

Sarah Ratekin

Chief Happiness Officer - Speaker - Podcast Host – Author - Veteran

Founder and Chief Happiness Officer at Happiness Is Courage Inc. where she channels her passion for creating incredible employee experiences that solve difficult engagement challenges. Sarah translates the science of happiness and well-being into actionable plans that provide radically positive results. An enthusiastic positivity activist, she believes we can change the world for the better by being positive, grateful and kind

As seen at:



... and many more!



**Struggling with Employee Engagement?
Want to Connect Your Team with Your Purpose?
Workplace Stress Eroding Productivity?**

#HappinessIsCourage



Sarah will help you:

- ▶ Understand how **"Happiness Is Courage"**
- ▶ Fight **Organizational Inflammation** to maximize performance
- ▶ Learn ways to **nurture your team's happiness**, resilience & psychological safety
- ▶ **Stop hating Mondays**
- ▶ Combat Workplace Stress with a **Stress Triage Session!**
- ▶ Build a **Business Case** and see the ROI on Positivity & Gratitude
- ▶ Recognize & Address Symptoms of **Burn-out**
- ▶ Evaluate your **"Joy Gap"** & find ways to fix it!
- ▶ Develop personal & professional positivity practices to **increase productivity**
- ▶ Dispel the myth of **"Work-Life Balance"** and build a LIFE that makes you more resilience, productive & happy!
- ▶ Build a personal **Gratitude** practice and transform your life!



Book Sarah for your next event!

+1 765-372-2351

sarah@happinessiscourage.com

<https://happinessiscourage.com>

