

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 to achieve 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 success. His teaching is powerful, authoritative, and convincing. At the same time, Paul is exceptionally practical, providing tools that audiences and entire workforces can immediately use.

Paul Krismer has a proven track record as an inspirational leader. For twenty years, he has served in senior management roles—overseeing hundreds of employees, 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*. 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.