



DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

“Create the outcomes you want. Regardless of the circumstances.”

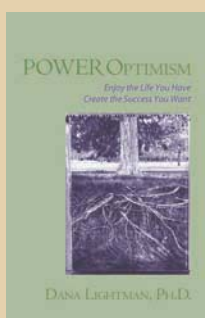
POWER OPTIMISM

Dana’s message puts women on an upward spiral.

Practice POWER Optimism and you will:

- Accomplish personal and professional goals
- Have higher self-esteem
- Achieve greater happiness and freedom
- Enjoy physical and mental well-being
- Feel empowered and confident
- Experience better relationships

The desire exists within each of us to create the life we want, but events keep getting in the way. POWER Optimism teaches that your *reaction* to an event is more important than the event itself. It shows you how to replace negative interpretations and patterns with positive expectations and actions—intentional choices that are certain to put your life on an upward spiral of success.



Dana is the author of **POWER Optimism: Enjoy the Life You Have...Create the Success You Want**, published in 2004.

DANA LIGHTMAN

Motivational Speaker, Author and Psychotherapist

Today’s women find Dana’s uplifting presentation particularly relevant. She helps them see their potential—not just the personal, family or workplace situation they’re in. Through Dana’s own personal struggles, she learned firsthand the transformational power derived from shifting to an optimistic attitude. She combined these personal insights with her psychotherapy training, work with clients and dissertation research to create the POWER Optimism system. Her dynamic conference and seminar appearances have given thousands of women the winning attitude of optimism.

The woman that women want to hear.

A partial list of Dana's clients:

Speaking of Women's Health Conference

American Association of University Women

Strong Bodies/Strong Minds Conferences

The Pampered Chef

SBA Conference for Women Small Business Owners

Encouraging, Supporting, Promoting Women Annual Conference

A Day for All Women Conference

American Business Women's Association

Women's Voices and Visions Conference

Professional Opportunities With Women Helping Other Women

Celebrating Women: Celebrating YOU!

Junior League of Philadelphia Today's Woman Forum

Schedule Your POWER OPTIMISM Program

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Dana will customize her popular keynotes and workshops for your audience:

More Power to You: Energizing Women's Potential

There's No Such Thing as Difficult People

Take Charge of Change by Choice

Jump Out of Your Comfort Zone and Land in Your Life

It's the Attitude That Sells

Women Leaders: Develop Your Positive Edge

Dana's clients can't stop talking:

Your training was one of the most helpful that I've had here. Your information was FANTASTIC! I learned so much!

—Dotti Shepherd, Executive Sales Director,
The Pampered Chef

Dana is so great! She's as much an entertainer as she is an educator. Her energy is contagious and her message is right on.

—Jackie Yorko, Change of Heart Program

We brought you back a second time because the women were so enthusiastic about your life-changing presentation. And you did it again!

—Judy Grossman, Planning Committee,
Today's Woman Forum



Dana Lightman is an accomplished motivational speaker and trainer dedicated to releasing and increasing the optimism in each of us. She brings over 20 years experience as a presenter, psychotherapist, coach and educator to a wide range of audiences at conferences and conventions, corporations, non-profits, hospitals and universities. She has taught at the University of Pennsylvania and Temple University. Dana has made numerous appearances on television and radio across the country.