

Betty Lee ‘Certified Happiness Trainer’ by Marci Shimoff

FOR IMMEDIATE RELEASE

Contact: Betty Lee (415)595-1372

Turning Experience Into Empowerment! *Helping Seniors and Entrepreneurs Thrive*

“Starting over isn’t easy—but it’s possible.”

Reno, Nevada --That’s the lesson she learned after building successful businesses and navigating life’s transitions. When she faced grave challenges, that turning point taught her resilience and the power of fresh starts. Now, she helps others do the same.

- **For Seniors:** Discover confidence, purpose, and new opportunities in life.
- **For Entrepreneurs:** Learn practical strategies to overcome obstacles and build successful businesses. Create Work/life balance.

Both groups benefit from the same principles—adaptability, confidence, and actionable steps. She knows what it takes to succeed.

Betty: “I was an Award-winning Real Estate Broker in San Francisco for 20 years. My late husband had cancer 4 times and didn’t work for 20 years! I was fortunately able to support us and successfully remodeled 5 homes while selling real estate. I’m also a breast cancer survivor, but throughout it all-- somehow, I found ways to stay positive. Retired from real estate to Reno. My Life purpose now is to help others be happier.”

Betty is 1 out of 100 ‘Certified Happiness Trainers’ in 2025 by Marci Shimoff, author of **International Bestseller “Happy for No Reason”**. Betty’s goal is to teach concepts and practices to groups Live or zoom. Teach Foundational concepts and simple practices as:

- 1) Think of 1 thing you are grateful for or achieved and share your ‘Win’ with others.
- 2) When you have a negative thought, think 3 positive thoughts.
- 3) Write down 5 things you do that bring joy to you and/or others.

Why is it important for you to be happy? Happier people have better immune systems and are healthier. When you’re happier, your family and friends can be too. You can contribute more to your Community. This has a ripple effect!

Ready for more happiness? Visit www.BettyLeeHappiness.com

Schedule a 30-60 minute presentation for your group. These start with jokes and end with the “Happiness” song to leave everyone smiling. You will learn useful information easier.

Contact: Betty@BettyLeeHappiness.com (415)595-1372 For **911 interviews** please text.

###