

ROBERT WALDINGER

Director of Harvard's longest study on happiness, relationships, and human flourishing

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- Director of the Harvard Study of Adult Development, one of the longest-running studies of human life ever conducted
 - Harvard Medical School professor, psychiatrist, psychoanalyst, and Zen priest
 - Author of the New York Times bestseller *The Good Life*
 - Creator of one of the most-watched TED Talks of all time, with more than 50 million views
 - Leading authority on happiness, well-being, relationships, resilience, and human development
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Robert Waldinger helps leaders understand what science reveals about living a happy,

healthy, and meaningful life. Drawing on more than 85 years of research from the Harvard Study of Adult Development, he demonstrates that the quality of our relationships is the single most important predictor of long-term well-being. His presentations offer practical insights for building stronger teams, healthier cultures, and more fulfilling lives.

Robert Waldinger is one of the world's foremost experts on happiness, well-being, and human flourishing. He is a Professor of Psychiatry at Harvard Medical School, Director of the Harvard Study of Adult Development, and a practicing psychiatrist, psychoanalyst, and Zen teacher.

For more than a decade, Waldinger has led the Harvard Study of Adult Development, a groundbreaking research project that has followed multiple generations of participants for more than 85 years, making it one of the longest scientific studies of human life ever conducted. Its findings have transformed our understanding of what truly contributes to health, happiness, longevity, and fulfillment.

His research challenges conventional assumptions about success, revealing that the strongest predictor of long-term well-being is not wealth, fame, or achievement, but the quality of our relationships. These insights have influenced leaders, organizations, educators, and policymakers around the world.

Waldinger is co-author of the bestselling book *The Good Life: Lessons from the World's Longest Scientific Study of Happiness*, which distills decades of research into practical lessons for living meaningful, connected, and resilient lives. His TED Talk, *What Makes a Good Life?*, is one of the most viewed TED Talks in history.

TEMAS

Robert tailors each presentation to the needs of his audience and is not limited to the topics listed below. Please ask us about any subject that interests you:

- Happiness and Human Flourishing
- The Science of Relationships
- Leadership and Well-Being

- Resilience and Mental Health
 - The Future of Human Connection
 - Purpose, Meaning, and Fulfillment
 - Organizational Culture and Trust
 - Work-Life Integration
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PROGRAMAS

What Makes a Good Life? Lessons from the Longest Study on Happiness

Based on more than eight decades of research, Waldinger reveals the surprising findings of the Harvard Study of Adult Development. Challenging conventional beliefs about success and happiness, he demonstrates why relationships—not wealth, status, or achievement—are the strongest predictors of health, longevity, and life satisfaction. Leaders leave with practical tools for building stronger connections and more fulfilling lives.

The Good Life: The Science of Human Flourishing

What does it truly mean to live well? Combining psychology, psychiatry, neuroscience, and decades of longitudinal research, Waldinger explores the habits, relationships, and mindsets that contribute to a meaningful life. This keynote provides evidence-based insights for individuals, teams, and organizations seeking greater well-being and performance.

Relationships: The Hidden Driver of Performance and Resilience

Strong relationships are not just essential for happiness—they are critical for leadership, teamwork, resilience, and organizational success. Drawing on the Harvard Study's findings, Waldinger explains how social connection influences physical health, emotional well-being, and long-term effectiveness.

Liderazgo, Propósito y Conexión Humana

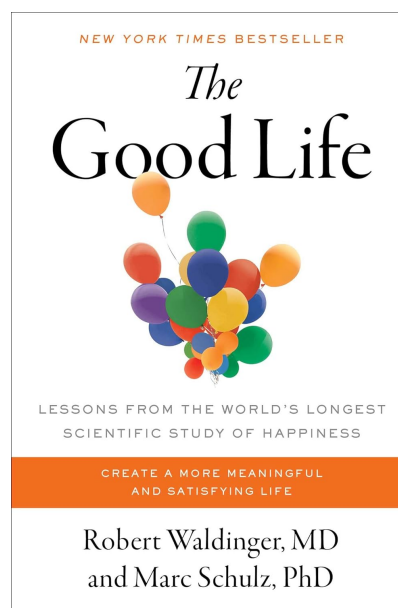
En una época marcada por la tecnología y el aislamiento, la capacidad de construir relaciones auténticas se ha convertido en una ventaja estratégica. Waldinger explora cómo los líderes pueden crear culturas basadas en confianza, pertenencia y propósito.

Leadership, Meaning, and Human Connection

In a world increasingly shaped by technology and isolation, human connection has become a strategic advantage. Waldinger explores how leaders can foster cultures of trust, belonging, and purpose that drive both individual fulfillment and organizational performance.

PUBLICACIONES

Libros



THE GOOD LIFE

CONDICIONES

- **Travels from:** Massachusetts, USA
 - **Fee Range:** Please Inquire
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