

More information about TED - Every year, TED works with a group of select companies and foundations to identify internal ideators, inventors, connectors, and creators. Drawing on the same rigorous regimen that has prepared speakers for the TED main stage, TED Institute works closely with each partner, overseeing curation and providing intensive one-on-one talk development to sharpen and fine tune ideas. The culmination is an event produced, recorded, and hosted by TED, generating a growing library of valuable TED Talks that can spur innovation and transform organizations.

Raymond Tang Be humble -- and other lessons from the philosophy of water 9 min.

How do we find fulfillment in a world that's constantly changing? Raymond Tang struggled with this question until he came across the ancient Chinese philosophy of the Tao Te Ching. In it, he found a passage comparing goodness to water, an idea he's now applying to his everyday life. In this charming talk, he shares three lessons he's learned so far from the "philosophy of water." "What would water do?" Tang asks. "This simple and powerful question ... has changed my life for the better."

A technology geek at heart, Tang is excited by the possibilities at the intersection of technology and philosophy. He believes that great technology should help us connect deeper with ourselves, so that we can discover different ways to make a difference whilst staying true to who we are as individuals.

https://www.ted.com/talks/raymond_tang_be_humble_and_other_lessons_from_the_philosophy_of_water#t-33467

Lux Narayan What I learned from 2,000 obituaries 6 min.

Lux Narayan starts his day with scrambled eggs and the question: "Who died today?" Why? By analyzing 2,000 New York Times obituaries over a 20-month period, Narayan gleaned, in just a few words, what achievement looks like over a lifetime. Here he shares what those immortalized in print can teach us about a life well lived.

Lux Narayan · Entrepreneur - Lux Narayan is a perpetual learner of various things -- from origami and molecular gastronomy to stand-up and improv comedy.

Stephen DeBerry Why the "wrong side of the tracks" is usually the east side of cities 7 min.

What do communities on the social, economic and environmental margins have in common? For one thing, they tend to be on the east sides of cities. In this short talk about a surprising insight, anthropologist and venture capitalist Stephen DeBerry explains how both environmental and man-made factors have led to disparity by design in cities from East Palo Alto, California to East Jerusalem and beyond -- and suggests some elegant solutions to fix it. This talk was presented at an official TED conference, and was featured by our editors on the home page.

Stephen DeBerry · Anthropologist, venture capitalist - Stephen DeBerry uses the economy and culture to build a more just and joyful society.

Dan Gartenberg The brain's benefits of deep sleep — and how to get more of it 7 min.

There's nothing quite like a good night's sleep. What if technology could help us get more out of it? Dan Gartenberg is working on tech that stimulates deep sleep, the most regenerative stage which (among other wonderful things) might help us consolidate our memories and form our personalities. Find out more about how playing sounds that mirror brain waves during this stage

might lead to deeper sleep -- and its potential benefits on our health, memory and ability to learn.

Dan Gartenberg · Sleep scientist, TED Resident Dan Gartenberg has spent his adult life trying to make seven and a half hours feel like eight hours.

Roselinde Torres What it takes to be a great leader 8 min.

The world is full of leadership programs, but the best way to learn how to lead might be right under your nose. In this clear, candid talk, Roselinde Torres describes 25 years observing truly great leaders at work, and shares the three simple but crucial questions would-be company chiefs need to ask to thrive in the future.

Roselinde Torres · Leadership expert Roselinde Torres studies what makes great leaders tick - and figures out how to teach others the same skills.

Mehdi Ordikhani-Seyedlar What happens in your brain when you pay attention? 6 min.

Attention isn't just about what we focus on -- it's also about what our brains filter out. By investigating patterns in the brain as people try to focus, computational neuroscientist Mehdi Ordikhani-Seyedlar hopes to build computer models that can be used to treat ADHD and help those who have lost the ability to communicate. Hear more about this exciting science in this brief, fascinating talk.

Mehdi Ordikhani-Seyedlar · Neuroscientist - Mehdi Ordikhani-Seyedlar is a computational neuroscientist, researching brain signals and their usage in brain-machine interfaces.

Julian Treasure How to speak so that people want to listen 9 min.

Have you ever felt like you're talking, but nobody is listening? Here's Julian Treasure to help. In this useful talk, the sound expert demonstrates the how-to's of powerful speaking — from some handy vocal exercises to tips on how to speak with empathy. A talk that might help the world sound more beautiful.

Julian Treasure · Sound consultant - Julian Treasure studies sound and advises businesses on how best to use it.

Susan Pinker The secret to living longer may be your social life 16 min

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy - it's their emphasis on close personal relationships and face-to-face interactions. Learn more about super longevity as Pinker explains what it takes to live to 100 and beyond.

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About the speaker

Susan Pinker · Developmental psychologist - Susan Pinker reveals how in-person social interactions are not only necessary for human happiness but also could be a key to health and longevity.