

# Emma Seppälä

Ph.D

The Science of Health, Happiness & Success

As a best-selling author, Yale lecturer, and international keynote speaker, Dr. Emma Seppälä teaches executives at the Yale School of Management and is faculty director of the Yale School of Management's Women's Leadership Program. A psychologist and research scientist by training, her expertise is the science of happiness, emotional intelligence, and social connection. Her best-selling book *The Happiness Track* has been translated into dozens of languages. Emma is also the Science Director of Stanford University's Center for Compassion and Altruism Research and Education.