

**Mr. Ronen Habib,
EQ Schools Founder
Speaker & Author**

Bio

Mr. Ronen Habib is a speaker, author, and expert in helping leaders, educators, and parents become happier, more resilient, more connected to their purpose, and more playful. The founder of EQ Schools, he speaks and leads workshops in organizations nationally and abroad. His dynamic keynotes leave audiences laughing, insightful, elevated, and inspired to take action.

Early in his career, Roni struggled with the high stresses and demands of teaching, even losing touch with why he wanted to be a teacher in the first place. It was so painful that he finally discovered the power of integrating improv, mindfulness, emotional intelligence, and positive psychology in his own life as well as at work and felt called to share this new approach with the world.

In the last decade with EQ Schools, Roni has taught and inspired thousands of Teachers, Principals, Superintendents, Administrators, Business Leaders, and Parents.

Prior to earning his Masters of Education and teaching credential at Harvard University, he lived in Israel and Belgium. Most importantly though, Roni has a huge heart and loves helping people.

Keynote Address on:
Joyful Leadership: Applying Positive Psychology, Emotional Intelligence, and
Mindfulness to your life and your work

Abstract

Connections matter more than anything. Effective leaders understand that. In this workshop you will discover ways to increase your emotional intelligence and your school staff EQ (or district team), and to bring more joy, connections, and meaning to your work and life. You'll learn how to infuse your team with emotional resonance and enhance your ability to courageously and effectively lead your school or district. You'll get strategies that deepen trust and help navigate vulnerable conversations within your team and get actionable tools towards creating cultures in schools that value the wellbeing of students and staff above all while deepening the learning and academic abilities of kids. Topics such as Self-Regulation, Self-Management, Empathy, Stress-Reduction, Effective Communication, and the role of Play and Joy will be covered. These concepts are research based, grounded in the science of the fields of Positive Psychology, Emotional Intelligence, and Mindfulness. This will be a highly interactive, energetic, and experiential workshop so get ready to have some fun!