
MEIK WIKING

Author, CEO, Danish research associate and one of the leading experts in happiness science and Scandinavian “hygge”

LONDON
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Topics

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In his entertaining and relevant keynotes speaker Meik Wiking will bring you the latest in happiness science. Why are some people happier than others and how exactly do you measure happiness? Meik has the answers and he also knows what makes a good life, how to achieve well-being at work and at home.

Speaker Meik Wiking is one of the leading experts in happiness science. Meik is internationally known as author of “The Little Book of Hygge: Danish Secrets to Happy Living”. He is a New York Times best-seller having sold more than one million books. He has written several books on happiness, translated into more than 35 different languages.

Meik is CEO of the think tank Institute For Happiness Science which is the leading institute of its kind, focusing on happiness, well-being and quality of life. Furthermore, he is Research Associate for Denmark at the World Database Of Happiness and Founding Member of The Latin American Network For Well-being And Quality Of Life Policies.

Speaker Meik Wiking’s keynotes revolve around the concept of happiness. Why are some people happier than others, how can we make better conditions in order to lead a happier life and how can we use happiness in work situations? Wiking is both entertaining and inspiring and he provides hands on advice whilst also interacting with his audience.