



Shawn Achor

Founder and CEO, Aspirant

Shawn is the winner of over a dozen distinguished teaching awards at Harvard University, where he delivered lectures on positive psychology in the most popular class at Harvard. His research and lectures on happiness and human potential have received attention in The New York Times, Boston Globe, and Wall Street Journal, as well as on NPR and CNN Radio. When not at Harvard, Shawn travels around the world giving talks on positive psychology to Fortune 500 companies, schools, and non-profit organizations. Shawn graduated magna cum laude from Harvard and earned a Masters degree from Harvard Divinity School in Christian and Buddhist ethics. In 2006, Shawn served as Head

Teaching Fellow with Dr. Tal Ben-Shahar of "Positive Psychology," a class that enrolled 1 out of every 7 Harvard undergraduates. For seven years, Shawn served as an Officer of Harvard, living in Harvard Yard and counseling students through the stresses of their first year. He now lives in Harvard's Kirkland House as the resident Psychology Tutor. Shawn continues to conduct original psychology research on human potential, happiness, and organizational achievement.

What is positive psychology?

Positive psychology is a new branch in academia that studies the traits and conditions that lead to optimal functioning. Its founding principle is that well-being is not merely the absence of distress, but a whole host of conditions that allow us to grow, prosper and thrive.

Aspirant is an applied research consulting firm that provides lectures and trainings to companies, schools, and nonprofits. We utilize research from personality and social psychology, as well as the rapidly growing field of positive psychology, to enhance the lives of individuals and maximize the success of organizations.