



PAUL KRISMER



***Fuel up your audience. Get them excited to do their best work.
Make them feel inspired and put a lift in their step.
Learn the serious business of positive emotions!***

Paul Krismer teaches the practical application of positive emotions as a means to achieving corporate and personal excellence.

Paul is a noted public speaker and trainer. His authentic and passionate commitment to his subject matter shines through his work. Playful and captivating storytelling complements his intelligent and accessible presentation of the science of happiness. His teaching is powerful, authoritative, and convincing. At the same time, Paul is exceptionally practical, providing tools that audiences can immediately use.

Paul has a proven track record as an inspirational leader. For 20 years, he has served in senior management roles—overseeing hundreds of staff, multi-million dollar projects, and cheerfully growing future leaders. As a Certified Executive Coach, Paul is appreciated for his kind-hearted, yet relentless pursuit of the client's best life. Helping people to reach greater happiness and success is his trademark promise.

Paul is the best selling author of *Whole Person Happiness: How to be Well in Body, Mind and Spirit*. This book aims to give everyone access to Paul's expertise. As a teacher of cutting edge positive psychology, he is truly a "Happiness Expert".

Paul is a proud member of the International Positive Psychology Association and the Canadian Association of Professional Speakers.

"We got overwhelming positive feedback from the conference attendees. Paul brought an inspiring message . . . If you are looking for an engaging speaker who can shift perspectives, I recommend Paul."

- Ron Corbeil, SAFER

"As a regular event planner, I am always looking for fresh, exciting speakers. Paul was everything I could hope for: professional, polished, funny, and very informative. My audience loved him."

- Lisa Tate, INSTITUTE FOR FAMILIES

Huge Energy . . . Funny . . . Powerful Learning . . . Inspiring . . .

Outcomes and Objectives

Industrial era command and control is out.

But what takes its place?

Participants will learn 21st Century Leadership qualities:

- how to win hearts and minds
- alignment of vision and action
- leading by example
- drive attention to what matters

Audiences leave with energy, enthusiasm, and inspired smiles.



Favorite Keynotes/Breakouts

(other talks are available):

The Serious Business of Positive Emotions

Get a blast of personal and corporate well-being in this inspirational introduction to the science of positive psychology. Learn about the research results that prove happiness leads to greater success. Come away with simple, applicable skills that will fuel your personal happiness and create positive contagion amongst the people you influence.

The field of positive psychology research has massively expanded our understanding of human potential. Most of this discovery has happened in the last 15 years. We now know that happiness is not a lucky outcome resulting from a fortunate upbringing. Rather, happiness generally results from skills that some people naturally pick up. We can all learn to be happy.

If your company knows “what to do”, but too often finds employees fail to do it, you will come away with new insights about how to powerfully engage employees and change corporate culture.

Leadership Rock Stars

Leadership is a way of being. Many leaders come to their roles as a function of their expertise in a specific subject matter, but leadership requires more than job-specific skills. This talk de-emphasizes what we individually *know* and instead asks us who we *are*.

Traditional employee engagement programs often buy the loyalty of employees’ bodies, but do not win their hearts and minds. Learn direct interventions that change the way employees FEEL about their work and their workmates. Leverage positive psychology to bring creativity, productivity, and joy in your workplace!

Men and women who influence the behaviour of staff can learn a mindset that shifts them from overseers of business processes to genuine leaders—seeing the big picture, articulating the direction, and embracing their team in a collaborative and committed mission. Transformative organizational change occurs when bosses are coaches, who lead with emotional intelligence and profound personal integrity.

“We had lots of laughs. Paul’s energy is just electric. The way he speaks allows information to really seep in and become memorable. We highly recommend him to others!”

- Melinda Morben, Island Timberlands

“This was one of the best presentations I have ever been to... so powerful and effective.”

- Keivan Mehtrabar, Diacon

“Paul is a friendly, confident speaker with no overinflated personality. Great delivery. Great message.”

- Dawn Miles, View Royal Municipality

**Book Paul
for your next event
and your audience
will leave feeling
inspired.**