



Bios to use for marketing your event, introducing me, or looking for my grammar mistakes 😊

## **The “Too Short” Bio - (10 words)**

*Paul Osincup helps create happier, healthier, and more connected workplaces.*

## **The “We Need to Fit This in the Conference Booklet” Bio (164 words)**

*Paul Osincup is a [Speaker and Positive Workplace Strategist](#) who helps organizations create happier, healthier, and more connected places to work. Paul’s global mission for workplace happiness has provided him the opportunity to work with hundreds of organizations including Nasdaq and the Harvard Kennedy School of Leadership. He’s a content creator for Happify, an app that provides evidence-based solutions for emotional health and well-being for over 4 million users. Paul is also a certified Stress Mastery Educator with the American Institute of Stress, and a training partner with the international work culture consultancy, “Delivering Happiness.” His TEDx Talk: “Leading with Laughter, the Power of Humor in Leadership” is used in corporate and collegiate leadership courses around the world and he is the President of the [Association for Applied and Therapeutic Humor](#), an international organization dedicated to the study and application of humor to enhance health and human performance. Paul’s work has been highlighted in *The New York Times*, *Forbes*, and on his mom’s refrigerator.*

## **The “We Need to Stretch for Time” Bio (331 words)**

*Paul Osincup is a [Speaker and Positive Workplace Strategist](#) who helps organizations create happier, healthier, and more connected places to work. With a background in higher education leadership and administration, in his previous roles Paul addressed high-risk behaviors and potential threats to college campuses. As a Director of Conflict Resolution and Associate Dean of Students, he investigated and adjudicated sexual assaults and domestic violence incidents, worked with students with severe drug, alcohol, and mental health issues, and taught graduate courses on communication and leadership. Paul was featured in *The Chronicle of Higher Education* for his work in restorative justice, served as a consultant to the U.S. Department of Higher Education Center for Alcohol, Drug, and Violence Prevention, and still delivers school violence prevention consultation across the country on behalf of several non-profit agencies.*

*Despite the serious nature of his work, Paul has also been a “Jack of all Jokes” since grade school. After building a career in comedy—and even winning a stand-up comedy contest in Denver—Paul became interested in the use of humor to influence, lead, decrease stress, and boost resilience.*

*Now Paul is on a global mission for workplace happiness that has provided him the opportunity to work with hundreds of organizations including Nasdaq and the Harvard Kennedy School of*



*Leadership. He is a content creator for Happify, an app that provides evidence-based solutions for emotional health and well-being for over 4 million users. Paul is also a certified Stress Mastery Educator with the American Institute of Stress, and a training partner with the international work culture consultancy, "Delivering Happiness." His TEDx Talk: "Leading with Laughter, the Power of Humor in Leadership" is used in corporate and collegiate leadership courses around the world he is the President of the Association for Applied and Therapeutic Humor, an international organization dedicated to the study and application of humor to enhance health and human performance. Paul's work has been highlighted in The New York Times, Forbes, and on his mom's refrigerator.*