



*Lisa*  
**DUERRE**

CEO | SPEAKER | MOTHER | TRAILBLAZER





# A reformed *overachiever*

When you feel stuck, out of touch with your desires, it can feel as if you are sleepwalking through life. The overachieving leaders in your audience build their self-value around getting things done, but often take on too much and don't know how to draw healthy boundaries at work or home.

As a reformed overachieving and burnt out executive herself, Lisa Duerre understands what it's like to feel stuck. But she pulled herself back from burnout and found the clarity and energy to blaze a new trail.

As a speaker, Lisa wants to help audience members achieve this same success. She teaches them to focus on how they want to feel and use that feeling as a guide for their decision-making. She also shows them how to play to their inner strengths and create an actionable and fluid plan for achieving their goals.

# Lisa's message

## **SMART Goals For Overburdened Overachievers**

Lisa Duerre wants audience members to get clear on the feeling they are chasing as they set their business and life goals. Overachievers build their self-value around getting things done, but often take on too much and don't know how to draw healthy boundaries. Knowing why you are chasing a goal is essential to make the impact you want at work and in life. Audience members learn to assess the gap between their current state and their desired state in order to find out how to get from point A to point B as a leader and a parent.

## **From Drowning Executive to Inspired Leader**

Drowning executives often rely on the same skills that got them to the corner office when leading their teams. When you get promoted the same skills that got you there won't lead to success as an executive. Lisa wants her audiences to identify their true strengths and core values and leverage those to succeed in the long run as a leader. Your audience will learn how to tune into their vision for their dream life and align it with their career and at home.



# About Lisa Duerre

**CEO AND FOUNDER, RLD GROUP, LLC**

Lisa Duerre is the CEO and Founder of RLD Group. Over the past 23 years Lisa has helped over 25,000 employees not only do their work well but also boost their engagement on the job and more fully enjoy their home-life.

Now Lisa helps Executives and HR Managers retain their top talent and guides leaders on their pursuit of work-life balance.

Lisa got engaged in the front row Phil Collins Concert and also got her nose pierced at 50 years old (and no one noticed).



# People are *talking* about Lisa



*Every time I had an issue – Lisa encouraged me to think about it from different perspectives/ put myself in the shoes of the other person. This enabled me to have more effective conversations and focus on the things that mattered.*



*My confidence level has improved and I'm able to make a very tangible connection to my confidence level and how I show up on the job.*



*I am better at my job. I am more relaxed and more focused with the decisions I was making. I'm able to come to high risk decisions more quickly with less internal debate. I've made a lot of progress.*



# Continue the conversation



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