**The Olymp-i-a Challenge: Supportive References & Research**

**The Neuroscience of Happiness:** <http://greatergood.berkeley.edu/article/item/the_neuroscience_of_happiness>

**Lab for Affective Neuroscience:** <http://psyphz.psych.wisc.edu/> Research articles in the News.

**Importance of Plants/Nature to Learning and Happiness:** <http://ellisonchair.tamu.edu/health-and-well-being-benefits-of-plants/#.UXtLhKLR3Vp>

**Examples of Children/Students with Positive Ideas and Actions:**

Amazing group of 21 children and their innovative projects to help the world. Many of the projects are focused on protecting the environment!<http://www.treehugger.com/culture/future-bright-21-super-kids-will-save-world-adults.html>

**Power of Single Action:**

Article demonstrating the power gained from the simple act of recycling: <http://earth911.com/news/2012/10/17/how-much-energy-water-saved-by-recycling/>.

**Power of Habit:**

**"The Power of Habit: Why We Do What We Do in Life and Business"** <http://www.stonehearthnewsletters.com/why-habits-exist-and-how-they-can-be-changed/human-behavior/>

**Start Empathy & Ashoka:** <http://startempathy.org/>

<http://www.livemint.com/2012/08/29104438/Empathy-begins-at-school.html> Article- “Empathy Begins at School.”

<http://startempathy.org/blog/2012/07/6-insights-creating-school-culture-empathy> - tips for schools on how to create a culture of empathy- 6 insights

**Compassion Meditation and Empathy:**

<http://esciencecommons.blogspot.com/2012/10/the-idea-behind-compassion-based.html> - compassion meditation may boost the neural basis for empathy.

**Shawn Achor & Michelle Gielan:** <http://goodthinkinc.com/>

[http://www.amazon.com/gp/product/B0091YENPO/ref=as\_li\_qf\_sp\_asin\_il\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0091YENPO&linkCode=as2&tag=kiteread-20](http://www.amazon.com/gp/product/B0091YENPO/ref%3Das_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0091YENPO&linkCode=as2&tag=kiteread-20) Ripples’ Effect- children’s book by Shawn Achor.

Shawn Achor- TED Talk: <http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html>**.**

**Quote from Shawn Achor- "We've found that there are ways that you can train your brain to be able to become more positive. In just a two-minute span of time done for 21 days in a row, we can actually rewire your brain, allowing your brain to actually work more optimistically and more successfully. We've done these things in research now in every single company that I've worked with, getting them to write down three new ...things that they're grateful for for 21 days in a row, three new things each day. And at the end of that, their brain starts to retain a pattern of scanning the world, not for the negative, but for the positive first.**

 **Journaling about one...positive experience you've had over the past 24 hours allows your brain to relive it. Exercise teaches your brain that your behavior matters. We find that meditation allows your brain to get over the cultural ADHD that we've been creating by trying to do multiple tasks at once and allows our brains to focus on the task at hand. And finally, random acts of kindness are conscious acts of kindness. We get people, when they open up their inbox, to write one positive email praising or thanking somebody in their social support network.**

**And by doing these activities and by training your brain just like we train our bodies, what we've found is we can reverse the formula for happiness and success, and in doing so, not only create ripples of positivity, but create a real revolution."**

**Jen Ohlson:** “Health Needs a Hero” <http://healthneedsahero.com/>; <http://texastrails.biketexas.org/2012/boltage-and-pe3/>

**Louis Alloro:** SOMO Leadership Labs: <http://www.somoleadershiplabs.com/>

**Rick Hanson, Ph.D.:** <http://www.rickhanson.net/podcasts/balancing-compassion-and-assertiveness>; Free 8-part video series:  <http://live.soundstrue.com/compassionatebrain/> Dr. Kelly McGonigal, senior teacher and consultant for the Stanford Center for Compassion and Altruism Research and Education and author of The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It.

