

JOIN US FOR AN EXCLUSIVE DEH SPEAKER SERIES EVENT

DEH | **DEBBIE EPSTEIN HENRY**
Speaker Series



THE SCIENCE OF WELL-BEING & HOW TO BE HAPPY

Wednesday, November 14, 2018

12:00 – 2:00 p.m.* EST

Shearman & Sterling LLP

599 Lexington Avenue (Between East 52nd & 53rd Streets)

New York, NY

Shearman & Sterling LLP has graciously offered to provide lunch for all in-person attendees.

**The doors will open for in-person attendees to help themselves to lunch at 12:00 p.m. EST. The webcast program will run for about 90 minutes, from 12:30 – 2:00 p.m. EST.*

TOPIC

The Science of Well-Being & How to Be Happy. There's no shortage of advice on how to build a happier life. Yet Dr. Laurie Santos' exploration of the topic is particularly compelling and sets her apart. Indeed, she has struck such a chord that her course, *Psychology and the Good Life*, has become the most popular class taken in Yale University's history. At this event, Laurie will present scientifically-validated strategies for living a more rewarding and happier life. She will introduce misconceptions we have about what makes for a satisfying life. She will reveal how our minds lie to us about what will make us happy, suggesting that some of the things we think matter most for our happiness simply don't. With probing questions posed by author and workplace expert Debbie Epstein Henry, Laurie will share some of the psychological biases and features of our mind that lead us astray. She will uncover how such biases make it hard for us to see what makes us happy and cause us to seek out the wrong sorts of things -- a phenomenon she refers to as miswanting. Laurie will leave us inspired, after imparting the psychology research that shows what we really should strive for to live a happier and more fulfilling life.

DISTINGUISHED GUEST



Dr. Laurie Santos is Head of Silliman College and is Professor of Psychology at Yale University. She is an expert on human cognition, its origins, and the evolutionary biases that influence our all-too imperfect life choices. Laurie is also knowledgeable in how behavioral change through positive psychology can lead to a happy and fulfilling life. Currently, Laurie's big project is to positively influence the culture of Yale University by teaching happiness and well-being. She created a course so meaningful that it became the most popular class taken at Yale in over 316 years. In her course, *Psychology and the Good Life*, Laurie teaches her students about behavioral change through positive psychology. She wants her students to be more grateful, procrastinate less and increase social connections. Laurie believes that those positive habits will decrease mental health issues on campus and create happier and more motivated students. She was named one of *Popular Science Magazine's* "Brilliant 10", and a *TIME* magazine "Leading Campus Celebrity"; her TED Talk has over a million views. Laurie's numerous awards for science, teaching, and mentorship include the Stanton Prize from the Society for Philosophy and Psychology for outstanding contributions to interdisciplinary research. She obtained her Ph.D. in Psychology from Harvard University.

INTERVIEWER



Debbie Epstein Henry is a recognized expert, consultant, best-selling author, and public speaker on careers, workplaces, women and law. Debbie is the Founder of [DEH Consulting, Speaking Writing](#) and she consults to companies, firms, non-profits and individuals. Her international exposure includes work in The Hague, the French Senate, London, Vienna and elsewhere. In 2006, Debbie conceived of the Best Law Firms for Women initiative, a benchmarking survey and competition she ran for a decade with *Working Mother*. She wrote two ABA best-selling books, [Law & Reorder](#) (author, 2010) and [Finding Bliss](#) (co-author, 2015) and her work has been featured by hundreds of news outlets including *The New York Times*, NBC Nightly News, NPR and *The Wall Street Journal*. Debbie built a network of over 10,000 US lawyers and from there, she co-founded [Bliss Lawyers](#), a majority women-owned company that employs lawyers to work on temporary engagements for in-house and law firm clients. Debbie has received numerous awards including in 2017, the Anne X. Alpern Award, presented annually to a female lawyer who demonstrates excellence in the legal profession and who makes a significant professional impact on women in the law. A native New Yorker, Debbie lives in the Philadelphia suburbs with her husband; they have three sons.

SHEARMAN & STERLING HOSTS



Donna Parisi, Partner, Global Head of Finance and Derivatives & Structured Products Team Leader, Shearman & Sterling



Leila Rachlin, Manager, Business Development, Shearman & Sterling

REGISTRATION

To RSVP, please e-mail [Renee Green](#). The first DEH Speaker Series event for anyone who wants to attend is free with no commitment to join. Thereafter, the fee for an annual individual membership is \$150, beginning with the first meeting you attended. Or, you can pick and choose the events you want to attend for a \$50 fee per event. Law firms can purchase corporate memberships under a different fee structure to enable one or more representatives to attend each event and/or participate by webcast. For attendance, individual or corporate membership inquiries, please e-mail [Renee Green](#). For more information about individual and corporate memberships and to download the invoices for membership options, please visit the [DEH Speaker Series page of our website](#). Please note that for in-person attendees, we expect this event will close out so RSVP early if you would like to attend. We will also keep a waiting list to enable last minute seating due to cancellations. Along these lines, please be sure to let [Renee Green](#) know as soon as possible if you no longer plan to attend so that someone else can attend in your place. **In-person RSVPs must be received by October 31st**. If you RSVP for the webcast, Renee will be in touch with login instructions as the date approaches. To minimize transmission problems, please convene colleagues to participate in conference rooms for the webcast rather than login individually. Thank you and we look forward to your participation.