



Dr. Kris Heap

The Happiness Doctor

www.KrisHeap.com

kris@krisheap.com

+1 480-251-6427

“Extraordinary speaker, thought leader, and teacher. He has a gift for making big picture ideas practical and applicable. Our attendees were still talking about his speech a week later!”

- Kevin Allen, President/CEO
Listen University



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Speaking Topics

The Happiness Hack

When asked what they want most in life, an overwhelming number of people respond with one word: happiness. Unfortunately, searching for happiness doesn't work. The way to find happiness is to create it. I'll show you how!

“Thank you, You’ve Got This, I’ll See You Soon.”

Learn the 3 most important conversations you need to have to achieve your goals and live your best life. These conversations will help you overcome a difficult past, find power in the present, and look forward to an exciting future.

Stand In the Gap

The world is becoming more and more divided. Political, cultural, racial, and generational issues are getting louder and more divisive. Cracks are forming in society, in organizations, and in families. We need people who are willing to stand in the gaps and help us come together. This presentation will teach you how.

Dr. Kris Heap, "The Happiness Doctor", is a dynamic speaker, thought leader, and the author of 5 books. Kris is passionate about empowering people to create happiness and success in their own life through simple and repeatable actions called "Happiness Hacks."

Drawing on over 30 years of international humanitarian service, business development, success coaching, and patient care, Kris teaches audiences the secrets to creating happiness in life, at home, and at work.

Kris' presentations are inspiring, interactive, and memorable. Your attendees will leave with the tools and the motivation they need to create a truly happy life and improve the organization they are a part of.

If you want an engaging speaker with a memorable message, Kris would be thrilled to connect with you!

Interesting Accomplishments:

- Voted America's "Best Doctor to Wrok For"
- Opened for Dolly Parton at the Grand Ole Opry
- Given away over 10,000 self-help books for free
- NCAA collegiate athlete

Available for:

Workshops | Keynote Address | Half / Full Day Seminar | Virtual Presentation