Rick Hanson, Ph.D., is a neuropsychologist and author of *Hardwiring Happiness* (coming in October, 2013), [*Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*](http://amzn.to/pvDwcZ) (in 23 languages) and [*Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*](http://amzn.to/nAWMrk) (in 12 languages). Founder of the [Wellspring Institute for Neuroscience and Contemplative Wisdom](http://www.wisebrain.org/wellspring.html) and Affiliate of the [Greater Good Science Center at UC Berkeley](http://greatergood.berkeley.edu/), he’s been an invited speaker at Oxford, Stanford, and Harvard, and taught in meditation centers worldwide. His work has been featured on the BBC, NPR, FoxBusiness, *Consumer Reports Health*, *U.S. News and World Report*, and *O* Magazine and he has several [audio programs](http://bit.ly/izjdW4)with Sounds True. His weekly e-newsletter - [Just One Thing](http://www.rickhanson.net/writings/just-one-thing) – has over 73,000 subscribers, and suggests a simple practice each week that will bring you more joy, more fulfilling relationships, and more peace of mind and heart. If you wish, you can[subscribe to Just One Thing here](http://conta.cc/JOTaff).

**Martin Seligman:**

<http://thehappinesscoach.biz/more-than-just-happiness-five-pillars-of-well-being-perma> - Martin Seligman

<http://www.ted.com/talks/martin_seligman_on_the_state_of_psychology.html>

**Richard Davidson:** <http://www.investigatinghealthyminds.org/> Kindness curriculum in schools.

**The World Happiness Report:** <http://www.earth.columbia.edu/sitefiles/file/Sachs%20Writing/2012/World%20Happiness%20Report.pdf>

"There is ... plenty of evidence that people who care more about others are typically happier than those who care more about themselves. But does that mean that altruism increases happiness in a causal sense? Evidence on volunteering and on giving money suggests that it does.... Acts of kindness have a similar effect – in a randomized experiment, the treatment group was told to do three extra acts of kindness a day and this significantly raised their happiness for some weeks.... Moreover altruism can be trained. After two weeks’ compassion training, a control group gave more [to others]... in a laboratory game and showed more neural activity in the reward centers of the brain." Source: " World Happiness Report"

**Importance of the way we care for children in early childhood:**

<http://www.nytimes.com/2012/01/08/opinion/sunday/kristof-a-poverty-solution-that-starts-with-a-hug.html?_r=1>, “A Poverty Solution That Starts with a Hug,” American Academy of Pediatrics

**The Positivity Project and all associated speakers:** <http://thepositivityproject.info/>.

 **The following info is from The Positivity Project website:**

**The Practical neuroscience of Positivity**
Rick Hanson, Ph.D., is a neuropsychologist and Affiliate of the Greater Good Science Center at UC Berkeley. He’s the author of the bestselling [***Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom***](http://www.rickhanson.net/writings/buddhas-brain) (with Rick Mendius, M.D.; Foreword by Dan Siegel, M.D. and Preface by Jack Kornfield, Ph.D.), published in 21 languages, and ***Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*** (New Harbinger, 2011). He is the founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he’s taught at Oxford, Stanford, and Harvard, and in meditation centers in Europe, North America, and Australia.

The companion to his best selling book, ***Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*** (New Harbinger, Nov 2011),presents over 50 quick yet profoundly powerful simple practices to change the neurocircuitry in our brains to lead to greater happiness, love and wisdom. As an expert in neuroscience and positive psychology, Dr. Hanson guides the reader through the contemplative practices and offers additional material for deeper understanding of the exercise.

Read more about Rick Hanson

**The Power of Positive thinking in business**
[**Scott Ventrella**](http://www.positivedynamics.com/)is the principal of Positive Dynamics management consulting firm, the author of 2 books: *The Power of Positive Thinking in Business*” and *Me Inc*.- H*ow to Master the Business of Being You*, is an adjunct professor at Fordham and Fairfield Universities and was a visiting professor at Columbia for 10 years. He was a featured speaker and panelist at Harvard Business School’s “Deans Conference on Leadership, Values, and Spirituality”, and has appeared on Good Morning America Now, Good Day, NY, and ABC News World This Morning to discuss leadership and integrity.

**Getting Your body into Positive, Optimal Flow**
[**Scott Sonnon**](http://www.maxinternational.com/flowcoach/) overcame childhood obesity, learning disabilities and joint disease, to be named by Men’s Fitness Magazine one of the top 24 trainers in the world, and by Black Belt Magazine as one of the 6 most influential martial artists of the century.

Despite incredible obstacles, Scott became the first foreigner in the 1990s to officially receive an invitation and to intern behind xUSSR’s “Iron Curtain” in their national martial art style called “Sambo” and became one of the first 20 Westerners to earn the discipline’s highest athletic distinction: “Master of Sport.” As the USA National Sambo Team Coach, he repeatedly applied his strategies to win international titles for himself and his athletes. To test himself, he came out of retirement at the age of 40, for the 2010 World Martial Art Games, and won 5 gold medals for his country; in Sport Jiujitsu, Submission Grappling, and amateur MMA, against fighters half his age and 100lbs heavier teams worldwide.

