

Robert Holden Ph.D

Author of the best-selling *Happiness NOW!*, *Shift Happens*, *Success Intelligence*, and *Be Happy*.



Dr Robert Holden travels the world coaching leaders in the field of business, education, politics, healthcare, and sport. His services are retained by some of the world's leading entrepreneurs and organizations.

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Happiness Project

Robert founded *The Happiness Project* in 1995. The signature event of this project is an 8-week happiness course that was famously tested by independent scientists for a 40-minute BBC science documentary called *How to be Happy*. The scientists described the program as a "genuine fast-track to happiness." Professor Davidson, of Wisconsin-Madison University, stated, "*This happiness training not only changes the way you feel; it actually changes the way your brain functions.*" For more information about this unique course visit www.behappy.net. For course dates visit

Events Diary.

Robert and his team of presenters at *The Happiness Project*, which include **Ben Renshaw** and **Avril Carson**, present an annual program of talks and seminars to the public and professionals. Previous speaking engagements include European Mental Health Conference, the Royal College of Nursing, and the Royal Marsden Hospital. Robert and his team also present a 5-day certified training program called *Coaching Happiness*. This program is very popular with people who want to dive deeper into the theories, principles, and practices of *The Happiness Project*. For more info visit www.behappy.net

Success Intelligence

Success Intelligence (S.I.) has been hailed as one of the most exciting coaching programs in the world today. It is used by individuals and organizations to explore the heart and soul of authentic success. *Success Intelligence* masterclasses, leadership programs, and coaching courses have been used by global brands (DOVE and The Body Shop), media groups (BBC and Virgin Media), and international companies (Unilever and Sony). Other clients include Accenture, Massachusetts University, IHG, Rolls Royce, and Royal National Theatre.

Whilst much of the work of *Success Intelligence* happens in-house for clients, there is also an annual public program that features our signature 3-day *Success Intelligence* Intensive. This course is an opportunity to get coached by Robert and his team in an intimate setting. Also, there is a 5-day certified training program that is very popular with people who want to use *Success Intelligence* in their own work. For more information visit successintelligence.com.

International Lecturer

Robert is a much-loved keynote speaker. He is often invited to open and close major conferences. His keynote style is deeply engaging, inspirational, and entertaining. Over the years, Robert has presented lectures in 25 countries including the US, Japan, India, Australia, South Africa, and Italy. He has delivered keynote addresses to clients like Coca Cola, KPMG, The Leadership Trust, JP Morgan, Merrill Lynch, The FA, and Comic Relief.

Robert delivers an annual program of public talks each year. In the UK, his regular venues include *Alternatives* at St. James's Church and the Miracle Network, both in London. In the US, Robert's public program is managed by his publishers Hay House. He is a regular presenter at the Hay House *I CAN DO IT!* conferences in the US and Canada. Over the years he has shared the stage with leaders like, Tom Peters, Ken Blanchard, Deepak Chopra, Wayne Dyer, Patch Adams, and Paul McKenna. See the **Events Diary**.



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Media Appearances

Robert's work has been featured in several BBC documentaries on well-being and happiness, including the BBC *Happiness Formula* and QED *How to be Happy*. In the US, he appeared on *Oprah* for a show called *How Happy Are You?* Other major media credits include: LBC Michael Parkinson, Sky Selina Scott, BBC Newsnight, ITV Richard and Judy, BBC Ester Rantzen, BBC Tomorrow's World, and ITV South Bank Show. He has been interviewed for BBC Radio 4 All in the Mind, and for publications like O Magazine and The Financial Times.

Robert is often asked to be a national spokesperson for campaigns on health well-being. In the past he has worked on projects like British Telecom's "Health of the Nation", and also Dove's "Women's Self-Esteem Fund". His colleagues, **Ben Renshaw** and **Avril Carson**, often fulfill similar roles through their work with both *The Happiness Project* and *Success Intelligence*.

Robert's Publications

In 2007, Robert signed an agreement with **Hay House** who will publish most of Robert's major books, CDs, DVDs, calendars, and other projects. This exciting collaboration with Hay House is one that Robert is deeply committed to. On the book front, his major publications include *Happiness NOW!*, *Shift Happens*, and *Success Intelligence*. His new book, *Be Happy!*, will be published by Hay House in April 2009. For more info on all of Robert's products visit the **Book Store**.

