



# The Resilience Leader



## MOTIVATING IDEAS TO BOUNCE BACK AND LIVE YOUR BEST LIFE!

### Are you ready to OWN YOUR VOICE from the bedroom to the boardroom?

How many times have you told yourself, today is the day I am going to do it? Then the day slips by with whatever "it" is still on the to-do list.

For most of us, there are times in life when we really want to do or say something, but we don't. Why not? Many times, I can almost guarantee, it is because we listen to our critical inner voice that says, "You can't. You are not enough."

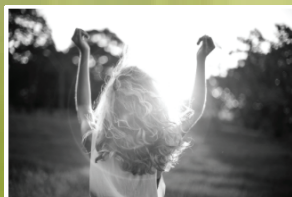
If this sounds familiar then this is where Lisa comes in!

Lisa offers workshops and presentations to motivate everyone to use their voice, to trust themselves and own who they are in order to live their best life, professionally and personally.

Lisa wows audiences with ways to either jump-start or rejuvenate their journey toward self-love. Her core message: You can overcome any challenge by first learning to love and trust yourself. Wherever she goes, Lisa makes her message come alive. She comes with a communications background and has collaborated with industry leaders, and has led seminars to help people understand the power of using their voice to transform their life both personally and professionally.

Lisa has worked with organizations in healthcare, education, defense and retail to support workforce development to impact their lives to motivate employees to create the best versions of themselves to impact their bottom line.

### Lisa's Most Requested Presentations:



- Own Your Voice: From the Bedroom to the Boardroom
- Life Happens: We Can All Bounce Back!
- Have the Greatest Love Affair of All – with Yourself!
- Disrupting Unconscious Beliefs: You Never Know Who You're Talking To!