



Micol D'Andrea

**LEARNING WITH
TED TALK**

*Study hard what interests you the most
in the most undisciplined,
irreverent and original manner possible.*

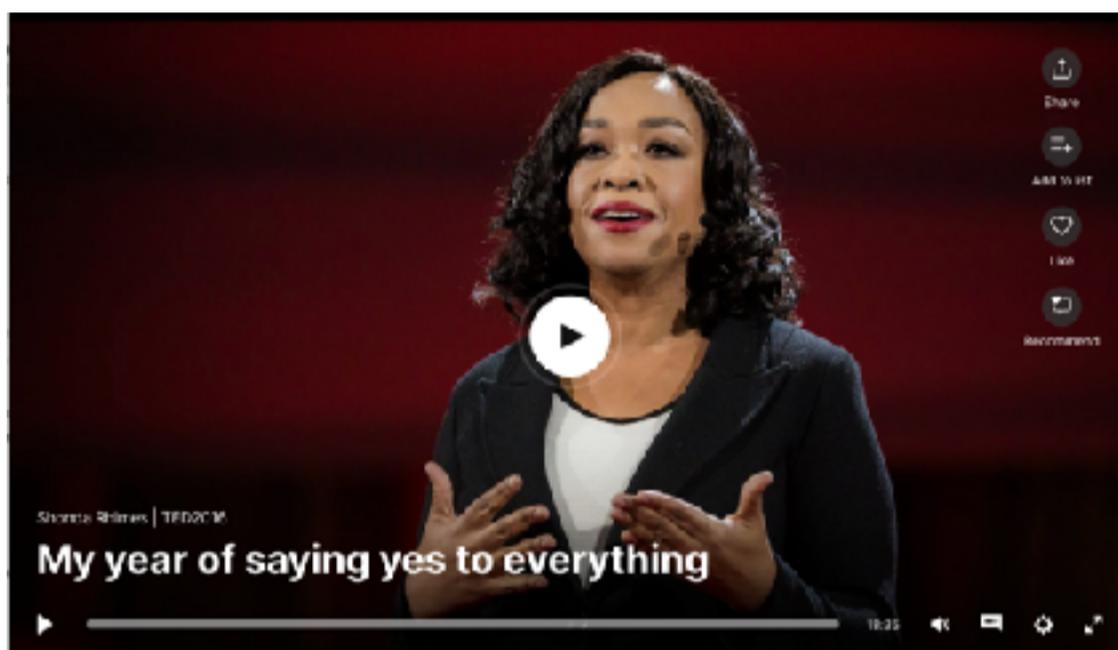
Richard Phillips Feynman



E SELF EMPOWERMENT

My year to say yes

by **SHONDA RHYMES**



Shonda Rhimes, the titan behind *Grey's Anatomy*, *Scandal* and *How to Get Away With Murder*, is responsible for some 70 hours of television per season, and she loves to work.

"When I am hard at work, when I am deep in it, there is no other feeling," she says. She has a name for this feeling: The hum. The hum is a drug, the hum is music, the hum is God's whisper in her ear. But what happens when it stops? Is she anything besides the hum? In this moving talk, join Rhimes on a journey through her "year of yes" and find out how she got her hum back.

