



Global Director Coca-Cola Marketing & Happiness Institute - Corporate Governance Expert

## **Silvia Garcia**

Silvia Garcia occupies a truly unique space at the intersection of leadership, happiness, neuroscience, and psychology. Sourcing from her experience as Global Director of the Happiness Institute of Coca Cola, she brings to you real life examples on how to increase performance, creativity, trust, wellbeing, and resilience. Silvia's uplifting and visually engaging presentations are laced with evidence-based insights, actionable takeaways, and inspiring real-life examples. Her lectures are fun and serious, data driven and enjoyable, interactive, and reflective, well researched and highly relevant. In her articles for different media, she reveals science-based tips to be better leaders, improve creativity, build trust,...

### **Topics**

- Branding
- Burnout / Resilience / Mental Health
- Career / Profiling
- Change Management
- Humour
- Leadership 4.0
- Lifestyle
- Motivation / Strategy

### **Languages**

- English
- French
- Spanish

### **Details & contact information**

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