

# Lisa Cyper Kamen

HAPPINESS IS AN INSIDE JOB!™

## Do you find the word "happiness" annoying?

Have you seen one too many of those yellow smiley-faces that seem to be everywhere? If they annoy you, you're not alone. We're all faced with professional, economic and personal demands that challenge us every day, and when these pressures increase, they can throw us into survival mode and cynicism. The result? We don't enjoy life and our work, social, and family life can leave us frustrated and unfulfilled.

## You can raise your "H-Factor" (Happiness Factor) right now!

Lisa Cyper Kamen's fun, energetic talks will raise your group's Happiness Factor on the spot, as she shares strategies you can put to use right now to increase your sense of well-being. You'll learn what happiness looks, tastes, feels and smells like through an interactive experience that appeals to all 5 senses for sheer, simple joy.

## A documented 25% increase in personal happiness!

Lisa Cyper Kamen's techniques have shown a documented 25% increase in personal happiness for her clients, based on the standardized Oxford Well Being Test. Happier individuals mean happier employees, co-workers, family members and citizens who are more effective and more fulfilled. Your group will leave Lisa's breakthrough talk with their "H-Factors" soaring, empowered with new skills to thrive and flourish with a greater sense of well-being, no matter what their background or external circumstances may be.

**"Lisa's Happiness Workshop was a great experience for my agency. Her presentations were well-organized, well-executed and well worth the time and effort we spent promoting and hosting the events."**

**-Kim McNeal, Manhattan Chief of Recreation, NYC Parks & Recreation, NY**

### KEYNOTE PRESENTATION

#### The H-Factor: How to find it and keep it!

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

### ADDITIONAL PRESENTATIONS

#### Harvesting Happiness in Complicated Times

Achieving greater life satisfaction even under difficult circumstances

#### Harvesting Happiness for Heroes (military)

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

#### Harvesting Happy Families

Making joy the heart of the family

#### Harvesting Happy Workplaces

The domino effect of releasing the "positive virus"



## Lisa Cyper Kamen Speaker, Author

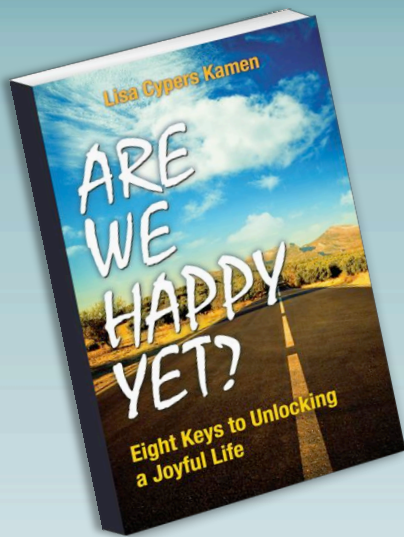
Acclaimed for her engaging blend of positive and spiritual psychology coaching, workshops, and philanthropic projects, Lisa is committed to raising the happiness level of audiences around the world. Through her books, radio show, media appearances and inspiring documentary films, such as "H-Factor... Where Is Your Heart?" she facilitates happiness and cultivates greater well-being and awareness of what it takes to be happy.

Lisa recently launched Harvesting Happiness for Heroes, a pending 501 (c) (3) nonprofit program dedicated to bringing integrated psychology coaching tools and well-being training to Veterans and their loved ones challenged by combat trauma and other post-deployment reintegration issues.

A frequent media guest and happiness expert, Lisa heads The Harvesting Happiness Company, which empowers clients with personal management tools leading to sustained happiness and positivity, both personally and professionally. Lisa resides in Southern California with her two children.



To book Lisa Cyper Kamen or inquire about coaching, workshops or online classroom programming, call 1.310.273.5300 or 877.929.5300 • E-mail [Lisa@HarvestingHappiness.com](mailto:Lisa@HarvestingHappiness.com)  
Website: [www.HarvestingHappiness.com](http://www.HarvestingHappiness.com) • YouTube: <http://goo.gl/uLIJC>



## ***Are We Happy Yet? Eight Keys to Unlocking a Joyful Life***

In *Are We Happy Yet? Eight Keys to Unlocking a Joyful Life*, internationally-known happiness expert Lisa Cypers Kamen offers a breakthrough system for creating your own personal "happiness revolution." She gives you eight simple strategies you can use right now to sustain your Happiness Factor all day long. No matter what your background or what challenges you currently face, this book will show you how to leave your emotional baggage at the station and board the next train to greater happiness, contentment and joy. A sought-after happiness expert, Lisa has been featured on ABC, CBS, "Money Watch," The Huffington Post and Yahoo News.

**"Lisa Kamen's visit with the students was critical to our success. She inspired us with her film and in discussion... I could not be more enthusiastic in my recommendation!"**

**-John Monterosso, Ph.D., Asst. Professor of Psychology,  
University of Southern California (USC)**

### **Lisa's talks are perfect for...**

- Government Offices and Military
- Combat Trauma Recovery Programs
- Stress Management Industry
- Addiction Rehabilitation Centers
- Health & Wellness Industry
- Hospitals
- Corporations
- Business Groups
- Entrepreneurs
- Women's Groups
- Civic groups
- Youth groups
- Schools, Universities, Colleges

### **Partial Client List**

- The Wounded Warrior Project
- New York City Parks and Recreation
- Equinox Fitness
- The Veterans Preservation Corps
- Motherhood Incorporated
- Kripalu Center for Yoga and Health
- The Heritage Square Museum
- New Directions Inc. at the Veterans Administration

### **Professional Affiliations:**

- International Coach Federation (ICF)
- International Positive Psychology Association (IPPA)



**"The response from the guys to your work through Harvesting Happiness for Heroes in self-generation and happiness was positive and enthusiastic. We were pleased to see the positive changes in the groups."**

**-Charles Kibby, President, Preservation Arts, Los Angeles, California**



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Website: [www.HarvestingHappiness.com](http://www.HarvestingHappiness.com) • YouTube: <http://goo.gl/uLIJC>

# 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](http://www.HH4Heroes.org); [www.HarvestingHappiness.com](http://www.HarvestingHappiness.com); [www.WhatIsYourHappiness.com](http://www.WhatIsYourHappiness.com);**

**[www.LisaKamen.com](http://www.LisaKamen.com); [www.HarvestingHappinessTalkRadio.com](http://www.HarvestingHappinessTalkRadio.com)**

*Weekly Guest blogger:*

**[GratefulNation.org](http://GratefulNation.org); [InspireMeToday.com](http://InspireMeToday.com); [PositivelyPositive.com](http://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.*