

LISA DANFORTH

Speaker. Business Strategist. Coach



On paper, Lisa is a Business Strategist, Coach, and Speaker.

For real, she helps women business owners and leaders identify and create the boundaries that build a bridge to creating true work-life alignment, aka, Balance & Fulfillment. In the process, her clients learn to flip the self-sabotaging stories they're wired to tell themselves so they can create more impact and income with less overwhelm and more joy.

Over the course of the past 27-years, Lisa has founded and operated two catering companies: The Wooden Spoon & Hot Betty BBQ, a professional cleaning company, an international wholesale children's wear company which she sold for over 35x her initial opening investment, and for the last 4-years as a Business Strategist.



SIGNATURE TOPICS

The Connected Leader

Becoming a more connected leader means deepening your engagement with:

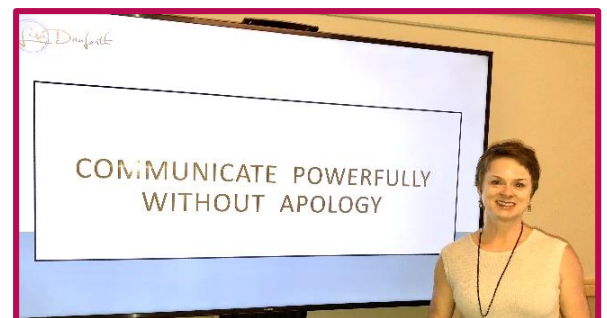
- Yourself: Identify your values and motivations so that you fully understand your WHY to make clear, intentional choices
- Your Team: Inspire meaningful connection and a capacity for authentic leadership so that your team is motivated and engaged
- Your Community: Multiply your impact by investing in others so that you can inspire them to step forward into their brilliance

Work-Life Alignment...Because Balance is BS

- Stop adding more to your plate and focus on the one thing that makes you deliriously happy
- Establish effective boundaries so that you can allow more of what you want and less of what's sucking the life out of you
- Be more present throughout your day, at work and home
- Have peace of mind because you have a strategy

Image, Imagination, & Intention

- How your self-image defines the limits of your "area of the possible"
- The importance of supplying your mind with a clearly defined goal
- How you can be happier by not adding your opinion to the facts
- Why relaxing and being yourself draws success to you



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TESTIMONIALS:

"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 strategies. Every attendee walked away wanting more, the sign of a fabulous speaker!"

- Michelle McGlade, Managing Director, eWNetwork, Burlington VT

"In today's fast-paced world, people easily get caught up in 'what needs to be done and how quickly' and lose sight of 'how we get it done', meaning the energy, intent, and confidence in how we reach our goals. Lisa helps put perspective on what's possible when we remove our own roadblocks, get clear about what we want and remain confident in our ability to do it, without sacrificing ourselves or others."

- Janis Cooper, Bests Friends Animal Society

"Energetic, enthusiastic, and engaging. People asked for her to come back. She's pleasantly persistent and right to the point."

-Margaret Ferguson, Business Support, Micro Business Development

"A dynamic speaker who has provided value to our clients ... able to address the needs of diverse business owners."

-Gwen Pokalo, Director, Center for Women & Enterprise



CONFERENCES & EVENTS



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