



DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

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

Promotional Bios

SINGLE LINE

Dr. Dana Lightman is an accomplished motivational keynote speaker and trainer, bringing over 20 years experience as a presenter, psychotherapist, coach and educator to her POWER Optimism programs.

SHORT (50 words)

Dr. Dana Lightman is an accomplished motivational keynote speaker and trainer specializing in positive psychology. She has over 20 years experience as a presenter, psychotherapist, coach and educator, presenting her POWER Optimism programs to a wide range of audiences at conferences and conventions, corporations, hospitals, non-profits, universities and schools.

MEDIUM (100 words)

Dr. Dana Lightman is an accomplished motivational keynote speaker and trainer specializing in the field of optimism. She brings over 20 years experience as a presenter, psychotherapist, coach and educator to a wide range of audiences at conferences and conventions, corporations, hospitals, non-profits, universities and schools. Earning her Doctorate in Behavioral Science, Dana is an expert in positive psychology. She currently focuses her energies on her POWER Optimism programs. She is an author, a member of The National Speakers Association and an Advanced Toastmaster. Dana has studied dramatic presentation techniques and has been a guest speaker on television and radio across the country.

FULL LENGTH (200 words)

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, coach and educator to a wide range of audiences at conferences and conventions, corporations, hospitals, non-profits, universities and schools.

After obtaining a Master’s Degree in Education and teaching for ten years at the University of Pennsylvania, Dana turned her focus to psychological services. Earning her Doctorate in Behavioral Science, Dana is an expert in positive psychology. As a practicing psychotherapist, Dana has worked with a wide range of clients on issues including self-esteem, marriage and family, body image and substance abuse. As a consultant and facilitator, she has designed and conducted training programs, workshops and seminars focusing on both personal and professional development. As an educator, Dana has lectured at the University of Pennsylvania, Temple University and Arcadia University.

Dana currently focuses her energies on her POWER Optimism programs. Her mission is to increase and release the optimist in each of us. She is an author, a member of The National Speakers Association and an Advanced Toastmaster. Dana has studied dramatic presentation techniques and has been a guest speaker on television and radio across the country.