



Russell P. Kamis

Russ Kamis (KAY-miss) is an actualization strategist who guides people to live more fulfilled and successful lives. A motivational speaker, lecturer, and personal development author, Russ helps individuals reach their full potential through personal growth and increased self-awareness. He inspires people to think, plan, act, and enjoy better, so they can live more meaningful and happier lives.

Russ brings with him over thirty years of business leadership experience, across both Fortune 500 companies and family held businesses, spanning numerous industries. A corporate strategy specialist, he expanded organizations through organic growth and transformed them through acquisitions. At age 35, he was appointed President and CEO of a \$100 million business—a company that, under his leadership, doubled in size.

In 2008, Russ founded The Kamis Group which partners with boards, CEOs, and their leadership teams to make needed corporate change. A nationally accredited facilitator, seasoned seminar instructor, and certified executive life coach, Russ has helped dozens of organizations bridge the gap from where they were to where they want to be through strategic planning, team building, and leadership development. He has also worked with numerous CEO's, executives, and professionals (1,700⁺), as well as college and high-school students (4,800⁺), helping them identify and capture opportunities for personal growth and transformation through 200⁺ seminars and retreats based on his book *Aspects of Success*.

In 2022, Russ founded the 3rdHalf to explore the field of mindfulness, presence, and awareness. His work led to the creation of CogniZense —an introspective approach to achieve more peace, presence, and fulfillment in daily life by understanding the role thoughts and feelings play in happiness. Wisdom around awakening through reflection and the ego-centric limiting concept of “self” are also investigated. These concepts are ideal for those who desire personal growth beyond the platitudes and quasi-fixes of many popular, mainstream offerings.

Russ earned a Bachelor of Science Degree in chemical engineering with high honors from Case Western Reserve University, and holds twelve U.S. Patents in adhesive chemistry. Graduating top-of-class, Russ also received a Master's in Management Degree from Northwestern University's J. L. Kellogg Graduate School, where he majored in strategy, finance, and marketing. He has taught business strategy at the State University of New York at Buffalo. Completing a dissertation in positive psychology—the science of well-being— Russ also holds a Ph.D. in Psychology from National University.