



The Leadership & Happiness Laboratory

Born out of Professor Arthur Brooks' teaching at Harvard Kennedy School and Harvard Business School, the Leadership and Happiness Laboratory (LHL) conducts integrative research and creates educational resources for leaders in all sectors to learn the science of happiness, apply it in their own lives, and share it with others.

Mission

The Leadership and Happiness Laboratory believes that all great leaders should be happiness teachers. To this end, LHL shares the science of happiness with leaders in academia, government, and business, empowering them to embed this knowledge in their work.

"My personal mission is to lift people up and bring them together. The success of the Leadership and Happiness Lab means doing that with real social science and transforming the culture by educating leaders."

Arthur Brooks
Director, Leadership and Happiness Laboratory

Teaching

LHL has developed two degree program classes at Harvard Business School and Harvard Kennedy School and three courses with Harvard Executive Education. In 2021, LHL worked with HarvardX to produce and launch a Massive Open Online Course on the science of happiness. Through the CPL Public Leadership Co-Curricular Program, LHL spearheads a cohort of students to engage in peer-based learning and perform research on happiness from their country of origin.

Research

The laboratory's work draws from the highest standards of social science research and leadership practices to present clear and useful tools that enhance happiness practices and outcomes. Its goal is to make cutting-edge scientific knowledge on well-being widely available to those dedicated to uplifting our world.

LHL's research team supports Professor Brooks' broad portfolio of writing and publishing. In addition to supporting Professor Brooks' weekly column in The Atlantic, "How to Build a Life," the team works on long-form articles and papers for journals and university publishers.

LHL publishes academic papers on topics in the happiness literature, including the neuroscience of emotional behavior and the historical evolution of the philosophy of happiness. The laboratory also convenes researchers on subjects related to happiness and wellbeing through events and symposiums.