

Ian Lynch

Presenter, Keynote Speaker, Workshop Facilitator, Coach and Project Manager



Ian delivers keynotes and runs workshops both in the UK and around the world. Ian is also a Personal Coach and the Project Manager for Success Intelligence and The Happiness Project.

Success Intelligence

Success Intelligence (S.I.) has been hailed as one of the most exciting coaching programs in the world today. It is used by individuals and organizations to explore the heart and soul of authentic success. Success Intelligence master-classes, leadership programs, and coaching courses have been used by global brands (DOVE and The Body Shop), media groups (BBC and Virgin Media), and international companies (Unilever and Sony). Other clients include Accenture, Massachusetts University, IHG, Rolls Royce, and Royal National Theatre.

Whilst much of the work of Success Intelligence happens in-house for clients, there is also an annual public program that features our signature 3-day Success Intelligence Intensive. This course is an opportunity to get coached by members of the SI team: Robert Holden, Ben Renshaw, Avril Carson & Ian. There is also a 5-day certified training program that is very popular with people who want to use Success Intelligence in their own work. For more information visit www.successintelligence.com. For new dates visit the Events Diary.

Happiness Project

Robert Holden founded The Happiness Project in 1995. The signature event of this project is an 8-week happiness course that was famously tested by independent scientists for a 40-minute BBC science documentary called How to be Happy. The scientists described the program as a "genuine fast-track to happiness." Professor Davidson, of Wisconsin-Madison University, stated, "This happiness training not only changes the way you feel; it actually changes the way your brain functions."

The team also present a 5-day certified training program called Coaching Happiness. This program is very popular with people who want to dive deeper into the theories, principles, and practices of The Happiness Project. For more info visit www.behappy.net

Happiness & Success Talks, Keynotes and Retreats

Ian delivers keynotes, master-classes and public events on all aspects of Success Intelligence and The Happiness Project, & this summer 2009, Ian will be running a weekend happiness retreat in Ireland. Please see our events Diary for details.

Ian has featured on the **BBC 1 Breakfast Show**, **Channel 5 News** and **The Richard Bacon Show**. He is has also given numerous radio interviews on all aspects of happiness, success and laughter, including a 'Laughter Surgery' workshop for the **Anne Diamond Show** on the BBC.

He also writes media articles on happiness and success: <http://www.positivehealth.com/article-abstract.php?articleid=2202>

