



DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

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

Introducing Dana at an Event

VERSION 1

Dr. Dana Lightman is an accomplished, motivational keynote speaker and trainer specializing in the field of optimism and positive psychology. She brings over 20 years experience as a presenter, psychotherapist, author and educator to a wide range of audiences at conferences and conventions, corporations, hospitals, non-profits, universities and schools. As the founder of POWER Optimism in 2001, Dana published her first book, *POWER Optimism: Enjoy the Life You Have...Create the Success You Want*, in 2004, followed by the *POWER Optimism Playbook* in 2007.

Dana is a member of The National Speakers Association, an Advanced Toastmaster and past president of the Professionally Speaking chapter of Toastmasters International. She has studied dramatic presentation techniques at the Walnut and Wilma Theaters in Philadelphia. Dana has taught and lectured at the University of Pennsylvania, Temple University and Arcadia University and has appeared on radio and television.

Please welcome...Dr. Dana Lightman.

VERSION 2

Who knows more about the snags we can all get stuck on than a psychotherapist? Who can sift through that experience to find positive steps better than a teacher? Who can distill it into a presentation more clearly than a writer? And who can deliver that presentation with more passion and humor than an actress? Well, our speaker today is all four. Fortunately she's only charging us for one of them... Dr. Dana Lightman has challenged, entertained and motivated audiences for years with her inspiring message of POWER Optimism. So prepare yourselves to be absolutely...positively...uplifted.

Ladies and gentlemen, the doctor is in.
Dana Lightman!