



**Lisa Honig Buksbaum, MAPP, MBA**  
**CEO & Founder, Soaringwords**  
**Author, *SOARING into Strength: Love Transcends Pain***

Author, social entrepreneur, and Positive Psychology thought leader, Lisa is a visionary driven by great passion and action. An intuitive healer, well-loved inspirational speaker, and expert workshop leader and facilitator, Lisa has shared her wisdom with thousands of people throughout the world to help them enhance their lives through Positive Psychology insights and easy-to-use interventions. She is president of the International Positive Psychology Association's Health and Wellbeing Division and has presented at conferences all around the world. Three experiences with death and illness in her family during a 10-month period motivated her to launch Soaringwords, a not-for-profit organization devoted to inspiring individuals and professionals to take active roles in self-healing to experience greater physical, emotional, and mental well-being.

Since 2000, Lisa has shared Soaringwords' SOARING Into Positive Wellbeing Initiatives with more than 500,000 people. She is the author of *SOARING into Strength: Love Transcends Pain*, her debut memoir. Audiences around the world have resonated with her candor, wisdom, and humor as she shares her personal tragedies and triumphs to motivate people during difficult times.

Lisa graduated with an MBA in Marketing from Columbia University Graduate School of Business and a Master of Applied Positive Psychology (MAPP) from The University of Pennsylvania where she also received her undergraduate degree with honors. She has a certificate in Narrative Medicine from Columbia University College of Physicians and Surgeons, and a certificate from the American Institute for Mental Imagery.

Lisa is president of the International Positive Psychology Association's (IPPA) Positive Health and Wellbeing Division where she hosts the popular Sci-Why: Thought Provoking Conversations With Positive Psychology Thought Leaders live webinar series. Lisa also was a founding board member of the Coincidence Project. She's been featured as an expert on *ABC News*, *Fortune Small Business*, *USA Today*, *Delta Sky* magazine, and CEO to Watch in *The Chronicle of Philanthropy*. Lisa was a columnist for *Inc.* magazine. Lisa has been a guest expert on several podcasts and was an online columnist for Positive Psychology News Daily and Inc.com. Lisa has been published as an expert source in Authority Magazine, where she was also named a Mental Health Champion.

She won a Lives That Make a Difference Award from A&E Television Networks and a National Mothering That Works Award from *Working Mother* Media. She was inducted into the YMCA Academy of Women Achievers Hall of Fame. She was on the board of Advertising Women of New York, the leading organization for executive women in communications; board of directors of The New York Women's Agenda; board of the Alumnae Committee for Columbia University Graduate School of Business; and the advisory board for the Center for Business Women's Research in Washington D.C.

Lisa has been a keynote speaker, moderator, and panelist at dozens of professional and scientific conferences including the International Positive Psychology Association (2023, 2021, 2019, 2015, 2013); European Positive Psychology Conference (2024, 2022, 2018, 2016, 2014); Canadian Positive Psychology Conference (2018, 2016, 2014); International Positive Education Network (2018, 2016); and The Wholebeing Institute Well-Being Conference (2017). Additionally, in 2021, Lisa was keynote speaker for two workshops at the Healthcare Information and Management Systems Society (HIMSS) annual conference and a workshop at the Global Positive Health Initiative inaugural conference. Lisa has led workshops as a scholar-in-residence and at grand rounds for leading universities, medical schools, and nursing schools, including University of Pennsylvania School of Nursing; UVA School of Medicine; UVA School of Nursing; New York University; Columbia University; Tecmilenio University in Monterrey, Mexico; and Doshisha University in Kyoto, Japan. She has spoken at Advertising Women of New York, 100 Women in Hedge Funds, MGM Grand Women of Color Conference, and *Working Mother* Media Diversity & Inclusion Conference. She has led professional development workshops at dozens of Fortune 500 companies such as Accenture, Cigna, Cisco, Deloitte, Lilly, Meta, Google, JetBlue, Johnson & Johnson, JPMorgan Chase, New York Life, Sony, Verizon, and Viacom.

Lisa lives in New York City with her husband Jacob. Her pride and joy are her two grown sons Jonathan and Joshua, daughter-in-law Evelyn, and adorable grandbabies Charlotte and Natalie. She gets her energy from swimming each day and connecting with people in fun and meaningful ways.