

LISA CYPERS KAMEN

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Lisa@HarvestingHappiness.com

Education

Positive Acorn with Dr. Robert Biswas-Diener | 2011-Present

Applied Positive Psychology certification and continuing education

Center for Deployment Psychology | October 2010

Addressing the Psychological Health of Warriors and Their Families (PTSD, TBI & Reintegration)

University of Santa Monica | 2007

MA, Spiritual Psychology

Union Institute & University | 2006

BFA, Design

Boston Architectural College | 1986

Professional Experience

TEACHING

University of Southern California | 2008-Present

Guest Lecturer Dept. of Psychology

Glendale Community College | 2008-Present

Guest Lecturer

Boston Architectural College | 1984-1986

Architectural drafting, design, interior design and color theory

BUSINESS

Harvesting Happiness & Harvesting Happiness for Heroes Workshops & Coaching | 2008-Present

Services and Positive Psychology coaching practices devoted to the cultivation of sustainable well-being to all walks of life in every part of the world including curriculum specifically designed for Military personnel and their families.

What Is Your Happiness? LLC | 2006-Present

Documentary Filmmaker & Happiness Ambassador

Independent Film Producer | 2006-Present

- "A Passage Through India" to raise funds for and awareness of rampant illiteracy amongst girls in the slums of India.
- "H-Factor...Where Is Your Heart?" an exploration of happiness. What it means, how to find it, how to cultivate it and how to keep it. Co-created with daughter, Kayla, now 14 years old.

PARTIAL CLIENT LIST & PRESENTATIONS

TEDxMalibu (event organizer & presenter)

Flourishing in the New Paradigm- The Inversion Theory of Joy

The Wounded Warrior Project

San Diego, CA; San Antonio, TX; Sundance, UT

The Veterans Preservation Corps

Veteran vocational re-training collaborative

New Directions at the Veterans Administration

Veteran vocational re-training collaborative

Kripalu

Weekend workshop

New York City Parks & Recreation

Staff training

Equinox Fitness

Staff training

Motherhood Incorporated

Parent-child & staff training

Lisa Cypers Kamen, continued...

HappierKidsNow.com

Consulting Coach

European Positive Psychology Conference | 2008

Opatjia, Croatia

Positive Psychology Conference | 2008

Bar-Ilan University, Israel

Gross National Happiness Conference | 2007

Bangkok, Thailand

MEDIA APPEARANCES & PARTICIPATION

Host/Harvesting Happiness Talk Radio with Lisa Cypers Kamen on Toginet | 2010-Present

HHTR is a live weekly (Wednesday at 9am Pacific/12noon Eastern time) hour-long global radio program promoting happiness, well-being and global human flourishing by presenting a diverse and proactive collection of the greatest thinkers and doers who have devoted their lives to creating a better world in which to live.

Co-Host/ Harvesting Happiness for Heroes Live Internet Coaching Community | Spring 2012 Launch

Weekly Online programming targeting the returning veteran community especially living in under served treatment areas challenged with Combat Trauma and other post-deployment reintegration issues. The community will facilitate others in experiencing greater happiness and well being at home, at work, at school, at anytime and at any age. The virtual classroom experience will teach the most current integrated coaching tools and strategies to increase overall life satisfaction.

Other Featured Articles I Press Releases and Guest Radio Appearances | 2010-Present

- TED.com | 2011
- Huffington Post | 2011
- The Maimi Herald | 2011
- CBS Sacramento | 2011
- ABC 7 | 2011
- Malibu Times | 2011
- Yahoo News | 2011
- CIO | 2011
- ABC 13 | 2011
- Beyond the Dow | 2011
- CBS Chicago | 2011
- Salt lake City Tribune | 2011
- Happiness in Motherhood on ABC4 Utah | 2011
- Creating a Happy Family on ABC4 Utah | 2011
- HealthyLife.Net News with Jay Cruz | 2011
- Sex Talk with Lou Paget on Toginet | 2011
- Happiness Boost Online Radio with Frank Clayton | 2011
- The Lunchtime Show with Graham Marcus | 2010
- Leadership Development News Show with Dr. Cathy Greenberg & Dr. Relly Nadler | 2010
- Military Mom Talk Radio Show with Sandra Beck & Tina Gonzalez | 2010
- Motherhood Talk Radio Show with Sandra Beck & Christy Holly | 2010
- Creating the Life You Love to Live Talk Radio Show with Bevin Lynch | 2010
- A New Way to Handle Absolutely Everything with Elese Coit | 2010
- Patrick Combs (private community broadcast) Radio | 2010

PHILANTHROPY

Harvesting Happiness for Heroes

HH4Hereos.org

Our mission objective is to offer support services to Warriors and Warrior families challenged by Combat Trauma and post-deployment reintegration issues. We offer Battle Buddy workshops, family awareness training, online community support, one-on-one coaching services, as well as retreats for Warriors to decompress from battle and understand the tools available for them to adapt their military skills to civilian society.

Grateful Nation

GratefulNation.org

Website guest writer and blogger as well as volunteer for Celebration of Life event(s). Grateful Nation is an interactive program sponsored by Beth Israel Deaconess Medical Center (Boston, MA) that gives grateful people the opportunity and resources to connect, give back and be thankful.

Operation Gratitude

OpGratitude.org

Creator of pocket-sized vision of gratitude & happiness and field tips for deployed soldiers to facilitate moments of gratitude, happiness and equanimity in adverse conditions for inclusion in 2010/11 campaign of 100,000 care packages. Operation Gratitude seeks to lift morale and put smiles on faces by sending care packages addressed to individual Soldiers, Sailors, Airmen and Marines deployed overseas. Operation Gratitude care packages contain food, hygiene products, entertainment items and personal letters of appreciation, all wrapped with good wishes of love and support.

Salus Foundation

Board Member/SalusFoundation.org

The Salus Foundation works to reduce illiteracy, poverty and poor health conditions. We accomplish this by creating and supporting programs dedicated to improving the education and health of disadvantaged children and their families.

Finding Happiness TV Channel

Co-Founder/FindingHappinessChannel.com

A collaborative Internet site and Youtube TV channel dedicated to the discussion, exploration, promotion and pursuit of happiness utilizing state-of-the-art interactive Social Media, viral marketing, and digital video competitions to promote Happiness Ambassadorship targeting youth communities and the young at heart.

WRITTEN WORD

Weekly blog profiled on all websites:

**www.HH4Heroes.org; www.HarvestingHappiness.com; www.WhatIsYourHappiness.com;
www.LisaKamen.com; www.HarvestingHappinessTalkRadio.com**

Weekly Guest blogger:

GratefulNation.org; InspireMeToday.com; PositivelyPositive.com

Books:

Got Happiness Now? Free eBook | 2011 Internet Launch

Are We Happy Yet? Eight Keys to Unlocking a Joyful Life - Langdon Press | Spring 2012 Publish Date

Harvesting Happiness for Skeptics & Seekers- An Interactive Experience - Langdon Press | 2012 Anticipated Publish Date

PROFESSIONAL AFFILIATIONS

International Coach Federation (ICF)

International Positive Psychology Association (IPPA)

PRIOR CAREER HISTORY

1996-2006

Domestic Engineer responsible for the care and keeping of my family.

1981-1995

Entrenched in the architectural, interior and graphic design communities as well as managing principal of an architectural product manufacturing company specializing in runway & taxiway signage, airport terminal and transportation information systems worldwide.