

HARVESTING HAPPINESS FOR HEROES

501(c) (3) nonprofit

Transforming Post-Traumatic Stress to Post-Traumatic Growth



Veterans, Family, Friends, Caretakers...

ARE YOU DEALING WITH POST-COMBAT TRAUMA and REINTEGRATION ISSUES?

Difficulty re-adapting to home? Communication failure? Post Traumatic Stress Disorder? Substance abuse? Depression? Stress? Guilt? Anxiety? Anger? Brain injury?

If you're facing these challenges, Lisa Cypers Kamen's "Harvesting Happiness for Heroes" educational coaching programs bring help, comfort and wellbeing to Warriors and those who care about them. Warriors learn how to decompress from battle and gain the tools they need to adapt their military skills to civilian society.

Stigma-free services for Warriors and Warrior Families

Using scientifically-proven Positive Psychology coaching tools, this cutting-edge program offers strategies that increase self-mastery and self-esteem. Battle Buddy workshops, Family awareness training, Online community support, One-on-one coaching, Retreats for Warriors.

Rebuild self-esteem and regain wellbeing

- Ease and speed post-recovery and re-integration
- Raise your Happiness Factor ("H-Factor")
- Sustain greater overall life satisfaction
- Manage the survival instinct
- Replace cynicism with positivity
- Gain self-mastery regardless of external circumstances
- Rebuild your professional, social and family life
- Recognize what can and can't be managed during re-integration
- Use all five senses to analyze past experiences and set new goals
- Learn to flourish regardless of external circumstances

A documented 25% increase in happiness for veterans!

Based on the industry-standardized Oxford Well Being Test, the Harvesting Happiness for Heroes program boosts happiness scores by 25% after twelve 90-minute sessions, enabling veterans to better manage reintegration into civilian life. And while the HH4H programming does not take the place of clinical care, it's a powerful, integrated modality that combines positive psychology, mindfulness training, body awareness and interactive exercises designed to work with other treatment plans.

Client List

- The Wounded Warrior Project • New Directions Incorporated of the Los Angeles Veterans Administration
• New York City Parks and Recreation • Equinox Fitness • The Veterans Preservation Corps • Motherhood Incorporated
• Kripalu Center for Yoga and Health • The Heritage Square Museum • Sundance Resort

Harvesting Happiness for Heroes provides positive psychology coaching tools to facilitate greater wellbeing, education and inspiration. HH4Heroes does not provide clinical mental health treatment. Individuals desiring medical services for trauma, addiction and abuse-related issues or other psychological concerns should seek out a mental health professional.

What Veterans are saying...

"Harvesting Happiness for Heroes has been an excellent experience for me. The programming helped me restore my self-esteem. I would highly recommend others to try it for themselves."

— D. Rice

"For me, Harvesting Happiness for Heroes was a great experience. The lectures and discussions gave me a deeper insight into self. It helped me change the way I think about things."

— S. Thompson



To book Lisa Cypers Kamen or inquire about coaching, workshops or online classroom programming,
Call: 310.273.5300 or 877.929.5300 E-mail: info@HH4Heroes.org Website: www.HH4Heroes.org
See Lisa in Action: L.A. Veterans Preservation Corps, <http://bit.ly/wNoYPT>
TEDxMalibu, The Inversion Theory of Joy, <http://bit.ly/xLBV4m>



About Lisa Cypers Kamen...

Acclaimed for her engaging blend of positive and wellbeing psychology coaching, workshops, and philanthropic projects, Lisa is committed to raising the happiness level of our military community around the world. Through her books, radio show, media appearances and inspiring documentary films, she facilitates happiness and cultivates greater wellbeing and awareness of the real work associated with being happy. A frequent media guest, Lisa Cypers Kamen has been featured in *The Huffington Post* and *Yahoo News*, and on ABC, CBS, and "Money Watch," and she is a contributor to *Military Spouse* magazine. Lisa completed her Master's Degree in Spiritual Psychology at the University of Santa Monica and was trained by the Center for Deployment Psychology. She resides in Southern California with her two children and is the author of *Reintegration Strategies* and *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life*.

Professional Affiliations: International Coach Federation (ICF) and International Positive Psychology Association (IPPA)

Start the dialogue with Lisa Cypers Kamen's breakthrough film, *H-Factor...Where Is Your Heart?* — a documentary that helps veteran soldiers, spouses, family members and caretakers explore the basis of personal happiness and talk openly about the re-integration experience.

