



ALEXIA GEORGHIOU



Happiness Habits: For Enhanced Employee Engagement and Productivity

Burnout, disengagement, and declining productivity often stem from how employees feel at work. Alexia Georghiou knows this journey firsthand; as an immigrant daughter who grew up in silence with selective mutism and later found new strength and joy while navigating menopause. By cultivating happiness habits, she discovered how to reframe adversity, build resilience, and thrive; and now helps organizations do the same.

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 – Empathetic Leadership in Layoffs
- 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

865-283-3605

alexia@knoxvillehappinesscoalition.com

<https://www.knoxvillehappinesscoalition.com>