
Clare Davenport



Clare Davenport is a renowned positive psychology expert, life design coach, and acclaimed author. As the founder and CEO of Designing4Better, Clare has dedicated her career to helping individuals and organizations improve well-being, performance, and satisfaction in both professional and personal spheres. Her work focuses on reframing retirement, designing life transitions, and optimizing well-being, making her a trusted voice in the field of well-being science. Clare is also known for being current, approachable, and energetic, which makes her a great choice as a speaker for audiences seeking inspiration and actionable insights.

Clare's journey began in the high-powered world of finance, where she worked at Goldman Sachs before pivoting to management consulting, managing large-scale projects for over 20 years with Fortune 500 companies. This extensive business acumen has enabled Clare to develop innovative approaches that address the growing challenges of modern life. She has since transitioned into a role as a change agent for well-being, guiding organizations such as BlackRock, Microsoft, and IBM to foster healthier, more productive work environments.

A graduate of the University of Pennsylvania, Clare earned her Master's degree in Applied Positive Psychology, where her pioneering research focused on life transitions and their impact on well-being. This knowledge, combined with her own personal journey, led her to create Designing4Better, a company that works with business leaders, teams, and individuals to navigate change and boost resilience. Clare's frameworks and tools empower clients to redefine success and well-being, particularly in the often-overlooked area of retirement.

Clare's TED Talk on "Rethink Retirement - well-being beyond your bank account" has been widely praised for challenging outdated notions of retirement and inspiring individuals to view this phase as an opportunity for growth, connection, and purpose. Her Re-Wirement Program helps retirees and pre-retirees discover joy and fulfillment in this new chapter, drawing from science-backed approaches that focus on positive emotion, relationships, and meaning.

As an acclaimed author, Clare has contributed to the growing discourse on well-being and life transitions, offering practical strategies for navigating modern life's constant changes. Her work has helped countless individuals and institutions. Through her coaching, workshops, and speaking engagements,

Clare continues to inspire and transform lives, positioning her as a leader in the field of well-being and positive psychology. Clare speaks on topics of purposeful living and life design.

Topics include:

- **Rethinking Retirement:** This dynamic talk redefines retirement, shattering outdated views and unveiling an exciting new chapter of growth, connection, and purpose. Discover how individuals and organizations can embrace this stage as a powerful opportunity for reinvention and fulfillment.
- **What's a Good Life Anyway?:** Dive into the science of well-being and uncover surprising insights into what truly drives happiness, purpose, and connection. This engaging talk blends cutting-edge research with real-world strategies to help you design a life from the inside out.
- **7 Habits to Win your Day:** Unlock the secrets to mastering your day with seven proven, research-backed habits that cut through the noise of modern life. This high-energy talk gives you the tools to boost focus, maximize productivity, and create a daily routine that empowers you to thrive. Let's Win our Days!
- **Turning Transitions into Triumphs:** Let's wake up to the many transitions around us! This empowering talk reveals how to transform pivotal life moments into opportunities for growth and fulfillment, using ground-breaking, science-backed strategies that turn change into a powerful advantage for well-being and purpose.
- **The Power of We:** Join us for an exciting exploration of how vibrant connections and supportive networks can revolutionize our lives and well-being. This engaging talk will inspire you to harness the power of community, revealing practical ways to cultivate relationships that empower and uplift us all.