

Michelle Gielan

BIO — BRIEF

Michelle Gielan is a positive psychology researcher, former national CBS News anchor, and bestselling author of *Resilient Optimism* (Harvard Business Review Press) and *Broadcasting Happiness*. Her work shows how optimism can become a strategic advantage for navigating pressure, uncertainty, and change. She helps leaders and teams strengthen resilience, sustain high performance, and move through disruption with greater clarity, energy, and optimism. Her research and advice have been featured in *Harvard Business Review*, *The New York Times*, *The Washington Post*, *Forbes*, CNN, and *The TODAY Show*.

BIO — FULL

Michelle Gielan is a positive psychology researcher, former national CBS News anchor, and bestselling author whose work shows how optimism can become a strategic advantage for navigating pressure, uncertainty, and change. She is the bestselling author of *Resilient Optimism: The Science of Sustaining a Positive Mindset in Tough Times* (Harvard Business Review Press) and *Broadcasting Happiness*.

For more than 15 years, Michelle has studied how mindset predicts performance, resilience, and well-being. Her research has been tested with more than 25,000 professionals, published in *Harvard Business Review*, and conducted in collaboration with researchers at Harvard and the University of Pennsylvania. She is the Founder of the Institute for Applied Positive Research, an Executive Producer of *The Happiness Advantage* on PBS, and a featured instructor in Oprah's happiness course.

Drawing on positive psychology, neuroscience, and her experience as a national broadcaster, Michelle translates rigorous research into practical strategies that help people maintain clarity, energy, adaptability, and optimism when it matters most. Her keynotes combine compelling stories, surprising science, and live interactive experiments that leave audiences with tools they can use immediately. Her work has been featured by *The New York Times*, *The Washington Post*, *Forbes*, CNN, *The TODAY Show*, and *Harvard Business Review*.