**Logo

Description automatically generated**

**Thrive! Keynote:**

Tom Guetzke

[Tom@LiveHappy.me](mailto:Tom@LiveHappy.me)

(952) 767-0434

**Title:** God's Gift of Happiness!

**Description:** Happiness is a gift from God that is created by a million momentary choices. Even though we are each on our own unique faith journey, research has shown that there are habits that can actually create more happiness in our lives. Based on the most current scientific research from the fields of positive psychology, business and neuroscience you will learn practical strategies for tapping into and nurturing your own happiness. Understand how to focus on the things you can control in your life instead of obsessing on what you can't control. Your thoughts, words and actions can generate waves of happiness to pay dividends well beyond your own life.

**Category:**

* Faith & Work
  + Be a Christian example at work
* Spiritual Growth
  + Living in alignment with your spiritual values – Living a centered life vs. chasing balance
* Personal Growth
  + Health and Well-being – Live your life – Self-care
* Professional Growth
  + Enhance performance through brain neurology
* Christian Issues & Responses
  + Covid 19 – Leading through times of major transitions and cahnge