



Lisa Gilmurray, B.S., M.A.S.

Retired Detective Lieutenant | Self-Defense Expert | Empowerment Speaker

Founder of **EPOC Fitness** and **Self-Defense Educator** helping individuals, organizations, and communities build the awareness, confidence, and skills needed to protect themselves.

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From Victim to Empowerment Advocate

Before beginning her law enforcement career, Lisa experienced a life-changing moment when she was held at gunpoint in a crowded mall parking lot during the holiday season. That experience reshaped the course of her life and ignited a mission that would guide her career for decades.

After serving 25 years in law enforcement investigating major crimes, Lisa now dedicates her work to helping others develop the awareness, confidence, and skills needed to avoid becoming victims.

Today she teaches individuals, organizations, and communities how to recognize danger early, trust their instincts, and respond effectively.

Professional Background

Retired Detective Lieutenant with the Somerset County Prosecutor's Office, Lisa brings 23 years of experience investigating violent crime including homicide, physical and sexual assault, arson, and fugitive cases. She also served as a defensive tactics instructor training police, parole, and corrections recruits.

Education, Certifications & Trainings

- M.A.S., Fairleigh Dickinson University
- B.A., Communications, Marist University
- Criminal Justice Certificate, Seton Hall University
- International Studies Program, Salzburg University (Austria)
- Brown Belt, Brazilian Jiu-Jitsu
- Black Belt, Mixed Martial Arts (Karate, Aikido, Jujitsu)
- Police Defensive Tactics Instructor
- Certified Personal Trainer
- Certified Nutritional Guidance Coach

Popular Programs & Workshops

Situational Awareness: The First Line of Defense

How criminals identify targets and how to recognize warning signs early.

Practical Self-Defense for Real-World Situations

Hands-on instruction focused on techniques for escaping danger, controlling distance, and safely disengaging from an attacker.

Empowerment Through Preparedness

Helping individuals develop confidence and awareness in everyday environments.

Safety Strategies for Organizations and Teams

Programs tailored for corporate environments, campuses, and professional groups, including situational awareness, workplace violence prevention, and response strategies.

Empowering People Over Continents