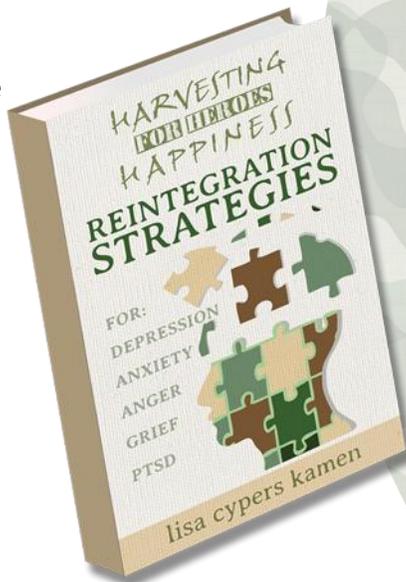
Lisa Cypers Kamen's talks are perfect for...

- Returning Military Personnel • Friends, Family, Caretakers • Combat Trauma Recovery Programs • Veterans Organizations, Civic Groups • Combat Stress Management Centers • Addiction Rehabilitation Centers, Hospitals
- Homeless Veteran Facilities • Women's Post-Combat Support Groups • Military Family/Teen Support Outlets
- Schools, Universities, Colleges supporting post-combat students

About the Book

Reintegration Strategies:

Returning to civilian life after active duty can be challenging. The post-deployment reintegration process can cause significant stresses for both the warrior and his/her loved ones. *Reintegration Strategies* explores the range of normal emotions that can occur after war, avoiding complex labels often applied to combat trauma. In refreshing, no-nonsense language, it offers stigma-free tools and a different perspective for re-engagement with life at home.



Military Community Focused Training

The "H-Factor"— How to find it and keep it!

Experiencing first-hand what the "H-Factor" feels like, how to enjoy the present moment despite hardship, and how to take control of your own personal happiness

Harvesting Happiness for Heroes

Addressing the invisible wounds and effects of post-war life for military families and veterans

Harvesting Happiness in Complicated Times

Achieving greater life satisfaction, even under difficult circumstances

Harvesting Happy Families

Making joy the heart of the family

Harvesting Happy Workplaces

The domino effect of releasing the "positive virus"

The Inversion Theory of Joy

An interactive experience with the Harvesting Happiness First Aid Kit™



Happiness First Aid Kit™

It's true that Happiness Is An Inside Job® but it's also in the bag! Be delighted and surprised by the carefully selected symbolic trinkets that remind us of simple strategies to help us find our smiles on a daily basis or brighten the world of another in need of a lift.

"Happiness is an inside job!"™



To book Lisa Cypers Kamen or inquire about coaching, workshops or online classroom programming, Call: 310.273.5300 or 877.929.5300 E-mail: info@HH4Heroes.org Website: www.HH4Heroes.org See Lisa in Action: L.A. Veterans Preservation Corps, <http://bit.ly/wNoYPT> TEDxMalibu, The Inversion Theory of Joy, <http://bit.ly/xLBV4m>

Return to Duty™ Corporate Training empowered by

Harvesting Happiness for Heroes

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Are you hiring or supporting our combat veterans as they re-enter civilian life?

Working effectively with today's veterans requires an appreciation of their extraordinary life experiences — which many civilians find difficult to grasp. The "Return to Duty™" corporate training program helps employers and support providers understand the invisible re-integration challenges veterans face, such as post-traumatic stress, fatigue, and emotion management, so that these symptoms of post-combat life are not misinterpreted as apathy, indifference or cynicism.

A breakthrough program for a more successful Warrior-Civilian relationship:

The "Return to Duty™" Corporate Training Curriculum, empowered by Harvesting Happiness for Heroes, shows civilian employers and providers how to maximize communication with returning vets. It works hand in hand with managers, teachers, doctors, police, and other professionals to help them understand and support the veterans they work with. "We educate corporations, universities, hospitals and community governments about the physical challenges and psycho-social needs of veterans re-entering the workforce, which greatly increases their chance of success after military service," says co-founder Alison Lighthall.

A healthy, efficient synergy between Warrior and Employer in just one training session:

Through concise, targeted workshops, the Harvesting Happiness for Heroes' "Return to Duty™" training offers the latest strategies to enhance the veteran's chance for civilian success. Based on Alison Lighthall's cutting-edge Mental Resiliency Program, successfully used by Army hospitals throughout the U.S., this powerful program creates maximum communication between employers, veterans and support providers. It's offered in half-day or all-day workshops and customized to fit your organization's needs.

