



DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

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

POWER OPTIMISM

Dana’s motivational message puts her audience on an upward spiral.

Practice Power Optimism and you will:

- Feel confident and secure
- Possess more energy
- Reach greater potential
- Enjoy happier relationships
- Realize better health
- Do better in work and school

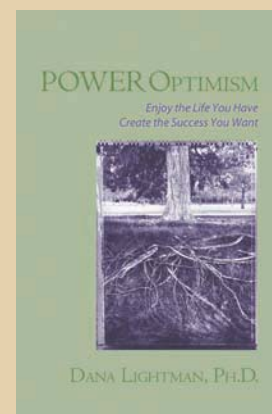
The desire exists within each of us to create the life we want, but events keep getting in the way. POWER Optimism teaches that your *reaction* to an event is more important than the event itself. It shows you how to replace negative interpretations and patterns with positive expectations and actions—intentional choices that are certain to put your life on an upward spiral of success.

DANA LIGHTMAN

Speaker, Author, Psychotherapist

Dana embodies the positive energy, personal insight and empowerment that are hallmarks of her POWER Optimism system. Through her own personal struggles, she learned firsthand the transformational power derived from shifting to an optimistic attitude.

Dana combined these personal insights with her psychotherapy training, work with clients and dissertation research to create the POWER Optimism system. Her dynamic conference and seminar appearances have inspired thousands to see their potential—not just the situation they’re in.



Dana is the author of **POWER Optimism: Enjoy the Life You Have...Create the Success You Want**, published in 2004.

A partial list of Dana's clients:

Speaking of Women's Health Conference

The Pampered Chef

AARP

Siemens Medical Solutions

CIGNA

American Association of University Women

Medical Group Management Association

AETNA

Super Cuts Hair Salons

Pennsylvania Library Association

Strong Bodies/Strong Minds Conferences

Drexel University

Fox Chase Cancer Center

Keller Financial Network

Morgan Properties

Schedule Your POWER OPTIMISM Program

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Dana will customize her popular keynotes and workshops for your audience:

More Power to You: Energizing Peak Potential

There's No Such Thing as Difficult People

Take Charge of Change by Choice

Jump Out of Your Comfort Zone and Land in Your Life

It's the Attitude That Sells

Leadership with a Positive Edge

Dana's clients can't stop talking:

Your training was one of the most helpful that I've had here. Your information was FANTASTIC! I learned so much!

—Dotti Shepherd, Executive Sales Director,
The Pampered Chef

Dana is so great! She's as much an entertainer as she is an educator. Her energy is contagious and her message is right on.

—Jackie Yorke, Change of Heart Program

Your spirited presentation encouraged each of us to raise the bar both personally and professionally. We all felt something shift.

—Linda Bean, Director, Interagency Council



Dana Lightman is an accomplished motivational speaker and trainer dedicated to releasing and increasing the optimism in each of us. She brings over 20 years experience as a presenter, psychotherapist, coach and educator to a wide range of audiences at conferences and conventions, corporations, non-profits, hospitals and universities. She has taught at the University of Pennsylvania and Temple University. Dana has made numerous appearances on television and radio across the country.