Read more about Scott Sonnon

**Positive Persistence: How Sales Success will Help You Grow Personally and Professionally**
[**Eric Taylor**](http://www.empowermentgroup.com/)has educated, entertained and inspired **more than 2,000 audiences** over the past 20 years. His high-energy, interactive and relevant keynotes attract some of the world’s most respected companies like…**Prudential, Tiffany & Co, Lloyds Banking Group**and many more.

**As a keynote speaker, trainer, coach and consultant,** he is passionate about collaborating with organizations and individuals to help them drive sales and increase market share by becoming more highly-effective in daily disciplines of success habits and behaviors.

Eric is the co-creator of ***Mastering the World*** book series published by John Wiley & Sons and the author of **Life Lessons From Superman *How I Learned to Fly and You Can Too!***

Read more about Eric Taylor

**Positive Education: Building Flourishing School Communities**
**[Lou·is [n. loo-is] A·lloro [uh-lohr-o]](http://www.louisalloro.com/%22%20%5Ct%20%22_blank), M.Ed., MAPP**is a change-agent working with individuals within networks in systems to enable positive evolution. He is one of the first one hundred people in the world to earn a Master of Applied Positive Psychology from the University of Pennsylvania. There, he published a framework for how communities evolve called Social-Emotional Leadership. This thesis work is now activated in real-time as a city-wide well-being initiative in Cleveland, Ohio and Northern Valley, NJ, the school district where he matriculated as a young boy. In these two projects, the SOMO work is to find, leverage, connect and build psychological muscle in SOcial-eMOtional leaders, influential change-agents within networks in systems. In coming together to learn to think expansively, SOMO leaders can form super-organisms to innovate differently in business, healthcare, education, etc. and most importantly: get different results. Alloro is a Fellow at George Mason University’s Center for Consciousness and Transformation, owns a private consultancy founded in New York, NY, is co-director of the Certificate in Positive Psychology (CAPP) program and writes for Positive Psychology News Daily and his own blog called Verve (Energy difficult to describe in words; it is felt).

**Moving Through Grief and Loss with a positive mindset**
[**Edie Weinstein**](http://www.liveinjoy.org/)(Bliss Mistress) is a work in progress, an opti-mystic who sees the world through the eyes of possibility and a multi-talented multi-tasker. She is a colorfully creative journalist, a sought after dynamic speaker, a social worker, interfaith minister, BLISS Coach and PR Goddess. She is the author of The Bliss Mistress Guide To Transforming the Ordinary Into the Extraordinary. She has interviewed notables such as Wayne Dyer, Deepak Chopra, SARK, Shirley MacLaine, Louise Hay, Ben & Jerry, Judith Orloff, Joan Borysenko and His Holiness the Dalai Lama. [www.liveinjoy.org](http://www.liveinjoy.org/)

**Happiness, Success, and Your Brain**
[**Mark Waldman**](http://www.markrobertwaldman.com/)is one of the world’s leading experts on communication, spirituality, and the brain. He is on the faculty at Loyola Marymount University’s College of Business and the Holmes Institute. He was a founding member and Associate Fellow at the Center for Spirituality and the Mind at the University of Pennsylvania.

His research has been published in peer-reviewed journals throughout the world and his work has been featured in *Time Magazine*, the *Washington Post*, the *New York Times*, *Forbes, Entrepreneur, Investor’s Business Weekly*, and *Oprah Magazine*. He has appeared on PBS Television and NPR Radio and he received the Distinguished Speaker award from the Mind Science Foundation.

Read more about Mark Waldman

**The Positive Protagonist: Yes, That’s You!**
**[Luke Iorio](http://www.ipeccoaching.com/%22%20%5Ct%20%22_blank), CPC, PCC, ELI-MP**

President & CEO, Institute for Professional Excellence in Coaching (iPEC)

Luke Iorio, CPC, PCC, ELI-MP, is President & CEO of the Institute for Professional Excellence in Coaching (iPEC), the most comprehensive and experiential coach training program in the world, originator of the Core Energy Coaching™ process and Coach Centric Leadership™.

