



MEET ANTHONY POPONI

Professional Speaker
Workshop Host
Comedian

Anthony Poponi is a Happiness expert and the founder of the **Focus on the 40™** approach. Anthony works with both groups and workplaces looking to improve productivity, success, trust and fulfillment! His programs and presentations bring out the best in his attendees, resulting in happier people at work and in life. Research proves happier people are more successful and productive than their less happy peers.¹

Anthony's work is rooted in the applied fields of Positive Psychology, leadership, and neuroscience. Anthony's purpose is to help others re-**Focus** on what really matters, instead of unwittingly chasing what doesn't bring lasting happiness or success. This intentional **refocusing** on the simple sources of happiness directs your attention to the 40% that really matters. **Focusing** on happiness first allows holistic growth and success inevitably follows.¹

GET SOCIAL WITH ANTHONY



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BOOK A FREE CONSULTATION!

AUTHOR OF:
Stop living your life half-glassed.

FOCUS ON THE 40

40% ALL YOU
10% CIRCUMSTANCE
50% GENETIC

“*Fun, yet professional - a meeting planner's dream! Working with Anthony was great from the very moment I contacted him! He was responsive to my emails and low maintenance in terms of his needs and requests. I loved his positive attitude. His presentation and stories were applicable to all areas of life; he was funny, yet serious when necessary. I work with a lot of speakers, if they could all be as easy and professional to work with as Anthony, I'd be thrilled!*” —Diana N. KFSa Insurance

FEATURED KEYNOTE PRESENTATIONS

TAMING THE CONSTANT OF CHAOS

Chaos is a constant. Chaos may change forms from recession or housing crisis to pandemic or hiring crisis, but chaos isn't going away. What's important about chaos is that we know how to navigate the “new normal” or the “new crisis” because when can be our best when things are at their worst, we are invaluable leaders and are happy regardless.

Core Topics: *blind spots, behavioral flexibility, mental fitness, resilience, mental fitness, negativity bias, self-sabotage, negative emotions*

THE HARD PARTS OF HAPPINESS

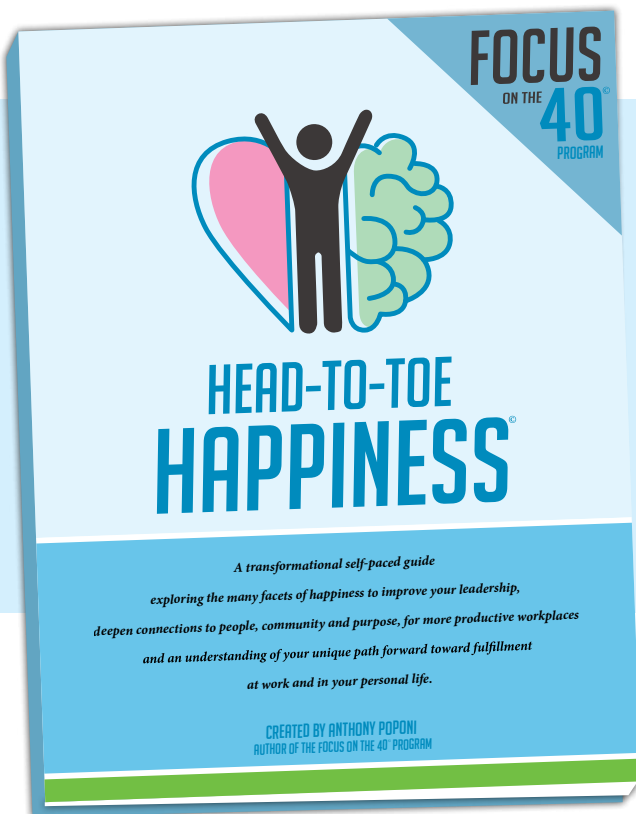
Are you running towards what you want out of life or running away from the hard parts of life. More pleasure, more joy and more fun are part of living a happier life. There are also hard parts of happiness like service, navigating tough relationships, and building mastery. Crafting a fulfilling life means staying connected to your deeper sense of purpose and your “why.” Happiness can be hard but the hard parts of happiness are also the good parts.

Core Topics: *mastery, service, relationships, stress, passion, joy, creation, challenge, growth, flow, engagement*

See more presentation topics at anthonypoponi.com/keynotes



¹ See more on the incredible research findings linked to career and personal success [Here >](#)



FREE SAMPLE AT [BIT.LY/3SFYEPR](http://bit.ly/3SFYEPR)

“Engaging, funny, and relevant! Anthony customized our organization’s presentation to correspond with our retreat and the needs of our organization. Not only was he engaging and funny, but the information he provided assisted our employees in identifying their own communication styles, as well as those of their coworkers. The staff is still discussing their styles and how they relate to others in their division. If you choose Anthony for your event, you will not be sorry!” —Suzanne K., Cecil County Maryland

FEATURED WORKSHOP

BUILDING HAPPY LEADERS

We know happy leaders are successful leaders and happy teams are more productive than less happy teams. Leadership that is vulnerable, inclusive, and possesses a growth mindset is part of creating a high-trust and high-performing teams.

Core Topics: *behavioral flexibility, blind spots, communication, overcoming default behaviors, developing mastery, growth mindset, team-work*

See more workshops at anthonypoponi.com/workshops



See Anthony on stage >

ANTHONY'S PAST CLIENTS



COLORADO CONTRACTORS ASSOCIATION



GET HAPPY NOW!

Get a taste for Anthony’s content, humor, and actionable approach to stress, resilience, and happiness called, “Get Happy Now!” This free eBook is ideal for those navigating stress and wanting to build resilience.

[Learn more >](#)



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