

Women's Fund Presents 2025
Recap of Keynote Presentation
November 21, 2025

Dr. Sonja Lyubomirsky delivered an inspiring and deeply researched presentation on “The Science of Happiness,” grounded in four decades of groundbreaking work. She began by clarifying what psychologists mean by happiness—what she calls “subjective well-being.” It includes feeling good in daily life *and* feeling good about your life overall.



Happiness blends warm, positive emotions with a sense of satisfaction and purpose. This foundation matters: more than 225 studies show that happy people enjoy remarkable advantages. They tend to be more productive, more creative, and more resilient. They form stronger relationships, make better leaders, experience better health, and even live longer.

Companies with happier employees also perform at higher levels, demonstrating the impact of well-being on organizational success.



Dr. Lyubomirsky guided the audience through four core pathways her research explores: gratitude, kindness, social connection, and the importance of “fit.” Her studies show that simple gratitude practices—such as weekly gratitude lists or sending a heartfelt letter—consistently boost happiness and life satisfaction. Acts of kindness generate similar, lasting gains.

She also underscored the importance of personal “fit.” Enjoyment, naturalness, and meaning are the strongest indicators of whether a happiness practice will work for someone. When people choose the activities that align with who they are, the benefits become more powerful and more sustainable.

She closed with a message that resonates across all of her work: “Other people matter.” Happiness grows through kindness, connection, curiosity, and actively nurturing the relationships that shape our daily lives. Her research affirms that happiness is a practice, a skill, and a force that strengthens individuals, workplaces and communities.

Happiness Tip!

Dr. Lyubomirsky's *top happiness tip* centers on this idea:
have at least one 15-minute conversation
each day that involves genuine
listening, sincere interest, and shared experience.