Lisa is a Certified Professional Life & Transition Coach, Workshop Facilitator, and Speaker.  She specializes in guiding clients to finding their inner space where their passions, motivation and talents connect with their personal life journey.  She works with adults who are ready to uncover what they want most in their lives and do what it takes to achieve their goals. Also, through classes and workshops, she helps individuals and companies incorporate Meditation, Mindfulness and tapping into Intuition into their everyday/work life.

**Experience:**

Lisa has over 28 years’ experience leading, mentoring, and coaching software engineering teams globally.   She has been practicing meditation for over 20 years and teaching meditation and mindfulness classes for over five years.  Since earning her coaching certification, she has helped many individual and corporate clients reach their work and life balance goals.

**Education and Training:**

Lisa holds a Bachelor of Science Degree in Computer Information Systems.  She also earned her International Coaching Federation ACC Coaching Certification.  And Lisa has her Energy Leadership Index Master Practitioner certification from iPec Coaching.

**Trainings and Workshops Conducted:**

* Creator and Coach of “Your Higher Wisdom” – a 6-week group coaching program designed to help participants connect to and live from their deep inner wisdom and implement proven practices to create lasting change.
* Co-Creator of “Todays Mindful Leader”– an 8 week Mindfulness workshop for leaders.
* Creator and Facilitator of “Everyday Mindfulness” workshop for individuals.
* Co-Creator and Facilitator of Workshop series: “Connecting to Your Unique Energetic System” to better understand and influence your health and wellbeing.

**Leadership Today:**

Today’s leaders, more than ever, require the ability to lead from a place of mindfulness in the present moment.  Without it, leaders are distracted from what is important and are unable to truly connect with others (both personally and professionally).   For Leaders, living mindfully facilitates a powerful ability to connect with others and to expertly initiate and guide others through transformation.

**What clients say about Lisa:**

“Lisa is a highly intuitive and energetically sensitive teacher and coach. Her gift lies in the ability to connect you to your inner voice. Lisa also has a very practical and analytical mind that will allow a client to create a blueprint for moving forward in their goals.”

“Lisa is highly intuitive, listens deeply and guides conversations to greater and more meaningful understanding. Lisa has been so brilliant in coaching me on several vexing situations, both personal and professional.”

"Lisa is a grounding force to bring you back to your intuition and true self.  She guides, teaches, asks the right questions, and helps you find the answers you have always been looking for.  Supportive, kind, and ready to give you a gentle push when you need it.Since working with Lisa, I have learned to trust my ability to make decisions from my intuition.”

**Important qualities Lisa brings to her clients:**

A balanced coaching approach including intuition, curiosity, inspiration, empowerment, and a touch of humor.

**When Not Working:**

Some of Lisa’s other passions are designing and creating beautiful silversmith jewelry, practicing figure skating, traveling & vacationing with family & friends, astrology, kayaking & just being on (and in) the water, playing outdoors and staying healthy by exercising and cooking healthy foods.