Client List

Department of Defense Force Health Protection
US Army (several locations)
Milwaukee Police Department
University of Colorado-Colorado Springs
University of Wisconsin-Milwaukee
University of Wisconsin-Green Bay
Waukesha County Sheriff's Department
Easter Seals International
Illinois Department of Corrections
Wisconsin Department of Corrections
International Society for Traumatic Stress Studies
National Alliance for the Mentally Ill
SAMHSA Annual Conference on Women and Addiction
VA Medical Center-Madison, WI
VA Medical Center-Poplar Bluff, MO
Federal Occupational Health Conference

"Alison conducted the training sessions for over 900 MEDDAC employees (both civilian and military) throughout the hospital system. This program has subsequently been adopted by 5 other military medical commands throughout the US ARMY."

— Colonel Jimmie O Keenan,
Commander, Evans Army Community
Hospital, Fort Carson, CO

Return to Duty™ Corporate Training is perfect for...

- Corporations, Businesses • Police Departments, Emergency Responders • Correctional Systems • Veteran Job Fair Conferences
- Corporate Sponsors of Veteran Support Organizations • Civilian Hospital Staff and Health Organizations • Community Groups who support or employ veterans • Civic Groups, Chambers of Commerce Community Action Outreach Committees • Human Resource Support and Training Organizations • Teachers, Universities and College Staff supporting veteran students



To book the Harvesting Happiness for Heroes Return to Duty™ Corporate Training Sessions or inquire about coaching, workshops or online classroom programming, call 310.273.5300 or 877. 929.5300.

E-mail Lisa@HH4Heroes.org or E-mail Alison@HH4Heroes.org - Website: www.HH4Heroes.org

Harvesting Happiness for Heroes, 2934½ Beverly Glen Circle, Suite 371, Los Angeles, California 90077, USA

Keynote Presentations

- Military Psychology 101: An introduction to our military culture and the Warrior Ethos
- Ten Things Every Employer Should Know About Their Veteran Employee

Additional Presentations

- Why Being a Female Veteran is Twice the Burden
- What Top Leadership Needs to Know and Do to Create a Truly Veteran-Friendly Work Environment

See video testimonials for Harvesting Happiness for Heroes: http://youtu.be/YofcIV_qJK8



Alison Lighthall, RN, BSN, MSN, Program Director of the HH4Heroes Return to Duty™ Training Program, is an expert in post-traumatic stress, having joined the Army Nurse Corps at the age of 46. She served as a Captain for the 801st Combat Support Hospital and then assisted in standing up the 7302nd Medical Training Support Battalion.

A popular speaker, Lighthall brings her expertise to the Harvesting Happiness for Heroes team to establish more effective relationships between veterans and civilians and further positive employment. Her articles on veteran-related challenges have been featured in *Army Times*, *Navy Times*, *TAPS Magazine*, *Psychotherapy Networker*, *Nursing Spectrum*, and many other publications. Most recently, Lighthall was named Fellow of the American Institute of Stress and member of their Combat Stress Division Advisory Board. RN licensures: Massachusetts, Wisconsin and Illinois

View Alison's video on "When a Veteran Comes Home"
<http://youtu.be/6ZkZaDnWMUI>



Lisa Cybers Kamen is Founder and Executive Director of Harvesting Happiness for Heroes whose mission objective is to offer stigma-free support services to warriors and their loved ones challenged by combat trauma and other post-deployment reintegration issues. Return to Duty™ employs the same principles to facilitate civilian organizations in successfully welcoming our warriors home and back to work.

Cybers Kamen was trained by the Center for Deployment Psychology. Acclaimed for her engaging blend of positive and spiritual psychology coaching, workshops, and philanthropic projects, Lisa is committed to raising the happiness level of audiences around the world. Through her books, radio show, media appearances and inspiring documentary films, she facilitates happiness and cultivates greater well-being and awareness of what it takes to be happy.

View Lisa's video address for the L.A. Veteran Preservation Corps <http://youtu.be/ZdC8cpeqz2Y>

"Always on the mission, Ms. Lighthall seeks ways to make everyone around her better and ensure overall success higher than expected by all."

— Major General Mark A. Graham, U.S. Army



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