Quote

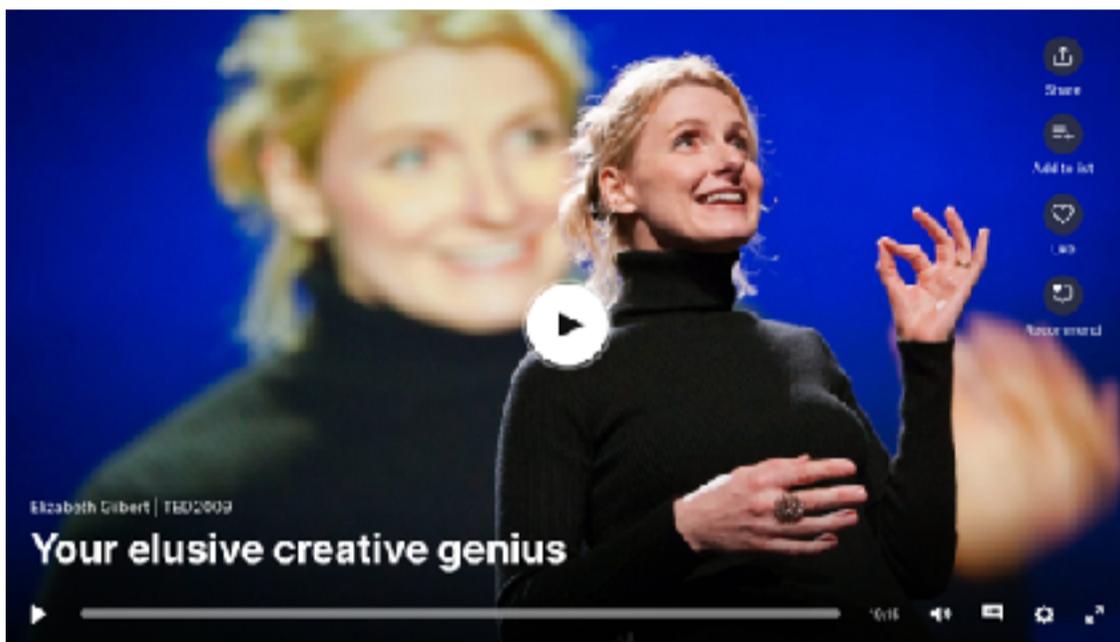
I said yes to less work and more play. Titans need not apply.



E SELF EMPOWERMENT

Your elusive creative genius

by **ELIZABETH GILBERT**



Elizabeth Gilbert muses on the impossible things we expect from artists and geniuses -- and shares the radical idea that, instead of the rare person "being" a genius, all of us "have" a genius. It's a funny, personal and surprisingly moving talk.

