
FOR IMMEDIATE RELEASE

Empire Investigations LLC Partners with YesPlus Program to Champion "Acts of Kindness" and Combat Stress

As Seen in 400 Publications Across the Globe — CEO Robert Kresson Joins Art of Living Foundation Initiative

PITTSBURGH, PA

In today's fast-paced world, we are constantly running — from class to class, meeting to meeting, always connected, rarely present. No one understands this reality more than Robert Kresson, CEO of Empire Investigations LLC. As a private investigator for more than 30 years, Kresson has operated across the country and around the world at a moment's notice — dropping everything to catch the next flight and deliver the proof his clients need. With that lifestyle comes a level of stress that is both a requirement and an obstacle.

To better understand how to manage that pressure and help others do the same, Kresson and his team participated in the "**Happiness Program**" — a course offered through the Art of Living Foundation. The experience led Kresson to a new partnership: the **YesPlus Program**, an innovative life-skills training initiative designed to help students thrive through clarity of mind, resilience, purpose, and a sense of belonging.

YesPlus combines empirically-validated breathing and meditation practices with interactive discussions and experiential learning — giving participants the tools to better navigate the personal, social, and academic pressures they face. The program creates a ripple effect in communities through its service module, extending impact far beyond any individual participant.

"Committing random acts of kindness isn't just a feel-good idea — it's a practice that changes how we show up for each other. That's what Empire Investigations is about, in the field and in the community."

Empire's partnership with YesPlus is an extension of the firm's ongoing "Acts of Kindness" philanthropy program, which challenges individuals worldwide to commit and document random acts of kindness — with a monthly \$100 prize and year-end grand prize for the top submissions.

To sign up for a YesPlus course or donate to help make the program accessible to all, visit www.generosity.com/education-fundraising/yesplus-pittsburgh. For Empire Investigations LLC, visit www.areyoususpicious.com.

