



# HAPPIER HOUR: HOW TO BEAT DISTRACTION, EXPAND YOUR TIME, AND FOCUS ON WHAT MATTERS MOST

NOVEMBER 14, 2023 | 9:00 A.M. – 4:00 P.M

Our most precious resource isn't money—it's time. Everyone who's ever expressed frustration at not having enough time to do the things they truly enjoy has probably been met with this response: make time. We're allotted just twenty-four hours a day, and we live in a culture that keeps us feeling time poor—like we never have enough. Since we can't add more hours to the day, how can we optimally spend the time we do have and feel confident in our decisions—for ourselves and our employees?



**CASSIE HOLMES,  
PH.D.**

For Cassie Holmes, renowned expert on time and happiness, it's not about making time—it's about spending the time we have more wisely. Based on her wildly popular MBA class at UCLA, she will share how to immediately improve your life by changing how you perceive and invest your time. She provides empirically based insights that will help you be more productive, use your time at work more optimally by designing your schedule with purpose, and look back at your career with satisfaction instead of regret.

Through her groundbreaking research, you will walk away understanding how small changes can have an enormous impact—helping you feel less overwhelmed, more present, and happier in your life overall—things that money can't buy. The antidote to overscheduling and feeling like your days aren't your own, *Happier Hour* reframes your time around life's happiest moments to build days that aren't just full—but fulfilling. When you are able to see your days, weeks, months, years, and careers broken down into the quality of your time, we can use that information to reconstruct your schedules, and lives, based on what's most important. It all starts by transforming just one hour into a happier hour.

### This program will help leaders:

- Design your schedule to maximize time spent on what is worthwhile and minimize time wasted.
- Understand the inputs into emotional wellbeing and apply strategies to increase it for you and those on your team and/or organization.
- Identify your values and purpose in your professional and personal life.

**Competencies Addressed: Being Resilient, Drives Engagement, Drives Vision and Purpose, Resourcefulness, Self-Development**

### CASSIE HOLMES, PH.D.

Cassie Holmes, Ph.D., is a Professor at UCLA's Anderson School of Management. Cassie is an expert on time and happiness. Her research on the role of time in cultivating well-being has been published in leading journals, including Psychological Science, the Journal of Personality and Social Psychology, and the Journal of Consumer Research. Cassie's research has also been featured on NPR and in such publications as The Economist, The New York Times, The Wall Street Journal, the Financial Times, and Scientific American. Cassie is the author of the bestselling book, *Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most*. Previously, Cassie was a tenured faculty member and award-winning teacher at the Wharton School at the University of Pennsylvania. She has a Ph.D. from Stanford University's Graduate School of Business and a B.A. from Columbia.



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