiness is the basis for collaboration, for trust, for effective leadership and the ability to navigate uncertainty and change. What we can then understand is that by developing and focusing on happiness first we are able to build incredible teams and not worry about the things that kept us up at night in previous years. Help us to be motivated and excited.

Attendees will walk away with habits, tools, and tactics that will build a culture of happiness across the organization by understanding tangible actions to build stronger trust, psychological safety, and belonging whether we work in the same office together or we have a distributed/remote team.

Attendees will learn:

- How to build better work relationships by creating the time to do so
- Effectively communicate across departments and teams
- Different strategies to build better individual and team cohesion
- Increase connection by establishing stronger rapport and how to do it
- Breakdown the us vs. them barrier rampant in many workplace

Keynote #3

The Burnout Antidote: How happiness can prevent burnout from ever occurring

Following years of increased unpredictability and rapid change, people from all walks of life are experiencing fatigue, overwhelm, and demotivation. Reports of burnout are sky high and only getting worse. We are looking for a more effective way than merely surviving - we want to thrive and to flourish without the relentless grind. Happiness, as unassuming as it may be, is the answer.

The real problem with burnout is that we've been spending too much time trying to deal with it after it happens, much like we try to take off the 10 pounds after we've gained them. What if we could prevent burnout from happening in the first place. Burnout mitigation, like a healthy diet, is understanding moderation, balance, and the foundation of healthy mental habits - happiness. By unlocking the power of happiness and how to sustain it, our teams and the individuals on them will create sustainable practices that help them engage more effectively, feel less friction and resistance to their colleagues and the work they do, and approach monday through friday healthier, more positively, and with excitement. Whether we like it or not, the world around us will continue to change faster and faster; happiness will help us approach change better, and prevent burnout from ever occurring.

In this engaging, high energy, and actionable keynote, attendees will understand the true control over how they feel and how to harness the potential they really have. Attendees will build the happiness toolkit and leave the session feeling better than they were walking in, and will have a deep knowledge of how to sustain the healthy practices we uncover together. Workplace culture and happiness expert Jessica Weiss will show you the way.

Attendees will leave knowing:

- The relationship between happiness and burnout, and what they can teach us
- Three steps to stop burnout before it happens
- Five tools to overcome disconnection, low morale and overwhelm
- How happiness can mitigate exhaustion and improve wellbeing
- The foundation of happiness, where it comes from, and how to enhance it

A/V REQUIREMENTS

- Jessica will deliver each presentation via Powerpoint slides with a 16:9 ratio. Slides will either be transferred before (if required) or brought with him on a portable USB Drive (preferred).
- Jessica strongly prefers at least one confidence monitor, if possible.
- Jessica prefers no podium on stage. If one must be present, it needs to be pushed back so he may walk in front of it unencumbered.
- Jessica requires a wireless lavalier microphone connected to a professional audio system.
- Jessica requires an A/V check no fewer than 30 minutes before taking the stage.



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INTRODUCTION

Jessica Weiss is a keynote speaker and consultant who has been on hundreds of stages and worked with Fortune 500 organizations throughout the world.

Jessica spends her time studying the world's best places to work and she is here today to translate all of the cutting edge research into actionable steps that we can use to build the highest performing teams that not only survive but thrive in this rapidly changing world of work.

Please welcome Jessica Weiss