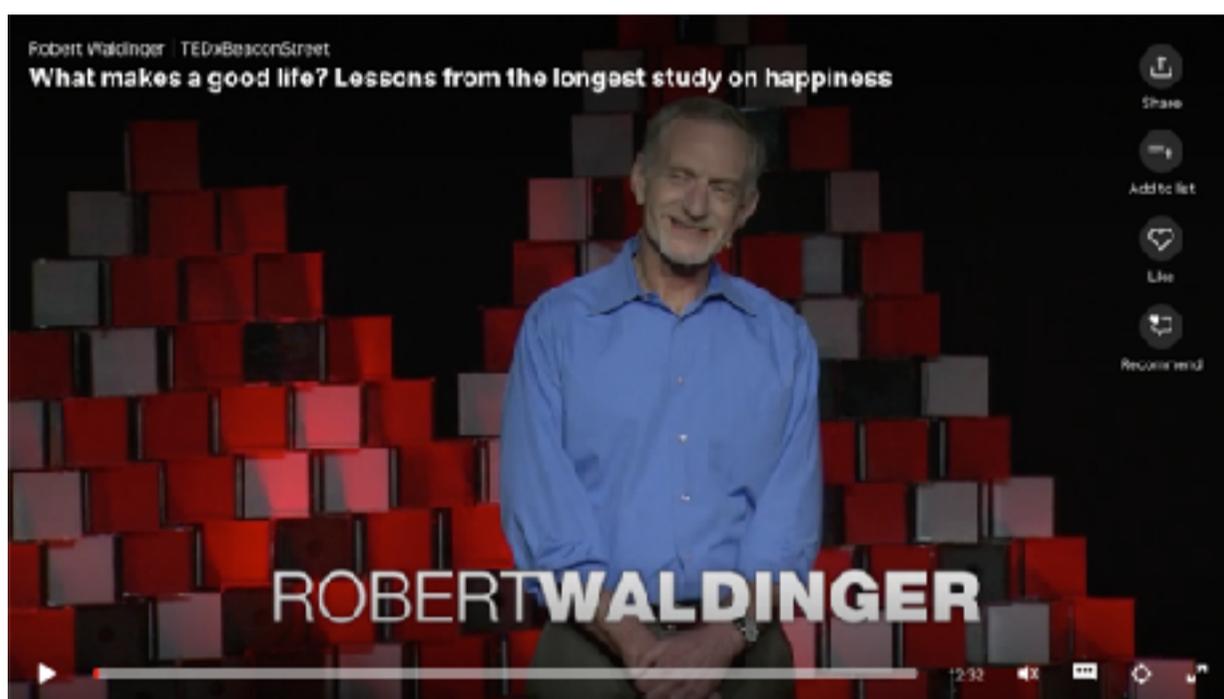
Quote

People believed that creativity was this divine attendant spirit that came to human beings from some distant and unknowable source, for distant and unknowable reasons. The Greeks famously called these divine attendant spirits of creativity "daemons." Socrates, famously, believed that he had a daemon who spoke wisdom to him from afar.



What makes a good life? Lesson from the longest study about happiness.

by **ROBERT WALDINGER**



What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life

Quote

"There isn't time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that."



The puzzle of motivation?

by **DAN PINK**



Career analyst Dan Pink examines the puzzle of motivation, starting with a fact that social scientists know but most managers don't: Traditional rewards aren't always as effective as we think. Listen for illuminating stories -- and maybe, a way forward.

Quote

Think about your own work. Are the problems that you face, or even the problems we've been talking about here, do they have a clear set of rules, and a single solution? No. The rules are mystifying.



Why we love, why we cheat?

by **HELEN FISHER**



Anthropologist Helen Fisher takes on a tricky topic – love – and explains its evolution, its biochemical foundations and its social importance. She closes with a warning about the potential disaster inherent in antidepressant abuse.

Quote

"What 'tis to love?" Shakespeare said. I think our ancestors -- I think human beings have been wondering about this question since they sat around their campfires or lay and watched the stars a million years ago.



A CREATIVITY

Do School kills Education?

by **SIR KEN ROBINSON**



Sir Ken Robinson makes an entertaining and profoundly moving case for creating an education system that nurtures (rather than undermines) creativity.

Quote

What we do know is, if you're not prepared to be wrong, you'll never come up with anything original.



A LIFE

Own Your Behaviours, Master Your Communication, Determine Your Success by LOUISE EVANS



This speech is a call to action. We spend about eighty percent of our day at work, the rest is at home. If we have a bad day at work we are likely to take that negativity home with us and vice versa. It is of paramount importance that we create healthy environments in the spaces that most affect our lives by giving of our best and receiving the like in return. The 5 Chairs is a powerful and systematic method which helps us master our own behaviours and manage the behaviours of others. To be a good leader is to contribute to the success and happiness of everyone, at work and at home, on a conscious level. The 5 Chairs offer 5 Choices. Which will you choose?

Quote

"The more we judge people the less time we have to love them."
Mother Teresa.



The surprising science of happiness by DAN GILBERT



Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned.

Quote

"Tis nothing good or bad. But thinking makes it so."



A ORGANIZATION

5 ways to lead in an era of constant change

by **JIM HEMERLING**



Who says change needs to be hard? Organizational change expert Jim Hemerling thinks adapting your business in today's constantly-evolving world can be invigorating instead of exhausting. He outlines five imperatives, centered around putting people first, for turning company reorganization into an empowering, energizing task for all.

Quote

In the era of "always-on" transformation, organizations are always going to be transforming. But doing so does not have to be exhausting. We owe it to ourselves, to our organizations and to society more broadly to boldly transform our approach to transformation. To do that, we need to start putting people first.



A LIFE & BUSINESS

5 steps to designing the life you want

by **BILL BURNETT**



Designers spend their days dreaming up better products and better worlds, and you can use their thinking to re-envision your own life, says design professor Bill Burnett. He shares five tips to try, whether you're at the start of your career or contemplating your next act.

Quote

When you have too many choices, you have no choice.”

