



Dr. Donna Daisy Biography

As a professional speaker, psychologist and author of two published books, Donna is a recognized leader in the fields of happiness, stress management, health and well-being, and the bottom line benefits of happiness in the workplace.

Donnas' doctoral studies on resilience, clinical training in stress management at the *Harvard Medical School Institute of Mind/Body Medicine*, studies in the field of Positive Psychology, brain plasticity and success at goal achievement inspired the writing of her books, ***Why Wait? Be Happy Now!*** and ***Rise Above It!***, and make Donna the "go to person" for

mastering your mindset and creating the success you want.

Building on current research on why happiness at work is the ultimate productivity booster in corporations, Donna teaches organizations how to use concrete tools and strategies for increasing positivity, productivity, and profitability by training the brain for happiness.

Donna has presented workshops and designed programs for organizations nationwide including; *Northern Trust Bank, Opa Food Management, Morgan Stanley Smith Barney, Ciccarelli Financial Advisory Services, the Collier County Sheriff's Office, Florida Crime Prevention Training Conference, Personalized Physician Services, Inc, HospiceCare of Madison, Wisconsin, Kentucky Association of Legal Administrators, St. Luke's Hospital Association of Female Physicians, and Rainmaker Association for Female Attorneys.*

Lecture topics include:

- Mastering Your Mindset In Challenging Times
- How To Increase Positivity, Productivity, and Profitability In Your Workplace
- Training Your Brain For Success
- Master Your Stress Before It Masters You
- Aging With Vitality
- Happier is Healthier! Why Wait? Be Happier and Healthier Now!
- How To Create The Retirement Of Your Dreams

Donna is well known for her articles which have been published in the award winning *eBella Magazine, Gulf Shore Life Magazine, and the Naples Daily News*. Her work has also been covered in the media including: *The Dr. Molly Barrow Show, 98.9/WGUF in Naples, FL, and TV appearances including WINK TV, Women to Women, and Fox Morning Blend in Ft. Myers, Florida.*