

HAPPINESS FEST AT DUKE UNIVERSITY

Lead with Heart

Building New Paradigms
for Human Happiness

Luis Miguel Gallardo

Founder & President, World Happiness Foundation



A moment of being seen

**Who helped you feel
seen, valued, or capable?**

What did they do that you still remember?

A quiet reflection

Today's shared inquiry

A life well-lived

The science of happiness

Different roots, shared joy

How do we create the conditions
for people to flourish together?



The leadership question

**What becomes possible
for others because of
the way I lead?**

A conversation. A group. An institution.

A vision, a foundation, a practice

Happytalism

What we organize our world around

Fundamental Peace

How we live within and with one another

ROUSER

How we practice leadership every day

Happytalism

Human flourishing as a shared purpose

A paradigm for organizing life around
freedom, consciousness, and happiness for all.

Who flourishes?
Who is missing?
What must
change?

The measures of success we choose

A narrow measure

Output alone

Individual competition

Voices at the top

Short-term gain

A wider commitment

Achievement with well-being

Agency with mutual care

People affected shape decisions

Stewardship of future life

Fundamental Peace

Freedom

The capacity to choose
and live with dignity

Consciousness

Awareness of ourselves
and our impact

Happiness

Well-being that can
be shared

Inner peace and shared conditions belong together.

Peace within, between, and among

Within

How I meet my own experience

Between

How we meet one another

Among

How our systems support life



One minute of presence

Pause

Feel the support
beneath you.

Notice

Name what you
are carrying.

Choose

Set an intention
for your next
encounter.

What quality of attention will I bring?

ROUSER

R

Relations

Trust and connection

O

Openness

Curiosity and
transparency

U

Understanding

Empathy and context

S

Self-Awareness

Presence and values

E

Empowerment

Agency and support

R

Reflection

Learning and integration

The way we meet another person

Relations

“What helps you feel respected here?”

Openness

“What else might be true?”

Understanding

“What matters most to you in this?”

Listening gives us better information about how to care.

The way we respond and learn

Self-Awareness

“What assumption am I bringing?”

Empowerment

“What choice is yours, and what support helps?”

Reflection

“What did we learn, and what will change?”

Care becomes visible in the choices people can make.

An experience of listening

When do you feel most able to contribute?

60 seconds

One person speaks.
The other listens.

30 seconds

Reflect what matters.
Ask one question.

Then switch roles.

“What would help you take one next step?”

The culture around the conversation

Who gets heard?

Who can decide?

What changes afterward?

Every group answers these questions through its routines.

A campus situation

**A project team produces excellent work.
The same voices dominate meetings.
Several members feel exhausted and unseen.**

A fictional example

Notice

Which ROUSER
pillar needs attention?

Redesign

What meeting or workload
routine could change?

Learn

Whose experience
would tell us it helped?

A 30-day experiment

One place. One practice. A date to reflect.

Context	A team, class, family, or community group
Practice	Invite each person's input before decisions
Support	Agree who will respond and follow through
Review	After 30 days, ask what changed and for whom

Signals of progress

People's experience

I feel heard.
I can influence decisions.
I can ask for help.

Observable change

More voices shape choices.
Feedback receives a response.
Time for recovery is protected.

What improved? For whom? What still needs attention?

The afternoon as a place to practice

Noticing and nature

What have I stopped seeing?

Questions and service

Whose perspective could change mine?

Writing, play, and embodied practice

What helps me participate fully?

My next act of leadership

Within 48 hours, I will...

practice _____

with _____

and notice _____

Questions and shared reflection

**Where is the gap between
the care we intend and
the conditions people experience?**

What is one choice we can make differently?

Lead with heart

May the way we lead
make room for others
to flourish.

Thank you



Continue the practice

Happytalism

A framework for shared flourishing

Fundamental Peace

Freedom, consciousness, and happiness

ROUSER

Six dimensions of conscious leadership

World Happiness Academy

Learning and practice resources

Select a resource title to open it.



worldhappiness.foundation

What we carry forward

Closing reflection

A moment.

A connection.

A possibility.

Happiness Fest at Duke University

A moment that stayed with you

Where did you feel more free?

What did you notice with fresh awareness?

What happiness became possible together?

An invitation to continue

**One ROUSER practice
I will keep alive**

**One person I will invite
to practice with me**

**First step
within 48 hours**

**A check-in
within 30 days**

Happiness we help make possible

What will you help make possible?

For yourself.
For one another.
For the life we share.

