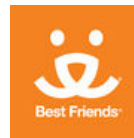
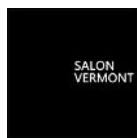




BUSINESS GROWTH STRATEGIST
AND LEADERSHIP COACH

speaking



About Lisa

Lisa woke up on her fiftieth birthday needing change. It was before she woke up, with her eyes closed, heart racing, and mind running 100 miles an hour, that she knew, "This is not sustainable." Her mission became to guide leaders and entrepreneurs to create a saner approach to success.

She's spent the past 30 years as a five-time entrepreneur, with a list of certifications: The ONE Thing Facilitator, Co-Active Coach, and graduate of Tara Mohr's Playing Big Facilitators Course.

Lisa's clients have dubbed her "the hand-holding ass-kicker," she matches just the right amount of push with a dose of love. Lisa brings clarity, compassionate curiosity, and a healthy dose of humor to all she does.

Lisa had our group on the edge of their seats within the first few minutes by bringing her strong presence, story and valuable insights to the simple yet difficult to implement work-life alignment.

Michelle McGlade
eWomenNetwork, Managing Director of
Greater Burlington, VT Chapter

Thank you, Lisa, for your amazing presentation on building a sustainable life. It was inspirational, valuable, and had great takeaways that could be incorporated into one's life immediately!

June Hibbs
VP & Corporate Secretary
Vermont Bankers Association

[DOWNLOAD BIOS, LOGOS & IMAGES](#)

[in](#) @LISADANFORTH [twitter](#) [instagram](#) @LISADANFORTH1 [facebook](#) @LISADANFORTHCOACH

+1 802-793-2415 • lisa@lisadanforth.com • www.lisadanforth.com



speaking topics



1 NO IS NOT A 4 LETTER WORD

With each “YES” and “NO,” you’re ‘setting in’ the invisible line of boundaries that shape your freedom, choices, opportunities, and especially, your most important relationships.

“NO” is required to Intentionally and consistently move you closer to your vision of the life and relationships you want.

2 THE POWER OF A PAUSE

To create the impact and income we desire, we need to have clarity about what we want and HOW we go about getting it. Not everything matters equally, in life and in business.

The power to create the future we want is in the Pause.

3 WORK-LIFE ALIGNMENT... BECAUSE BALANCE IS BS

If you’ve ever Googled ‘Work-Life Balance’...this is for you.

Overcome the obstacles that get in the way, and create the impact and income you desire, with the work-life alignment you deserve. Learn how to better manage work and life activities and establish effective boundaries.

TAKEAWAYS

- No builds more boundaries, less walls
- No helps build your self-confidence
- No keeps you out of resentment
- No is required to build freedom
- No sets priorities for life and business

TAKEAWAYS

- Not everything matters equally
- Pausing before responding will improve your relationships and your success
- Pausing improves your well being
- Build boundaries, not resentment by pausing
- Pausing connects your short-term actions and to your long-term goals

TAKEAWAYS

- Focus on the things that make you happy and increase your fulfillment
- Establish boundaries
- Learn the difference between balanced and aligned
- Be more present throughout your day, at work and home so that you can experience more moments of joy



BUSINESS GROWTH STRATEGIST
AND LEADERSHIP COACH

coaching, workshops & courses



CO-ACTIVE®
TRAINING INSTITUTE

THE **ONE**THING

Powered By *Produktive*®



Lisa Danforth offers group and 1:1 coaching to individuals, groups, and organizations.

Her talks and course can be crafted into customized workshops for small or large groups.

SPEAKING/WORKSHOP TOPICS

- 1 NO is Not a 4 Letter Word
- 2 The Power of a Pause
- 3 Work-Life Alignment... Because Balance is BS

COURSE

Boundaries Bootcamp, is Lisa's signature 6-week program created and refined through years of guiding clients through her boundary-building methodology. This program runs several times per year and she can also facilitate the program for small groups and organizations.

DOWNLOAD BIOS, LOGOS & IMAGES

Lisa is a salve for the wounded and exhausted Entrepreneur. She breathes new life and fresh ideas into your life and your business.

Julie Goodall
President and CEO
Genesis Consulting

Lisa taught me skills that are essential to my success. In less than 6 weeks, I'd gone from totally frazzled to getting my schedule and the scheduling of my team under control.

Jodi Lawaich
Chief Marketing Officer
Rural Solutions



BUSINESS GROWTH STRATEGIST
AND LEADERSHIP COACH

sustainable leadership LIVE



Lisa Danforth's LIVE show **Sustainable Leadership** broadcasts every Wednesday on LinkedIn, YouTube, and Facebook.

She hosts engaging interviews with leaders and experts from both the entrepreneurial and corporate worlds.

The show's overarching theme is about creating freedom, trust, and meaning in your personal and professional lives. Her guests share inspirational stories from their journeys.

RECENT INTERVIEWS



click on names for interviews

DOWNLOAD BIOS, LOGOS & IMAGES

Rich Brooks, Founder and President of Flyte New Media, a digital agency in Portland, Maine

The Four Lenses of Remarkability: Find, Focus, Fashion & Frame

Kelly Daniel, Content Strategist

Push The Status Quo and Influence Change

Betsy Clark, Mindset Chaplain

How Mindset Builds Confidence

Shannon McCombie, Team Building Expert

Stop Trying to Fit In - Find Happiness in Life and Work by Being YOU



BUSINESS GROWTH STRATEGIST
AND LEADERSHIP COACH

interviews



Lisa Danforth's mission is to help people build a business or career in a way that will sustain the life they want to live, not consume it.

She's spent the past 30 years as a five-time entrepreneur and is now a business growth strategist and leadership coach.

Lisa is a frequent guest on podcasts and LIVE broadcasts, she speaks on the topics of Work-Life Alignment, The Power of a Pause, Building Boundaries, and No is NOT a 4 Letter Word.

RECENT INTERVIEWS

Money Tale\$ by Aspiriant

The Power of Choice



The Power of a Pause...

STRATEGY TALKS
LIVE



click on
images for
interviews

Strategy Talks LIVE
with Dorien Morin-van Dam

The Power of a Pause

[DOWNLOAD BIOS, LOGOS & IMAGES](#)

[in](#) @LISADANFORTH [t](#) [i](#) @LISADANFORTH1 [f](#) @LISADANFORTHCOACH

+1 802-793-2415 • lisa@lisadanforth.com • www.lisadanforth.com