With iPEC since 2005, Luke and his team have now graduated more than 5,000 coaches and Coach Centric™ leaders across multiple platforms – top executives in Fortune 500s, pioneering entrepreneurs, incredible non-profit founders and educational leaders, and even professional athletes. These coaches and leaders are working with their clients, colleagues, and employees to become more conscious in their lives and careers – learning how to fully engage, contribute, and go after lofty goals, which they very often attain, via coaching, much sooner than expected. On the corporate and leadership side of the business, Luke and his team have worked to bring Energy Leadership™ and Coach Centric™ cultures to companies such as MGM Properties, MetLife, Merck Pharmaceuticals Internal IT Services, VisionIT (*the fastest growing minority-owned business in the country*), DealerTrack, and NYU Langone Medical Center.

Read more about Luke Iorio

**Positivity and the Successful Entrepreneurial Woman**
[**Jenny Fenig**](http://www.jennyfenig.com/)**is a passionate woman, wife, mom, yogi, entrepreneur and adventurer.**After spending a decade climbing the corporate ladder as a communications executive and event planner, Jenny jumped off the cliff when she quit her high-pressure, six-figure job and became an unemployed yogi turned coach and mentor to gutsy entrepreneurs and visionaries.

**Jenny is an expert at empowering women to go after what they most want in their business, life and spirit.** Grab your free CD, “Birthing the 6-Figure Business of Your Soul: 3 Steps to Uncover, Own + Profit from Your Big Gift” at [www.jennyfenig.com](http://www.jennyfenig.com/).

**Humanizing the Workplace**
[**Mitch Ditkoff**](http://www.ideachampions.com/) is the co-founder and President of Idea Champions, a highly acclaimed management consulting and training company, headquartered in Woodstock, NY. He specializes in helping forward thinking organizations go beyond business as usual, originate breakthrough products and services, and establish dynamic, sustainable cultures of innovation.

Educated at Lafayette College and Brown University, Mitch has worked with a wide variety of Fortune 500 and mid-sized companies who have realized the need to do something different in order to succeed in today’s rapidly changing marketplace. These clients include: GE, Merck, AT&T, Allianz, Lucent Technologies, NBC Universal, Goodyear, A&E Television Networks, General Mills, MTV Networks, and a host of others.

At the heart of his work lies the fundamental belief that a company’s most important capital asset is the collective brain power, creativity and commitment of its work force and that this asset can be significantly leveraged when people are provided with the appropriate setting, systems, tools and techniques to think (and act) out of the box.

Read more about Mitch Ditkoff

**Chronic Illness and a Positive Attitude**
“What’s my opportunity here?” is a question [Sarah Hamilton](http://www.sarah-hamilton.com/) never ceases to ask herself. Naturally vibrant and positively energetic, Sarah is a woman who doesn’t allow life’s challenges to get in the way of her growth. In fact, she believes challenges are to be overcome in order to transform our lives and allow us all to find the joy that is our birthright.

Sarah’s belief was put to the test when diagnosed in 2002 with MS, then 18 months later with Stage 2 Parotid Gland Cancer. “What’s my opportunity here?” was the question that kept repeating itself. She knew pain was inevitable, but chose to see the glory in the challenge that was in her body. Taking on this perception of her circumstances enables Sarah to share her experience, strength and hope with her clients today. Because of where she’s been, Sarah is profoundly familiar with life’s multi-faceted journeys and is more attuned to her clients who have challenges of all kinds and on all sides.

Read more about Sarah Hamilton

 **The Business of Positivity – A Practical Approach**
**David Riklan** is the president and founder of Self Improvement Online, Inc., the leading provider of self-improvement and personal growth information on the Internet.

His company was founded in 1998 and now maintains four websites on self-improvement and natural health, including:
1. [www.SelfGrowth.com](http://www.selfgrowth.com/)
2. [www.SelfImprovementNewsletters.com](http://www.selfimprovementnewsletters.com/)
3. [www.SelfGrowthMarketing.com](http://www.selfgrowthmarketing.com/)
4. [www.NaturalHealthWeb.com](http://www.naturalhealthweb.com/)

His premier Self Improvement website, SelfGrowth.com, gets over 2 Million visitors a month. His company also publishes six e-mail newsletters going out to over 950,000 weekly subscribers on the topics of self improvement, natural health, personal growth, relationships, home business, sales skills, and brain improvement.

David’s first book – Self Improvement: The Top 101 Experts Who Help Us Improve Our Lives – has been praised by leading industry experts as the Encyclopedia of Self Improvement. That book’s success motivated him to continue publishing books which seek to improve the lives of others.

