

LISA TARABA

Leadership Speaker & Empowerment Coach



As a leader: Are you passionate about what you do or have you lost momentum? Are you dealing with ongoing issues, feeling pulled in multiple directions or lacking in energy, freedom or fulfillment?

Leading a team or organization has become more and more difficult in the 21st century. With increasing demands and decreasing resources, it's all too common for leaders to get stuck in survival mode, where day to day challenges drain both their time and energy.

When coping with problems, individuals often look outside of ourselves for the cause, focusing on what's wrong, what's missing or who's to blame. In order to thrive, it's essential for leaders to understand what's really behind their challenges.

The answer is found when leaders look inward and connect with the authentic, empowered, fearless leader they truly are. This shift allows them to become calm, confident leaders who thrive by making positive, effective and lasting changes that benefit both themselves and the organization.

For many, this inward shift to thriving as leaders, can be daunting. However, by recognizing that energy is the intangible aspect of our true potential, individuals can recognize and deal with the thoughts, perspectives and limiting beliefs behind their overwhelm, struggle and frustration and become the masterful leaders they truly are.

Interactive Presentations

1. *Shifting From Surviving To Thriving - The Three Principles of Personal Leadership.*

According to the recent World Economic Forum's Report (2016), complex problem solving, critical thinking and creativity will be the top 3 skills required in the workplace by 2020. The associated energy is key to leaders who thrive.

Organizations thrive as the result of calm, confident, thoughtful leaders. Leaders who are grounded in their values, strengths and talents. Leaders who use their energy to inspire change and growth in themselves, those they interact with and their organization as a whole.

In this fun, dynamic and interactive one hour talk, Lisa demonstrates how to get out of survival mode and shift gears into thriving so that your audience can become the leaders they were meant to be.

Through discussion and demonstrations, the audience will learn the three principles of personal leadership to:

- **Reduce anxiety and prioritize competing demands** by shifting to a big picture focus. Lisa will demonstrate the abundance of unlimited energy in our lives - and show how to use this unlimited energy to refocus and easily reach our goals.
- **Release fear and worry, so they can make better choices.** Fear limits your beliefs of what you deserve, of what you can do and of what you are. Lisa will demonstrate proven techniques that will help reduce this fear.
- **Recognize their authentic selves to become the leader they were meant to be.** Lisa will discuss how to step into your personal power, lead the life you truly desire and inspire others to do the same.

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2. Find Your 'I' - Use The Energy of Success To Become The Leader You Were Meant To Be.

In a world of external demands and unrealistic expectations, many business leaders struggle to stay motivated and inspired in the face of day to day challenges. They have lost touch with their 'I' - their authentic, empowered, fearless selves. Becoming a conscious and effective leader means understanding who you are as a person, not simply the role you are given.

In this engaging and dynamic one hour talk, Lisa brings to life the techniques and strategies needed to understand yourself and your leadership style. The audience will learn to:

- **Connect with their 'I'**. In doing so, they will understand who they are at their core so they can commit to their personal leadership and lead others from a place of authenticity.
- **Understand the power of their energy** and use this energy to empower themselves and others to realize the opportunities that are available to them.
- **Release the underlying fear** that create chaos and struggle in their personal and professional lives so they can experience more success.

About Lisa

Lisa Taraba is a recognized expert in leadership dynamics and energy. She helps entrepreneurs and business professionals connect with the power of their personal leadership to create the lives and businesses they desire.

Lisa is recognized as an Associate Certified Coach by the International Coach Federation (ICF). In addition, Lisa is a COR.E Leadership Dynamics™ Specialist & an Energy Leadership Index™ Master Practitioner, two unique coaching designations.

Lisa practiced as a Registered Dietitian for 25 years and has worked in various sectors, including health care, education, government and industry. She holds a Master of Education, in addition to two Bachelor of Science degrees.

Testimonials

"Lisa is an excellent coach who took the time to understand the pain points of our work environment and tailor her presentation accordingly. She is a skilled, engaging and dynamic speaker who held our group's attention throughout her talk."

- Gary McBlain
National Director of Culinary Services, Amica

"It was a pleasure working with Lisa and I Thrive Coaching. Lisa's professionalism, customer service, and attention to model her talk at our annual franchise convention, was appreciated and greatly valued. Thank you Lisa from all of us at The Lunch Lady."

- Jennifer Axelrod
CFE, Branding Coordinator and Operations Coach,
The Lunch Lady



Let Lisa inspire your leaders to commit to the power of their personal leadership and be the authentic, empowered, fearless leaders they truly are!