



**“ Emotional
fitness is a skill,
one that can
change our life
and transform our
work.”**



Jonah Paquette

Keynote Speaker / Bestselling Author / Clinical Psychologist

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**Helping Individuals & Organizations Flourish By Increasing
Emotional Fitness and Well-Being**



Jonah Paquette

*Keynote Speaker | Bestselling Author
Clinical Psychologist*



About Me

I'm a psychologist, author, and keynote speaker specializing in the science of well-being and the promotion of emotional fitness for individuals, teams, and organizations. I conduct keynotes and workshops with top organizations throughout the world and teach skills for well-being to help individuals and organizations flourish.

Keynote Topics

The "Wow" Effect

Learn how awe & wonder can boost creativity, team work, work performance and well-being

Connection at Work

Amidst record rates of burnout, learn why genuine connection is the key to transforming culture, improving retention, enhancing work performance, and more.

The Emotionally Fit Team

Combining all 5 key principles for well-being, this talk teaches how to build emotional fitness to be our best at work

From Grateful to Great

Learn why a culture of gratitude can boost retention and strengthen your team

The Power of Focus

In a world of endless distractions, it's the most focused team that wins.

Past Clients



Testimonials

"Truly enjoyed Jonah's talk: he was knowledgeable, open, engaging, sense of humor, kindness...a gifted speaker and presenter."

ABOUT JONAH

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**SPEAKER, AUTHOR,
PSYCHOLOGIST**

[**CLICK HERE
TO VIEW REEL**](#)

Jonah Paquette is a clinical psychologist and sought-after keynote speaker who's presented for top companies and organizations around the world, including Genentech, Kaiser Permanente, and Google. His work focuses on the science of well-being and the promotion of emotional fitness for individuals, teams, and organizations. Jonah's the author of four books that aim to teach the science of happiness to individuals and organizations in order to help them flourish both personally and professionally.

In a time of record stress, burnout, depression, and turnover, many organizations are struggling to keep their teams happy, healthy, and engaged. Jonah's talks help people increase their emotional fitness in order to enhance their well-being and performance. Jonah previously spent over a decade working in healthcare leadership at Kaiser Permanente. His experience helping lead high-performing teams, coupled with his expertise in well-being, helped shape his insights around optimal team functioning and the promotion of workplace well-being. A frequent media contributor, Jonah's work has been featured in a wide variety of media outlets, including print, online, and podcast outlets.

Jonah is a native New Yorker, and still considers himself a New Yorker (Brooklynite, to be specific) despite living in California for the past two decades. He's a graduate of Columbia University and received his doctorate from the PGSP-Stanford PsyD Consortium. Jonah is a long-suffering fan of the New York Knicks and still holds out hope that they'll win a championship in his lifetime. In his spare time, Jonah loves to hike, travel, and cook. He and his wife reside in Marin County, California.

KEYNOTE TOPICS

The "Wow" Effect

Connection at Work

From Grateful to Great

The Power of Focus

The Emotionally Fit Team



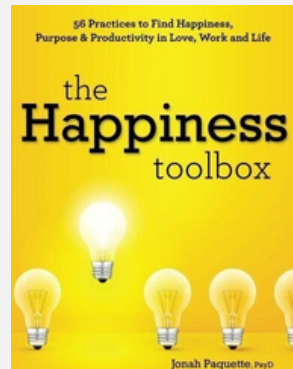
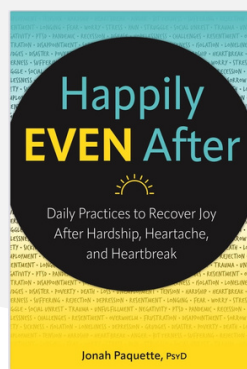
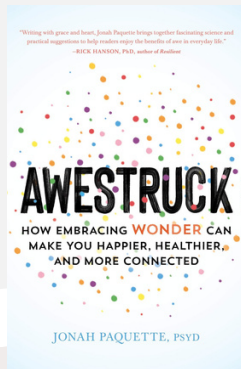
JONAH'S HIGHLIGHTS

Jonah is a clinical psychologist, author, and speaker whose work focuses on the science of well-being and helping individuals and organizations increase their emotional fitness. He is the author of 4 books and previously spent over a decade working in healthcare leadership in a large hospital system. Jonah currently partners with organizations around the world to deliver memorable keynotes aimed to enhance organizational culture, workplace well-being, connection, and emotional fitness for everyone from C-Suite executives to frontline employees.

