

Emma Seppälä

Ph.D

The Science of Health, Happiness & Success

EMMA SEPPÄLÄ, Ph.D., is an international keynote speaker, research scientist, and author whose book [The Happiness Track](#) (HarperOne, 2016) has been translated into dozens of languages. She is currently a [Lecturer at the Yale School of Management](#) and Faculty Director of the Yale School of Management's [Women's Leadership Program](#). She is also the Science Director of Stanford University's [Center for Compassion and Altruism Research and Education](#).

Seppälä's expertise is positive leadership, emotional intelligence, positive psychology, and social connection. Her research has been published in top academic journals and featured in major news outlets like [The New York Times](#), [The Washington Post](#), [NPR](#), and [CBSNews](#).

Seppälä speaks and consults internationally for Fortune 500 companies like [Google](#) and Facebook and contributes to [Harvard Business Review](#), [The Washington Post](#), [Psychology Today](#), and [TIME](#) among others. She has also spoken at several TEDx events.

A repeat guest on [Good Morning America](#), her research on breathing for military veterans with trauma was highlighted in the documentary [Free the Mind](#). She is also featured in documentaries like [The Altruism Revolution](#), [What You Do Matters](#), and [Bullied](#).

Seppälä is the recipient of a number of research grants and service awards including the James W. Lyons Award from Stanford University for founding Stanford's first academic class on the psychology of happiness and initiating other well-being programs for Stanford students.

She graduated from Yale (BA), Columbia (MA), and Stanford (Ph.D.). Originally from Paris, France, she is a native speaker of French, English, and German and conversant in Spanish and Mandarin Chinese.