



ARIANNA HUFFINGTON

Founder of The Huffington Post, the founder and CEO of Thrive Global, and the author of 15 books

-
- Discusses the new media, politics, the economy and lessons she has learned on the road to success
 - Founder of The Huffington Post, the founder and CEO of Thrive Global, and the author of 15 books
 - Launched Thrive Global, a corporate and consumer well-being and productivity platform with the mission of changing the way we work and live
 - She has been named to Time Magazine's list of the world's 100 most influential people and the Forbes Most Powerful Women list
-

“Company culture is a company’s immune system.”

At the forefront of one of the world's most successful news sites and a key figure in the current communications revolution, Arianna Huffington discusses the new media, politics, the economy and lessons she has learned on the road to success.

Arianna Huffington is the founder of The Huffington Post, the founder and CEO of Thrive Global, and the author of 15 books, including, most recently, Thrive and The Sleep Revolution. In May 2005, she launched The Huffington Post, a news and blog site that quickly became one of the most widely-read, linked to, and frequently-cited media brands on the Internet. In August 2016, she launched Thrive Global, a corporate and consumer well-being and productivity platform with the mission of changing the way we work and live by ending the collective delusion that burnout is the price we must pay for success.

She has been named to Time Magazine's list of the world’s 100 most influential people and the Forbes Most Powerful Women list. Originally from Greece, she moved to England when she was 16 and graduated from Cambridge University with an M.A. in economics. At 21, she became president of the famed debating society, the Cambridge Union.

She serves on numerous boards, including Uber, Onex, and Global Citizen.

Her last two books, Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder and The Sleep Revolution: Transforming Your Life, One Night At A Time, both became instant international bestsellers.

TEMAS

- Innovation
- Business Growth and Trends
- Happiness and Mindfulness
- Professional Achievement
- Corporate Culture

PROGRAMAS

The Brave New World of the "New Media": How Social Media Has Revolutionized the Communications Landscape

The tech advances of the last few years have turned the news and entertainment worlds on their ears, shifting the balance of power away from the media giants and to consumers—and citizens—empowering them to choose and create. Technology is having the same game-changing effect on the political world. In this lively presentation, Huffington, described by Fortune as one of the few people who “get” the Internet, discusses the latest online and social media trends—including how media companies are turning content promiscuity into profits—and reveals her vision of a hybrid future where traditional media and new media become one.

COVID-19 Is Spreading. Time to Expand the Conversation About Prevention

As COVID-19 spreads around the world, work and life as we know it will continue to be seriously disrupted. But based on the news coverage, you might think that the only preventive measures we can take are washing our hands regularly, trying not to touch our face, and avoiding people who are sick. We need to expand the conversation to make room for a crucial aspect of health that has received very little attention: one of the best things we can do to protect ourselves is to proactively strengthen our immune system. In a crisis, committing to building healthy habits becomes even more important.

Thriving From Home in the New Normal

The COVID-19 outbreak affects every aspect of our lives — our health, families, careers, finances, and more — and while everyone is experiencing this moment in their own way, the global scale of the crisis means the impact is universal. This much is clear: everyone is affected. And everyone needs support. There is no blueprint for how we as individuals, teams, and managers should be acting in this new normal. The crisis is still unfolding, but

we have an immediate responsibility and opportunity to gain an even deeper understanding of our most important asset: our people.

The Pandemic Is Accelerating Our Mental Health Crisis

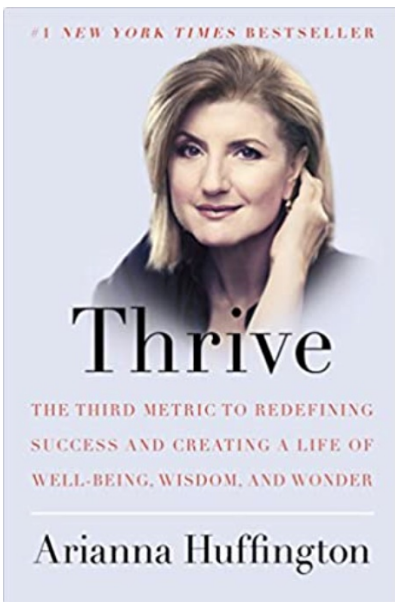
We hear a lot about stockpiles of essential medical equipment and PPEs. But we also need to build our internal stockpiles so that we can build our mental resilience. How are we replenishing our own inner resources? How can we turn away from unhealthy coping behaviors and equip ourselves to come out of the pandemic wiser and more resilient than before? Just as we've had to make drastic changes to our lives to stop the spread of the virus, we need to take urgent steps to safeguard our mental health, too.

The Sleep Revolution

In an increasingly fast-paced and hyper-connected world, sleep deprivation has become a global epidemic, with devastating effects on our health, our performance and our relationships. In this talk, Arianna Huffington—New York Times best-selling author and president and editor-in-chief of the Huffington Post Media Group—offers a sweeping exploration of sleep, from its rich history to the latest science, with an emphasis on how it can transform our lives. Through personal stories and specific, science-backed tips and recommendations, Huffington addresses the most critical issues with her audience: why we sleep, why we need it, what happens when we don't get enough, and how to get more, so we can take control of our lives and live more fully.

PUBLICACIONES

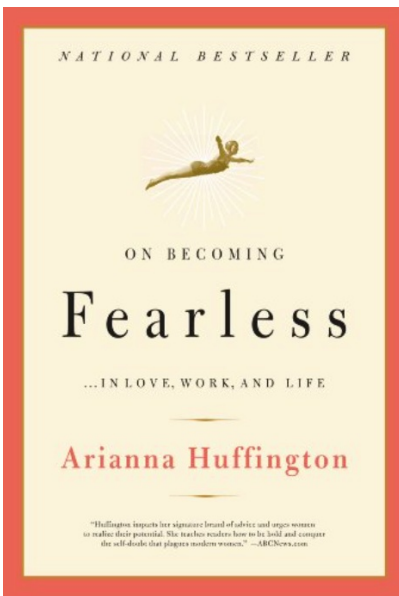
Libros



THRIVE



THE SLEEP REVOLUTION



ON BECOMING FEARLESS

CONDICIONES

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