

# LISA JEFFS

EMPOWER, EVOLVE, EXCEL

## Coach & Transformational Speaker

With over 18 years of rich experience, Lisa isn't just participating in the coaching and speaking field; she's actively reshaping it. More than a guide, Lisa illuminates the path for individuals, groups, and organizations, challenging them to step beyond their comfort zones into uncharted territories of potential. What sets her work apart is its transformational nature, which is not only straightforward but also filled with humour and practical strategies. Lisa isn't just facilitating growth; she's crafting it into an invigorating and fulfilling experience for everyone involved.



AS SEEN IN:

NATIONAL POST



tiny buddha  
simple wisdom for complex lives.

Talk Radio  
AM640

THRIVE  
GLOBAL

bumble bizz

## SIGNATURE TOPICS

- ✓ **Breaking the Cycle of Self-Sabotage in Business**
- ✓ **Establishing Unshakable Confidence™ in Leadership**
- ✓ **Breaking Free from Burnout: Embracing Authenticity to Heal Harmful Patterns**
- ✓ **The Empowered Woman**

## HIRE FOR:

- Your Event
- Your Retreat
- