

Vanessa King

Vanessa is a thought leader in the practical application of positive psychology and an experienced organisation consultant and strategic advisor, author, speaker and facilitator. She is a Board Member of the social movement not-for-profit, Action for Happiness (AfH), founded by Professor, Lord Richard Layard, and its Head of Psychology and Workplaces.

At Action for Happiness Vanessa leads the translation of psychological research into practical action for individuals, organisations and communities as well as AfH's work with organisations.

She is the architect of AfH's evidence-based 10 Keys for Happier Living, which have engaged and inspired people around the world to take action for themselves and others and have been used in a wide variety of ways, including in workplaces, school curricula, design schools, healthcare settings and communities.

She completed a Masters degree in Applied Positive Psychology at the University of Pennsylvania, studying under Martin Seligman and with many of the other leaders in this field. She has worked with a wide range of organisations around the world, in both the public and private sectors.

Vanessa recently co-authored *Creating the World We Want to Live In – How Positive Psychology Can Build a Brighter Future* (Routledge), co-writing the Introduction and conclusion with Prof. Felicia Huppert and writing the chapter on Work. She is author of three other evidence-informed books: *10 Keys to Happier Living* (Headline, Hachette); for children age 7-11 years, *50 Ways to Feel Happy* (Quarto), *List Happy*; and forthcoming *75 Lists for Happiness, Gratitude, and Well-Being* (Dorling Kindersley).

Vanessa has been featured or quoted in the media including: Sunday Telegraph, FT, Sunday Express, Forbes, Guardian, Huffington Post, BBC Radio (including the Today Programme, You & Yours, Woman's Hour, Five Live and numerous BBC regional radio shows) and advised on TV features for the BBC, ITV and Sky. She has had a regular column in Psychologies magazine in the UK. She regularly delivers keynotes to business and public audiences nationally and internationally, and has given two TEDx talks, a Guardian Masterclass, and spoken on happiness and employee engagement in the UK House of Lords.

Early in her career Vanessa qualified as a chartered accountant in the UK, working at Arthur Andersen and PWC but realised her interest lay more in the potential of organisations to bring the best out of people and how people can bring the best out of work. This led her to move into HR with two global banks, Morgan Stanley and Bankers Trust and then to global consultancy Towers Perrin (now Willis Towers Watson). In addition to her Masters and ACA, she has a BSc (Joint Hons) in Psychology and Zoology.



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