



MJ Shaar, MAPP

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MJ Shaar believes the world needs more kindness—and she’s got the science to prove it works. As a pioneer in kindness-driven performance, her work shatters the myth that good people finish last. Among the first 50 graduates of the groundbreaking master’s in applied positive psychology program at the University of Pennsylvania, MJ learned directly from Martin Seligman, the field’s founder, before joining him as a teaching colleague. With a foundation in organizational behavior from her undergraduate studies, her approach uniquely blends business savvy with a human touch to her work. Whether she’s working with recognized wellness institutions, governmental agencies, startups or Fortune companies, MJ brings science-backed insights delivered with infectious energy and genuine heart. As co-host of the Life Habits podcast, she also shares these same evidence-based insights to help listeners thrive in work, health and life. Her mission? Teaching us that when we invest not only our mind but also our heart, extraordinary things happen.