



Mo Gawdat: Finding Silver Linings in the Face of Crisis: The Predictable Equation of Happiness and Practical Actions



Mo is the former Chief Business Officer for Google, an entrepreneur, podcaster, researcher, and author. He hosts the popular podcast: SlowMo and is the founder of OneBillionHappy. Discover the power in how our choice of thoughts matter to our present situation.

TOP EMBODIMENT TIP: Sit, feel and really, really be... more feminine.

Silver Linings:

- **Hopelessness vs. happiness** during Covid 19; Covid 19 has in a way unified humanity - everyone is in the same boat - and yet we all experience 'the same' differently. **Happiness is equal to or greater than the difference between the events of your life and your expectations of how it should be.**

We Suffer From Three (3) Major Illusions:

- **1. The Illusion of knowledge:** We think what we know is true. We are offered knowledge that is a little biased, by the media and through our human nature- the brain is wired to notice the negative for survival.
- If the media is exposing the negative, then we should start thinking about the 'truth.'
- **2. The Illusion of control**
- **3. The Illusion of Fear**

The Silver Lining of Covid in Personal Context:

- **Began/developed the Podcast, Slow Mo**
- **'Every disaster comes with an opportunity.'**
- Is Covid 19 the disease or the cure? - So many good things are also happening.

Grief/ Losing Someone Close:

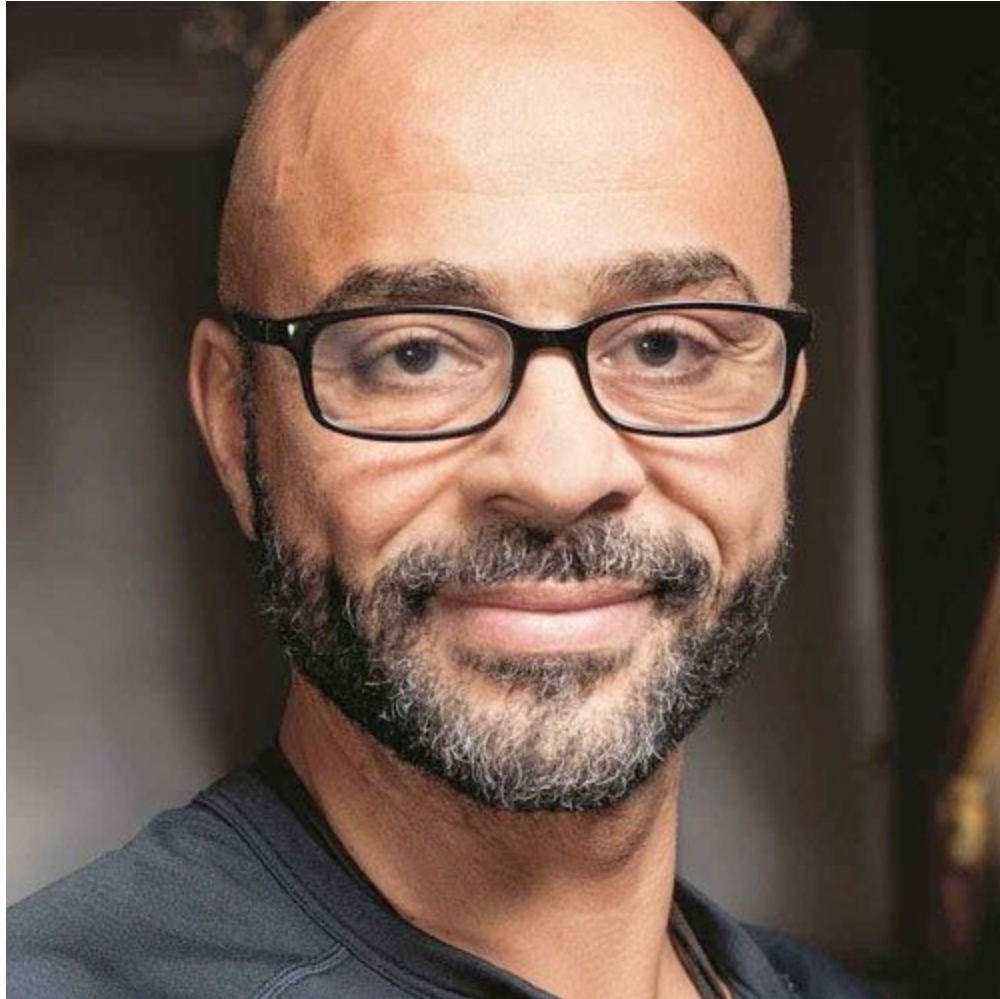
- **All that you feel is real; grief is very real. Allow yourself to feel.**
- If the unhappiness is caused by yourself and your own mind, then you need to be in control of your thoughts.
- **The choice is then: which thought(s) do I give space to?**
- **Consider the subject of death.** We don't know what happens after death. So, what is life? The Soul has an unusual relation with time. It still exists after the physical death. You have to train your brain, like you could train your body - to think in new ways. If you force your brain to see what is good, you will find it. It is a matter of discipline.

Resources:

- ❖ **Website:** slomo.buzzsprout.com/, www.onebillionhappy.org/, www.solveforhappy.com/
- ❖ **Social:** Instagram: [@mo_gawdat](https://www.instagram.com/mo_gawdat); Twitter: mgowdat; FB: [mo.gawdat.official](https://www.facebook.com/mo.gawdat.official)



Mo Gawdat





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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