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The AI Paradox: Reducing Technostress While Elevating Talent Performance Through Happiness Habits

A recent global study found that employees who use AI daily report higher job satisfaction and greater optimism about their careers. Yet those same workers report up to 20 percent higher stress levels.

Why? Because productivity has accelerated. When output becomes easier, expectations rise. More efficiency leads to more tasks. More capability leads to more responsibility.

We are producing more and feeling hopeful about the future of work, yet many of us feel the pressure intensify in real time. This is the paradox of the AI era.

Based on her book *The Future of Work Is Human and the Future of Success Is Happiness* Featured at UPEACE Executive Education Summit in Costa Rica, SHRM25, SHRM TALENT 25 & 26, HR TN Conference & Expo, TECTA East Leadership, Anna Belle Smith Literary Festival, & UTK Oak Ridge Arboretum; this keynote introduces science-backed micro-habits, rooted in the practice of habit stacking, that naturally release the brain's "happy chemicals." These simple, easily implemented practices reduce stress, boost motivation, and align with the latest happiness research on morale, culture, and productivity.

Selected Speaking History

- University for Peace Executive Education Costa Rica 2024 & 2025
- SHRM TALENT 25 & 26 Happiness Habits for Enhanced Employee Engagement & Productivity
- SHRM25
- Keynote—Happiness Habits the Leadership Advantage—TECTA East Leadership Conference 7.26.25
- Keynote—Level UP With Happiness—The University of Tennessee System Administrative Professionals Summit 11.12.25

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