

## Episode 13 Dr. Pelè

### Episode 13

#### *Leveraging Happiness and Music For Business Team Success*

#### Intro

The **combined use of happiness and music** in team and leadership training and development is a powerful way to leverage **business success and increase productivity**.

**Host Cheryl C. Jones** has a happy chat with **guest, Dr. Pelè**, bestselling author and musician. He is the host of the **"PROFITABLE HAPPINESS™ Podcast,"** where he features the **stories of highly successful** executives, experts, and entrepreneurs who build **happy and profitable workplace cultures**.

#### Foundational Message

**"Music isn't just about therapy and entertainment. It can be an ally. Understanding how the brain responds to music and using that method to connect to your team is a powerful approach."**-Dr. Pelè

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#### SUMMARY

Dr. Pelè is the best-selling author of six books and multiple music compositions that have been featured in Top Billboard and UK Charts, including, 'The 7 Songs Of A Successful Team', a combined book and music parable for training and developing business teams. He holds an MBA and Ph.D. in Organization and Management.

Today, **Dr. Pelè artfully blends his passion for music with his purpose to help leaders and teams achieve the success they seek.**

#### Happiness

- Science shows that happy employees=productive companies
- It's not a thing you feel. It is an action you take
- Awareness that we are responsible for our happiness
- Must go get our happiness
- Practice H.A.P.P.Y. daily
  - H-Head-mindfulness
  - A-Appreciation
  - P-People to connect with
  - P-Positive attitude
  - Y-You-say YES to you

### Music

- Neuroscience shows that the brain reacts to music
- Songs are short stories that you remember
- Powerful learning transfer mechanism  
Example-ABC song-you will never forget your ABCs
- Can be used as an ally-a tool for connecting
- Creates a shared experience
- Offers a “non-stuffy engagement”
- Sticks with you for life

***Taking the “vision of your team set to music at the end of a training gives them something they’ll never forget.”-Dr. Pelè***

### Next for Dr. Pelè

Connecting with others, one person at a time and helping them along the way.

Most excited about taking baby steps with CEOs to change the culture in their company by improving their teams. **“If you’ve got a team, we can help you!”-Dr. Pelè**

### Connect with Dr. Pelè

- [LinkedIn](#)
- [www.DrPelè.com](http://www.DrPelè.com)

**Dr. Pelè’s Book: [7 Songs Of A Successful Team](#)**

### Dr. Pelè on You Tube

- [I Got Happy](#)
- [Thank You](#)
- [We Are Love](#)

### Quotables

- “Happy employees lead to productive companies.” –Dr. Pelè
- “Things that derail you often bring you back to where your true passion is.”-Dr. Pelè
- “A song is a short story. It works the same as storytelling.”-Dr. Pelè
- “It starts with how the employee feels when he gets to work.”-Dr. Pelè
- “What comes first? Happiness or success? Culture and happiness come first.”-Dr. Pelè
- “Happiness is not a thing you feel, it’s something you do. It’s an action. We are responsible for our happiness-we have to go it.”-Dr. Pelè
- “The CEO isn’t responsible for individual employee happiness, rather they must help set the cultural atmosphere and trends that allow people to take the action that makes them happy. Once in that zone of productivity, they will deliver on what the CEO wants.”-Dr. Pelè
- “Music is about taking really good situations and making them better through learning and development.”-Dr Pelè
- “Music isn’t just about therapy and entertainment. It can be an ally. Understanding how the brain responds to music and using that method to connect to your team is a powerful approach.”-Dr. Pelè