He has a degree in chemical engineering from the State University of New York at Buffalo and has 20 years of experience in sales, marketing, management, and training for companies such as Hewlett-Packard and The Memory Training Institute.
His interest in self-improvement and personal growth began over 20 years ago and was best defined through his work as an instructor for Dale Carnegie Training, a performance-based training company.

David is a self-professed self-improvement junkie – and proud of it. His house is full of self-improvement books and tapes. He took his first self-improvement class, an Evelyn Wood speed-reading course, when he was 16 years old, and his interest hasn’t ceased yet.
He lives and works in New Jersey with his wife and business partner, Michelle Riklan. Together, they run Self Improvement Online, Inc. and are raising three wonderful children: Joshua, Jonathan, and Rachel.

**Positive Parenting**
**Christine Carter**, Ph.D., is a parent coach and the author of [RAISING HAPPINESS: 10 Simple Steps for More Joyful Kids and Happier Parents](http://www.raisinghappiness.com/book/about-the-book/). She coaches and teaches [online classes](http://www.raisinghappiness.com/) in order to help parents bring more joy into their own lives and the lives of their children, and she writes an award-winning blog for parents and couples. She is also a sociologist and happiness expert at UC Berkeley’s G[reater Good Science Center](http://www.greatergoodparents.com/).

• Known for her parenting and relationship advice, Dr. Carter draws on psychology, sociology, neuroscience, and uses her own chaotic and often hilarious real-world adventures to demonstrate the do’s and don’ts in action.

• Christine Carter has helped thousands of parents globally find more joy in their parenting while raising happy, successful and resilient kids through her coaching, online parenting classes and speaking engagements.

• Dr. Carter’s online classes help parents teach their children happiness habits, including the practices, beliefs and behaviors that bring more joy into their own lives and the lives of their children.

**Cultivating Courage and Resilience**
[**Margie Warrell**](http://www.margiewarrell.com/) a columnist Forbes Women, executive life coach, and bestselling author of *Find Your Courage*, Margie Warrell gets to the heart of what holds people back in their world, love and life. Founder of Global Courage, Margie is passionate about helping people engage in bigger conversations, step out of their comfort zone, and fulfill their unique potential.

Margie walks her talk when it comes to living boldly. An intrepid adventure traveler and the mother of four children, Margie is a sought after keynote speaker and media commentator whose runs “courage building” programs with organizations around the globe – from NASA to Hitachi, ExxonMobil to the leading education providers.

Her next book *Stop Playing Safe* will be published by Wiley Press in March 2013.

**Claim Your Peaceful Power for True Confidence, Lasting Inner Peace & Unstoppable Success**
[**Hueina Su**](http://www.hueinasu.com/home) is a coach, trainer, former nurse, Amazon best-selling author of *Intensive Care for the Nurturer’s Soul*, and co-star with Jack Canfield (*Chicken Soup for the Soul*), Marci Shimoff (Happy for No Reason) and John Gray (*Men are from Mars, Women are from Venus*) in the award-winning film *The Keeper of the Keys*. Born and raised in Taiwan, she has overcome many limiting cultural and familial expectations to move from severe depression, anxiety and self-sabotage to confidence, happiness and inner peace.

**Positivity and the Media**
[**Michelle Gielan**](http://michellegielan.com/), CoFounder of the Institute for Applied Positive Research, is an expert on the science of positive communication and how to use it to fuel success. She works with Fortune 500 companies and schools to raise employee engagement, productivity and happiness at work. Michelle is a member of Zappos’ Downtown Project Think Tank on Education. She holds a Master of Applied Positive Psychology from the University of Pennsylvania.

Michelle is an Executive Producer of “The Happiness Advantage” Special on PBS. She formerly served as the anchor of two national newscasts at CBS News, as well as a correspondent for “The Early Show.” In 2009, Michelle produced “Happy Week”, a series focusing on fostering happiness in the midst of the recession. In 2011, she appeared in her own weekly health and wellness segment, “Manic Monday” on FOX News Chicago.

