

Dan Baker, Ph.D.

Dan Baker, Ph.D., is a pioneer in the positive psychology initiative, which seeks to study and understand strengths, best practices and, in general, what is right with people, organizations and institutions. He uses this orientation for his individual and organizational work.

Dr. Baker is a Medical Psychologist and author of the bestseller, *What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better* (Rodale, 2003). *What Happy Companies Know: Discovering What is Right With America's Corporations*, was published by Prentice Hall (2006), followed by *What Happy Women Know* (Rodale, 2007).

Dr. Baker is the founder of Healthy Families in Business, which promotes intergenerational success, harmonious relationships, personal well-being and prosperous business practices, including succession planning for families in business. He is also an executive coach and corporate consultant for CEOs and their companies across North America.

Topics

WHAT HAPPY PEOPLE KNOW

Those who experience life in a positive emotional state – with happiness, optimism, joy and appreciation – tend to be more resilient, live longer, experience greater vitality, have better relationships, have fewer problems with alcohol and drugs, be more productive, and in general live far more fulfilling lives. Anyone can learn practices to increase their “happiness quotient.” Dr. Baker maintains that happiness is an internal phenomenon.

WHAT HAPPY COMPANIES KNOW

How do companies become happy and healthy and remain that way? Conversely, what is it that drives a good company to go bad? These questions are examined from several sciences including bio-evolutionary theory, neurology, emotional intelligence and positive psychology – and taken from the pages of Dr. Baker's new book.

TOPICS continued on back



CREDENTIALS

Post-Doctoral Fellow in
Medical Psychology,
University of Nebraska
Medical College

Doctorate in Counseling
Psychology, University
of Nebraska

Licensed by Arizona Board of
Psychologist Examiners

Certified in Mediation

Certified in Assessing
Emotional Intelligence

Certified in Clinical Hypnosis

Served as Facilitator/Instructor
for Families in Business
Program, Harvard
University



His love of fly fishing takes Dan to lakes and rivers in the Midwest.

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EXECUTIVE HEALTH & THE GOOD LIFE

No one ever said that it's easy working as an executive in corporate America. Fortunately, there is a science of successful living that offers a practical road map for making the right decisions and then taking congruent action. Dr. Baker shares this science, based on a three-part multidimensional model, that equally emphasizes sense of purpose, health and relationships.

CHALLENGE OF CHANGE

Dr. Baker shares strategies for implementing and maintaining healthy change to help you achieve goals and maintain success.

POSITIVE EMOTIONS & HEALTH

Many people are in the dark about how emotions can influence health. Become enlightened by Dr. Baker's important information for your overall health.

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