



Paul Krismer Health & Safety Biography

Paul Krismer teaches the practical application of positive emotions to improve safety performance, reduce disability, and build resilient workplace cultures. In an era of persistent stress and complex operational pressures, Paul delivers both the HOW of resilience and the POW of effective culture—while keeping his work grounded in measurable outcomes.

Paul has a proven track record spanning more than 25 years as a Safety and Disability Management leader within a workers' compensation system. Early in his career, he spearheaded a major reform of underwriting systems at WorkSafeBC, helping create a pricing model designed to more directly reflect safety outcomes. He later led large teams—overseeing more than 200 disability management professionals—and then served as an Executive Account Manager and consultant to high-risk, high-claims-volume employers and industries, introducing practical interventions that helped organizations reduce injury and claim costs while strengthening accountability and care.

A dynamic speaker and trainer, Paul is known for engaging, story-driven sessions that translate the science of happiness, resilience, and human performance into tools audiences can use immediately. His teaching is practical, authoritative, and convincing—connecting increased well-being to serious outcomes: improved safety, stronger engagement, and reduced disability duration and recurrence.

Paul is a Certified Professional Speaker (CSP)—a designation held by only a small number of speakers worldwide—and has been recognized by Ignite Magazine as one of the top ten most notable speakers for professional meeting planners.

He is the best-selling author of “Whole Person Happiness: How to be Well in Body, Mind and Spirit” and “Beyond Profit & Productivity: Putting Positive Workplace Culture to Work.”

Paul is a proud member of the International Positive Psychology Association and the Global Speakers Federation, and he is the founder and CEO of the Happiness Means Business.