David Romanelli

**Calm Minds for Anxious Times**

In these uncertain times, this virtual program gives you and your team tools to be more calm, focused, and present. While we are all living through disruptions, this is a chance to build culture and develop skills to rise above the challenges. This program was specifically developed to be experienced at your convenience, whether in the office or at home. It begins with a 45-minute company-wide Livestream, followed by a 30-day guided meditation program that people will receive in their inboxes.

**"Chocolate? Now More than Ever" (Interactive Component Available)**

In the time of a pandemic, how do you create an instant reset and recharge for your team and your clients?

The research shows that true and lasting happiness comes from the frequency of your positive daily experiences, rather than the intensity.

By treating yourself to fast, simple pleasures scattered throughout your day, even when your life is slam-packed with work and family life, you can still create the kind of happiness that is enriching and sustainable.

David Romanelli will lead your team through a LIVE 45-minute ZOOM experience that includes tools, stories and wisdom on finding joy in the time of COVID…complimented by a three-part guided chocolate tasting.

David's stories are inspired by elders in their 80’s, 90’s, and 100’s who have lived through World War 2, survived the Holocaust, fought for civil rights and have so much to teach us about what is needed to navigate the uncertainty we are all facing.

For instance, the inspiration behind David’s book, *Happy is the New Healthy*, is a 111-year-old lady whose tips to longevity were sex, vodka, and spicy food.  We all need some of that “joie de vivre” right now. Speaking of which, the oldest lady in the history of the world, Jeanne Calment, lived to be 122. Her secret? **She ate 2 pounds of chocolate per week!**

The chocolate tasting combined with David’s lighthearted stories and wisdom will remind your participants to take time for themselves and fill their heart and belly with simple pleasures.

This is a much-needed, and well-deserved sensory recharge, reminding participants that “joie de vivre” still exists and feeds us in ways absolutely essential to our resilience, focus, and the energy we need to thrive (and not just survive).

David Romanelli’s work integrating chocolate and relaxation practices has been featured in The NY Times, O Magazine, The Wall Street Journal, Food+ Wine, and others. His two most recent books have reached #1 on multiple Amazon Bestseller Lists: *Happy is the New Healthy*, and *Life Lessons of the Oldest and Wisest*.

**V2.0: Happy is the New Healthy**

We live in a world of podcasting life hackers who have every formula to make more money, get in better shape, and live your best life. But these podcasting life hackers are young and there’s no way to know if their advice will stand the test of time. David Romanelli is on a mission to ask our oldest and wisest citizens for their time-tested formula on health and happiness.   Following up on the advice he received from the 111-year-old who attributed her longevity to sex, vodka, and spicy food, David is excited to share this new and updated version of his “Happy is the New Healthy” speech. When listening to the wisdom of vibrant, inspiring, hilarious 80, 90, and 100-year-olds, you realize they know something that really works through decades of balancing work and marriage and parenting. David will share stories and wisdom from elder CEOs, great grandmothers, decorated World War 2 veterans, centenarian athletes. They’ve had so many successes, so many losses, and through it all, they have an ageless message that will cut through your stress, anxiety and busyness and remind you HAPPY will always and forever be... THE NEW HEALTHY

### The Oldest Secrets to Health, Success, and Happiness

In our age of artificial intelligence, genetic engineering, and quantum computing, what if your greatest life advances actually came from listening to the advice of your elders? For the past 10 years, David Romanelli has interviewed elders in their 80’s 90’s and 100’s and wrote a book entitled LIFE LESSONS FROM THE OLDEST AND WISEST. He has found the greatest life hacks come not from the podcasting jet-set but from people nearing the end of their lives… weighing in on relationships, longevity, health, happiness, work-life balance, bouncing back from hard times, and the true meaning of “accomplishment.”

You will discover a renewed appreciation for the ones you love (because the elders remind us: they don’t last forever). You will get back to work inspired to loosen your grip, take a deep breath, and make more time EVERYDAY for “joie de vivre!”

### What Leaders Need To Hear… From People Who Have Lived Through It All

Building off the life lessons of the 111-year old lady who inspired his previous book, *Happy is the New Healthy*, which twice reached #1 on Amazon’s Healthy Living Bestseller List, David Romanelli’s latest book, *Lessons from the Oldest and Wisest* shares stories and wisdom from seven years of interviewing the oldest and wisest Americans. “The elders will teach you something that you cannot learn from the most famous bestselling authors or the most high-impact business coaches or the most polished self-help gurus.” One elder Romanelli interviewed sold his company for hundreds of millions of dollars and emphasizes his secret: the power of the individual to create change by believing they can make a difference. Some of the elders Romanelli interviewed raised five or seven or nine children, as single moms. They know a thing or two about parenting. Other elders managed to survive the Nazis and Auschwitz or five months as a POW. They know a thing or two about getting through hard times. And others have a great sense of humor and remind us to keep it light and easy when you tend to make it dark and difficult. One elder Romanelli met is a 103-year-old who began driving a horse & buggy, then a Model A Ford, and now a yellow Smart Car. She said, “The first 100 years were the hardest. Everything after that is a breeze.”