Michelle graduated cum laude in Computer Engineering. Her research and advice have received attention from*Forbes, USA Today, CNN, FOX and NPR.*

**Positivity and Conscious Creation****[Dee Wallace](http://www.iamdeewallace.com/%22%20%5Ct%20%22_blank)**is an internationally known healer, author and actress best known for her portrayal of the mother in Steven Spielberg’s academy award winning movie ET. Dee has spent the last decade developing a remarkable healing model designed to work deeply in the core energy systems of the psyche to encourage profound yet instant release. On her 2 weekly radio shows, individual sessions, and workshops, Dee uses her self-developed model, and she will lovingly (sometimes irreverently) help you to tap into those beliefs and constrictions (without the need to keep “telling your story”) that may be holding you back from perfect health, abundance and joy.

Dee discovered this healing model she calls The I~M System of Healing through teaching at her acting school. As she coached her students she discovered ways to help them access internal programming, which lead to her discoveries of the multiple proprietary healing tools of The I~M System (which also relates to the deep “I Am” of beingness).

“I Am the Creation of Me.” We were given free will to choose the direction of energy in a conscious way: to focus it with thought and emotion into the desires of our heart. We are the powerful Gods we have been waiting for, and we must accept our divine opportunity to create ourselves, and therefore our world, with divine love, promise, and the availability of all possibilities within our creation process. Then all energy rushes in to support us and partner with us in our creation. The more we love and empower ourselves, the more we create the universes of Us and the World we desire.

**Positive Global Change**
**Global Coherence Initiative Steering Committee Member, Executive Vice President, Strategic Development, HeartMath LLC**

Author, Business Executive and Speaker

[**Howard Martin**](http://www.glcoherence.org/) played a key role in launching the *Global Coherence Initiative* (GCI), a science-based, co-creative project to unite people in heart-focused care and intention, to facilitate the shift in global consciousness from instability and discord to balance, cooperation and enduring peace. He has served as a Steering Committee Member and spokesperson for GCI since its inception in 2008.

Howard is also one of the original leaders who helped Doc Childre found HeartMath and has been with HeartMath’s world-wide training and consulting team since 1991. In 1999 he co-authored with Doc Childre, *The HeartMath Solution,* published by HarperSanFrancisco and in 2000 authored *The HeartMath Method*, an audio learning program published by Nightingale Conant. He is also the producer of two award winning musical recordings, including Doc Childre’s *Heart Zones* which spent 50 consecutive weeks on Billboard Magazine’s music charts.

Read more about Howard Martin

**Happiness for No Reason**
[**Marci Shimoff**](http://www.happyfornoreason.com/), is the New York Times bestselling author of “*Happy for No Reason*”, “*Love for No Reason*”, and several titles in the Chicken Soup for the Soul series, making her one of the best-selling non-fiction writers of all time! She is also host of the National PBS show “*Happy for no Reason*”, was a featured teacher in “*The Secret*” book and movie, is the president and co-founder of The Esteem Group, and has appeared on more than 500 national and regional TV and radio shows.

**Maximizing Feminine Principles**
[**Kathy Poehnert**](http://www.ellevolution.com/), has over 25 years of experience working in the educational, business, and human potential fields, as a coach, trainer, and consultant, and was an external coach for Deloitte, a senior lead trainer for iPEC coaching, a member of the state-wide Rutgers University/NJ division of Youth & Famiy Services case practice model training team, and a training development and presentation specialist for a NY City non-profit. She is an ICF credentialed coach, a Presentation Skills facilitator, and dedicated to helping women (and men!) maximize the power of their feminine energy for a softer, more collaborative and peaceful world.

**Finding The Positive in Conflict**
[**Alan Cohen**](http://www.actsofbalance.com/), Alan Cohen, MBA, Professional Certified Coach (PCC) and author of “T*hose Difficult Talks for PR Pros ™: How Best to Say What Needs to be Said to Clients, Colleagues and Employees*,” has more than 25 years of business experience in the areas of public relations, marketing, human resources, and leadership training. As executive coach, trainer, brainstorm facilitator and speaker, Alan serves professionals in public relations, marketing and the media, as well as other industries, to help them better navigate their ever-changing business landscape and thus achieve greater success, fulfillment and balance.

Through his coaching, he helps executives and small-business owners become meaningfully engaged and to communicate more effectively, powerfully and positively, resulting in leading their organizations to greater performance, innovation and highly improved business results.

An active member of PRSA’s Counselors Academy, Alan has worked with such major PR agencies as Airfoil Public Relations, Text 100, Edelman, Peppercom, Kaplow Communications, Maloney & Fox, Strategic Objectives, Start-Thinking, Clairemont Communications and FerenComm.

Read more about Alan Cohen