

World Happiness Summit Comes to Portugal for the First Time

WOHASU Brings Global Leaders in Wellbeing, Business, Leadership, and Policy to Cascais

LISBON, PORTUGAL, May 7, 2026 /EINPresswire.com/ -- After successful editions in Miami, London, and Lake Como, the [World Happiness Summit® \(WOHASU®\)](#) will take place in Portugal for the first time on May 16 and 17, 2026, at Nova School of Business and Economics.

Recognized in Forbes as one of the “Top Five Leadership Summits to Attend,” WHOASU convenes a global community of senior leaders, policymakers, researchers, and practitioners to explore the science and practice of wellbeing, performance, and human flourishing.



WOHASU Guests at the World Happiness Summit

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At a time when the world feels increasingly fast, complex, and fragmented, we need spaces like WHOASU to reconnect, build meaning, and design our lives and organizations for greater wellbeing.”

*Karen Guggenheim, WHOASU
Founder*

Now in its 8th edition, the Summit represents the next evolution of leadership, where performance, purpose, and wellbeing are no longer separate conversations, but deeply interconnected drivers of long-term success and longevity.

A Platform for Leadership, Wellbeing, and Longevity

“At a time when the world feels increasingly fast, complex, and fragmented, we need spaces to reconnect, build meaning, and design our lives and organizations from the inside out,” said Karen Guggenheim, Global Wellbeing Advisor, Author, and Founder and CEO of WHOASU. “This

is where the science and practice of happiness come together to create ripples of positive change at scale.”

WOHASU 2026 will explore how individuals, organizations, and societies can embed wellbeing into leadership, culture, and decision-making. The Summit reflects a growing global understanding that there cannot be organizational health without personal and collective wellbeing, and that longevity is shaped not only by medical advances, but by how we live, connect, and lead.

WOHASU is proud to have Sheraton Cascais Resort as an Official Hotel Partner and host of the Summit's VIP Opening Reception, welcoming speakers, partners, and guests to Portugal.

"We chose Cascais to celebrate 10 years of WHOASU," Guggenheim added. "Its natural setting creates the ideal environment to pause, reflect, and reenergize, and Sheraton Cascais is a wonderful partner in bringing that experience to life."

The program will feature globally recognized experts, including:

- Dr. Marc Schulz, Associate Director of the Harvard Study of Adult Development and co-author of the New York Times bestseller, *The Good Life: Lessons from the World's Longest Scientific Study of Happiness*
- Lord Gus O'Donnell, former Cabinet Secretary of the United Kingdom and leading voice in wellbeing policy
- Professor Fred Luskin, Stanford University and Director of the Stanford Forgiveness Project
- Dr. Laura Kubzansky, Professor of Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health
- Dr. Judith Joseph, MD, researcher and best-selling author of *High Functioning: Overcome Your Hidden Depression and Reclaim Your Joy*

The Summit will also feature insights from leading global organizations and research platforms, including Gallup, the World Wellbeing Movement, and the World Happiness Report. Global heads of wellbeing from Cisco, LEGO, Siemens, and Unilever will share how they are advancing wellbeing at work and building more human-centered, high-performing organizations.

From Insight to Action

WOHASU is designed as a curated, high-level experience that combines thought leadership with meaningful connection. Participants engage through keynotes, panels, and small-group sessions, creating an environment where ideas translate into action.

An International Community

With participants from over 80 countries, WHOASU is more than a conference. It is a global community focused on building stronger relationships, exchanging ideas, and creating lasting impact across sectors and societies.

Beyond the stage, the experience includes book signings, experiential art, wellbeing practices, facilitated group work, and curated networking opportunities.

Event Details

World Happiness Summit® 2026

Jerónimo Martins Grand Auditorium, Nova School of Business and Economics

May 16–17, 2026

Carcavelos, Portugal

Limited quantity of [tickets](#) still available at: www.worldhappinesssummit.com

About WOHASU

WOHASU® is a pioneering global platform advancing the science and practice of happiness, wellbeing, and human flourishing at scale. Founded in 2016 by Karen Guggenheim, WOHASU is the creator of the internationally recognized World Happiness Summit®, which convenes leaders across sectors to explore how wellbeing can transform personal lives, organizational culture, leadership, communities, and public policy. Its mission is to help create a happier, healthier world.

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