

Dana's Bio

Dr. Dana Lightman is an accomplished motivational keynote speaker and trainer specializing in the field of optimism and positive psychology. She brings over 25 years of 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 earning her doctorate in Behavioral Science, Dana created the POWER Optimism programs in 2001, and published her first book, POWER Optimism: Enjoy the Life You Have...Create the Success You Want in 2004, followed by the No More Difficult People Series in 2011 and the POWER Optimism Quick Tip Series in 2015. Dana has taught and lectured at the University of Pennsylvania, Temple University and Arcadia University and has appeared on television and radio across the country.