

# SoulZense™

Russ Kamis | Awareness. Awakening. Aliveness.

**Russ Kamis (KAY-miss)** is an explorer of awareness who helps people see more clearly and live with greater peace, clarity, and fulfillment. Drawing on decades of leadership, teaching, and inner exploration, his work points beyond self-improvement toward a deeper understanding of the mind and the nature of self. As habitual patterns of thought soften, a quieter way of being emerges—rooted in presence, simplicity, and truth.

Russ brings more than thirty years of leadership experience across Fortune 500 and family-held businesses. A corporate strategy specialist, he drove growth through expansion and acquisition, and at age 35 became President and CEO of a \$100 million company that doubled in size under his leadership.

In 2007, Russ founded The Kamis Group to help leaders and teams achieve strategic and personal transformation. A nationally accredited facilitator and executive coach, he has guided more than 1,700 CEOs and executive leaders, as well as 4,800 students, through 200+ seminars and retreats focused on strategic planning, team building, and leadership development—all inspired by his book *Aspects of Success*.

In 2022, Russ founded SoulZense™ to explore fundamental questions about the human experience. What emerged is a series of reflections and insights on mindfulness, presence, and awareness as pathways to peace and fulfillment. Here, he explores how thoughts, feelings, and the ego-centric concept of “self” shape the mind, offering perspective on the path of awakening. These ideas are intended for those seeking growth beyond the platitudes of many mainstream approaches.

Russ earned a Bachelor of Science 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 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. Additionally, Russ holds a Ph.D. in psychology from National University, where his research in positive psychology deepened his exploration of well-being, meaning, and the human experience.