Check out Jonah's speaker reel:



Jonah's Books:



Available on [Amazon](#) or wherever books are sold

Sample of who I've worked with:



SIGNATURE KEYNOTES



THE "WOW" EFFECT: THE SECRET INGREDIENT FOR A BETTER WORKPLACE

In this keynote, learn how experiences of awe & wonder can boost creativity, teamwork, social connection, and work performance in your organization

FROM GRATEFUL TO GREAT: HOW GRATITUDE TRANSFORMS ORGANIZATIONS

Gratitude can powerfully change organizational culture and performance. In this keynote, you will learn 5 take-home skills that will show you how to boost retention and strengthen your team.

CONNECTION AT WORK: YOUR ORGANIZATIONAL SUPERPOWER

In a time of record loneliness, explore how genuine connection might be THE key to transforming our organizational culture, improving retention minds, enhancing work performance, and more.

THE POWER OF FOCUS: ACHIEVING A MINDSET FOR SUCCESS

The most focused team wins. In this keynote, join Jonah as he shares 5 simple steps to overcome the noise in this world of endless distractions and be your best

THE EMOTIONALLY FIT TEAM: FOSTERING WELL-BEING AT WORK

Combining 5 key principles for well-being, this talk teaches how to build emotional fitness in order to bring our best selves to work

WORKSHOPS, FIRESIDE CHATS, AND RETREATS

In addition to keynotes, Jonah is pleased to offer in-depth workshops, fireside chats, and retreats on the topics outlined above.



AVAILABLE FOR:

- Keynotes
- Conferences
- Retreats
- Webinars
- Fireside chats
- Interviews
- Leadership Consulting

KEYNOTE 1: THE "WOW" EFFECT



THE "WOW" EFFECT: THE SECRET INGREDIENT FOR A BETTER WORKPLACE

DESCRIPTION:

What do you feel when you look up at a beautiful sunset, listen to an incredible piece of music, or learn something new that blows your mind? This feeling – often complete with goosebumps and a shiver down your spine – is known as awe. And this unique emotion holds some incredible benefits for our minds, health, and work performance.

KEY TAKEAWAYS:

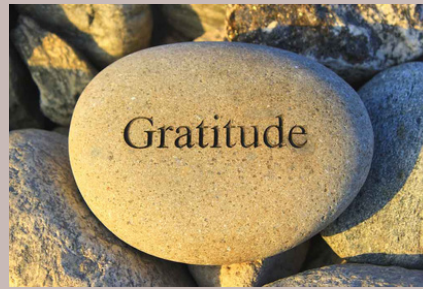
- Learn how awe reduces stress and boosts our mood.
- Explore how experiences of awe strengthen bonds within your team.
- Learn why awe has particular advantages in the workplace, with its impact on creativity, problem-solving, attention, and connection.
- Incorporate more “wow” moments into the fabric of your team to increase feelings of connection and have more fun at work.

WHAT ATTENDEES ARE SAYING:

“Jonah put the awe in awesome! He was knowledgeable yet entertaining and gave practical strategies to better our lives.” Meeting Planner, Google



KEYNOTE 2: FROM GRATEFUL TO GREAT



FROM GRATEFUL TO GREAT: HOW A CULTURE OF GRATITUDE CAN TRANSFORM YOUR ORGANIZATION

DESCRIPTION:

It's not that happy people are grateful; instead, decades of research confirm that it's grateful people who are happy. In this keynote, Jonah explains why a culture of appreciation is the secret sauce for successful teams and organizations. Gratitude will strengthen your team and boost retention. Learn how to harness this mental superpower through 5 simple take-home skills.

KEY TAKEAWAYS:

- Explore the benefits of gratitude to our mental and physical health.
- Understand why decades of research show that gratitude holds particular power in the workplace with its effect on teamwork, comradery, cognitive functioning, creativity, and more.
- Learn 5 simple ways to build the mental muscle of gratitude in order to boost well-being and job satisfaction.

WHAT ATTENDEES ARE SAYING:

"Outstanding! This was the best talk I've seen in the last several years. WONDERFUL!"
Attendee, Genentech Off-Site Event



KEYNOTE 3: CONNECTION AT WORK



CONNECTION AT WORK: YOUR ORGANIZATIONAL SUPERPOWER

DESCRIPTION:

With burnout on the rise and the Great Resignation still in full swing, many organizations are struggling to keep their teams intact and performing at their best. In this keynote, Jonah explains why genuine connection within teams can lead to better retention, improved performance, and help your bottom line. Better yet, he'll share 3 simple steps individuals and teams can take to foster meaningful connection both inside and outside of work.

