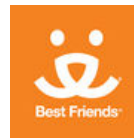




BUSINESS GROWTH STRATEGIST  
AND LEADERSHIP COACH

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

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## 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