



Positive Productivity

Brain strategies for success

Verity Price

A keynote exploring the science behind success, happiness and wellbeing and how to activate positive productivity and increased wellbeing in your life.

POSITIVE PRODUCTIVITY

- Brain Strategies For Success -

In a highly competitive world, people need strategies that will set them up for success. It turns out however, that only 25% of success is determined by your IQ and skills. Makes you realize, that what causes 75% of success is something worth finding out...

Positive Psychologists the world over, are proving conclusively the incredible effect of happiness and positivity on results. Better yet, they are proving just how simple it is for people to activate their happiness advantage in as little as three weeks.

With a degree in Psychology and an interest in positive psychology, Verity entertains audiences across South Africa with this game changing talk on how to activate the 'happiness advantage' in your life and business.

Drawing on the latest research and personal experiences, she explores scientific findings that prove how a positive brain and positive daily habits, directly creates positive results. Better yet, she gives easy to follow, fool proof daily changes, that lead to significantly increasing happiness and productivity.

Verity's many years of experience with aligning teams in organizations across the country, means she knows just how important it is to build resilience in times of stress. This talk outlines just how to do that and is supported with a follow up 21 Day Happiness Challenge that delegates can roll out together.

And if that doesn't make you smile, then the song she finishes with is guaranteed to, and will definitely embed her message that happy habits today, become successful results tomorrow 😊



POSITIVE PRODUCTIVITY

- Audience Feedback -

“Verity, thank you for once again delivering a relevant and topical message in your own unique and entertaining way”! – Charl Cronje, Ackermans

**“This presentation is backed up by stats, facts and science that are all brilliantly spiced up with Verity’s personality and humour.”
- Aurbon, Roots & Raw -**

**“Verity’s stories are funny and self-deprecating and I was inspired by her journey to reflect on my own journey into self-confidence, self-esteem and self-love! I felt privileged to be let into her world.”
- Lizl Gernetzky, Viking**

“Your amazing Positive Productivity talk at the DVH Roadshow changed so many lives – including mine!” – Tim Upton, Harcourts

“Verity has immense skill and presence as a speaker and her material is enough to kick start behavioural shifts in anyone!” - Annie Hanekom, The T-Room

“Listening to Verity is like being sprinkled with glitter. Something magical and unexpected occurs, & the effect is left with you for a long time after. Her work really sticks!” - Kathy English-Brower

“The 21 day challenge was life changing for me. Thank you so much once again for your positive and motivating talk - I can never thank you enough.” - Terry Babst

**“I am much calmer and a lot more focused than before. I am constantly smiling and find ways to make my team smile every day. I cannot thank you enough for bringing positive productivity into my life. I will definitely continue to use it!”
- Nicole Carrick, Santam**

“Verity is a compelling storyteller, who delivers an important message by appealing to our intellects and emotions. Her plain speaking truth will leave you with plenty to think about” – Lorraine Steyn, Mensa

**“I measure the quality of presentations by the actionable items that emerge as take-homes. If a presentation does not inspire real, concrete actions, then it does not have real value to me. When measured on this scale, Verity’s talk ranks among the top. She is a real pro.”
- Carel Hauptfleish, GSM**

“What an unforgettable morning I had at the People’s Post High Tea! God has truly blessed you with a remarkable gift to impart such wisdom and insight in such a dynamic way to your audience! You are making such a significant impact on people through your work. And... your beautiful voice! Wow!” - Bonita

VERITY PRICE

Einstein once said, that you cannot solve a problem with the same thinking that created it. Well Verity is someone who never approaches life with the same thinking.

She's gone from walking 1200km across Europe in Hi-Tecs, to performing in high heels to packed houses in Nashville and New York. From acting in local and international films, to speaking at the TEDxJohannesburg in 2009 and again at TEDxCapeTown in 2018.

As a singer and songwriter, Verity was an unsuspecting international forerunner of crowdfunding when she acted on a crazy idea to sell an album online before she recorded it. Her journey of 'acting out the box' rather than merely 'thinking out' of it, had such success, that she now speaks nationally and internationally on innovation and thinking differently.

With a degree in Psychology and Anthropology from UCT and as a strategic and lateral thinking facilitator, she has worked and spoken to teams in Mass Mart, Engen, Woolworths, Transnet, Chevron, Sanlam, Vodacom and Distell amongst others.

She is passionate about helping change South Africa 1 idea and one happy team at a time, and works with organisations to inspire their staff, align strategic direction, solve old problems, uncover new ideas and gain the competitive edge in their industries.



Ready to think positively?

Book Verity

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Happiness diary

Try not to become a man of success but rather try to become a man of value.

This Happiness Journal Belongs To _____

I commit to a **21 Day Happiness Challenge**
to help boost my **Optimism Levels**,
nurture my **Social Connections**
and build my ability to see **Obstacles as Opportunities**

1. Exercise Daily
2. Mindful moments through the day
3. Journal one happy thing
4. Random acts of kindness each day
5. Find 3 things I am grateful for

I commit to **BELIEVE** the best will happen for me.
To **PERCEIVE** the best in every situation I face, and
expect to **RECEIVE** the best from everything I do.

Happy Habits Today Will Bring Successful Results Tomorrow