KEY TAKEAWAYS:

- Learn why connection may be THE single most important factor for happiness, health, and productivity across the lifespan
- Understand how the "3 A's" framework can transform your relationships within your team
- Learn how to identify and harness the unique gifts within yourself and your team members for better success

WHAT ATTENDEES ARE SAYING:

"Jonah's sense of humor, stories and use of self-effacing humor was so engaging, yet also illustrative of many points he was making about the importance of connection." Attendee, Kaiser Permanente Leadership Training



KEYNOTE 4: THE POWER OF FOCUS



THE POWER OF FOCUS: ACHIEVING A MINDSET FOR SUCCESS

DESCRIPTION:

In a world of constant distraction, the most focused team wins. In this keynote, join Jonah as he shows why presence and focus are the most undervalued skills in the modern workplace and how a simple 5-step process (the A-B-C-D-E method) can help you overcome distraction and bring your best self to work and to your relationships.

KEY TAKEAWAYS:

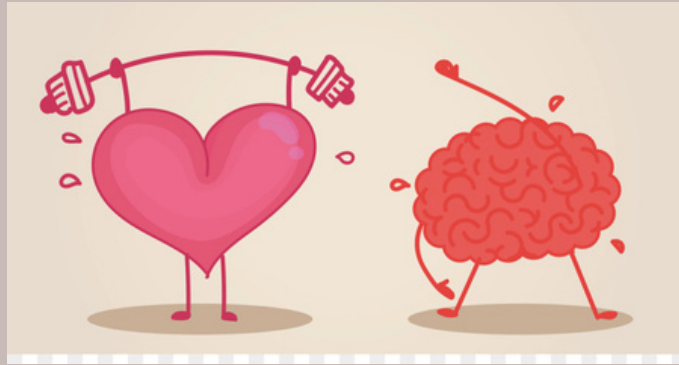
- Learn why focus is a skill that anyone can harness for better results
- Understand why mindful awareness unlocks our potential for better focus, stronger connections, and improved performance
- Learn how specific breathing practices and mental exercises can enhance focus in a lasting way
- Understand strategies to foster deep work and superior performance

WHAT ATTENDEES ARE SAYING:

"Fantastic talk. Dr. Paquette was very knowledgeable, very personable, and open with comments and questions. He maintained my interest and had great examples for explanation." Attendee, X Development



KEYNOTE 5: THE EMOTIONALLY FIT TEAM



THE EMOTIONALLY FIT TEAM: FOSTERING WELL-BEING AT WORK

DESCRIPTION:

Do you prefer buffets to a la cart menus? If you can't decide between Jonah's other keynote options, "The Emotionally Fit Team" is for you! Combining 5 key principles for well-being, this talk shows why appreciation, connection, mindful awareness, wonder, and kindness are essential skills for achieving our best at work. Consider this the "Greatest Hits"!

KEY TAKEAWAYS:

- Learn the 5 mental and emotional keys for a better workplace
- Understand how to incorporate these principles through practical steps both at work and in your life
- Discover how a few minutes of intentional practice per day can boost your mood, lower your stress, and enhance your performance in a lasting way

WHAT ATTENDEES ARE SAYING:

I learned an incredible amount, and Jonah was a great teacher. - Organizer, Happify Health Event



AV REQUIREMENTS



Thank you for taking the time to review the following AV requirements for booking Jonah. Ensuring that the following is available on the day of the event will help ensure the best experience possible for your attendees:

- **LCD PROJECTOR WITH HDMI**
- **ONE OR MORE PROJECTOR SCREENS**
- **WIRELESS LAV MIC OR HANDHELD MIC WITH BOOM STAND**
- **HOUSE SOUND SYSTEM OR PORTABLE SOUND SYSTEM APPROPRIATE TO THE VENUE**
- **AVAILABLE OUTLET FOR LAPTOP CHARGING**
- **SPACE FOR JONAH'S BELONGINGS**
- **BOTTLED WATER**
- **PODIUM OR STAND/STOOL**

If you have any questions about the above requests please do not hesitate to reach out!

Past Attendee REVIEWS

"Jonah packaged many elements of happiness in a way that makes it organized and accessible in my mind!"

-ORGANIZER, KAISER
PERMANENTE EVENT

"Jonah engaged the whole audience and brought the science of happiness to life. A great speaker!"

-ORGANIZER, TEDX EVENT

"I really loved this keynote and left with new ideas of how to incorporate these ideas into my life. Jonah was really inspiring!"

-ATTENDEE, GENENTECH EVENT

"I absolutely loved the talk. Jonah was an engaging teacher who taught the material extremely effectively and practically."

-ATTENDEE, GOOGLE EVENT

"Jonah is a marvelous presenter. His positivity, knowledge, enthusiasm, organization re materials while mixing up the presentation with video clips, quotes, his humor and his experiences all made this a fabulous learning experience."

-ATTENDEE, CAPE COD INSTITUTE EVENT

”

What others are saying...

BOOKING

LET'S CONNECT!


Thank you for considering Jonah for your
next event!




CONTACT INFORMATION:


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