



Soaringwords' Workshops & Webinars

Soaringwords has best-in-class employee webinar programs. Soaringwords is considered a leading content provider and strategic partner from Diversity and Inclusion Managers, Work/Life Managers, and Community Relations Managers. Soaringwords' programs have been benchmarked by dozens of Fortune 500 companies including Accenture, American Express, CVS, Eli Lilly and Company, Facebook, Google, JetBlue, Johnson & Johnson JPMorgan Chase, Viacom, and Verizon.

- Workshops build connections and community through strengths-based leadership strategies.
- Each participant receives a Soaringwords' Workbook for each workshop with immersive learning and hands-on exercises throughout the training.
- Easy to understand/no medical jargon. Each workshop lasts 1 hour.

Soaringwords Workshops/Webinars are based on the SOARING into Strength Positive Psychology Model of Healing. This model has been published and presented at 7 international scientific conferences. Topics include:

- Shifting: Creating Positive Transformations in Your Attitude, Body, and Overall Well-being
- Optimism: Finding Good Things To Notice and Celebrate, Even When Times Are Difficult
- Altruism: Gaining A Sense Of Control, Calm, and Purpose by Sharing Your Creativity, Kindness, and Hope With Others
- Resilience: Overcoming the Seven Thinking Traps
- Imagery: Tap Into Your Inner Knowledge to Heal
- Narrative: The Power of Storytelling, Writing, & Reading
- Gratitude: Building a Gratitude Fortress
- Character Strengths: Discover and Amplify Your Unique Strengths
- What to Say and Do to Support Families of Seriously Ill Children or Special Needs Children
- Caring for Yourself as a Caregiver
- Positive Psychology Master Class: Tools You Can Use
- Post Traumatic Growth
- SoaringNutrition®

Give me a call to discuss how we can bring Soaringwords' Workshops/webinars to your employees at Conferences, ERG meetings and off-sites throughout 2018 and beyond.

Lisa Honig Buksbaum, CEO & Founder, Soaringwords
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SOARINGWORDS' MISSION is to inspire ill children and their families to take active roles in self-healing. Soaringwords is unique as it is the only organization that motivates ill children and their families to "pay it forward" because when an ill child does something kind for another child it accelerates radical healing.



Dr. Catherine Lord and Lisa Buksbaum present Caring for Yourself as a Parent with a Special Needs Child at the 92ndStreet Y

*On behalf of the hundreds of employees who attended the Soaringwords webinar, please accept our sincere thanks for an outstanding learning experience for all participants. I have received many positive comments from attendees and the relevance of the content to both their professional and personal lives. It has been heartwarming to hear how employees applied the perspectives provided during the session. **Debbie Edwards Veihdeffer, Director, Work-Life, Northrop Grumman***

*The Soaringwords' webinar was a big success with 100% of participants giving it the highest ratings. You provided practical insights that will help employees support co-workers, friends, and their own families. **Wendy Breiterman, Director, Global Work/Life Strategies, Global Diversity & Inclusion, Johnson & Johnson***

Lisa Honig Buksbaum, CEO & Founder, Soaringwords. MAPP, MBA. Professional biography:

Lisa Honig Buksbaum is a visionary (a visionary driven by great passion and action). Three experiences with death and illness inspired her to launch Soaringwords, a not-for-profit organization that has embraced more than 250,000 children and families. Soaringwords' mission is to lessen the negative impact of serious illness by embracing hospitalized children, families and staff, and encouraging positive health and healing. Soaringwords provides fun, creative and educational activities both in person and online based on positive psychology concepts that enhance well-being in the midst of illness.



Soaringwords is unique because it is the only organization that motivates ill children and their families to “pay it forward” which fosters altruism, reciprocity, empathy, well being and resilience.

Lisa has been the inspirational/keynote speaker, moderator, and panelist at many professional conferences and events including the opening keynote for 2,000 people for Cisco's CEO John Chambers Town Hall meeting; the keynote at the MGM Grand's Women of Color Conference; Verizon National Leadership Conference; Cigna's Global IT conference; Johnson & Johnson Global IT Town Hall and Accenture's largest global meeting as well as many national meetings.

In 2013, Lisa earned a Master in Applied Positive Psychology (MAPP) at the University of Pennsylvania, in a program founded by Dr. Martin Seligman, the founder of the field of positive psychology. She is a student at the American Institute for Mental Imagery under the direction of Dr. Gerald Epstein. She is the author of *SOARING into Strength. The Positive Psychology Approach to Help Children Heal*. Lisa has spoken at several scientific conferences including The International Positive Psychology Association Conference in 2012 and 2014; the MAPP Summit, 2013; the European Positive Psychology Conference in 2016; and the Canadian Positive Psychology Conference in 2014 and 2016; and the first-ever International Positive Education gathering in 2016. Lisa graduated with honors from the University of Pennsylvania with a BA and earned an MBA in Marketing from Columbia University. She is also a Graduate of Columbia's Graduate School of Business' Institute for Non-Profit Management program and a graduate of the Birthing of Giants program run by M.I.T., *Inc. Magazine*, and Young Entrepreneurs Organization (YEO).

Lisa was awarded the Lives that Make A Difference Award from A&E Networks; Cisco's National Growing with Technology Award; “Focus on Philanthropy” featured CEO, *Chronicle of Philanthropy*; National Partner, Make a Difference Day, the largest day of volunteering in the U.S. Featured subject content expert in healthcare, wellness, entrepreneurship, non-profit leadership on ABC News, in *USA Weekend*, *The Chronicle of Philanthropy*, *Fortune Small Business*, *Delta Sky Magazine*, *Working Mother*, *Success Magazine* and *Nickelodeon*.

Prior to founding Soaringwords, Lisa founded and ran Boxtree Communications, a successful marketing firm, for 11 years. Boxtree managed marketing and branding projects for leading firms including NTT, Equitable, Chase, Scholastic, Colgate, and Dannon. She also had a successful career at international advertising agencies including Young & Rubicam, Ogilvy and Mather, and Lintas. She was an online columnist for *Inc. Magazine* and writes a Soaringwords blog for the *Huffington Post*. She lives in Manhattan with her husband Jacob and has two sons, Jonathan and Joshua. She gains her positive energy from swimming each morning and connecting with people in meaningful ways.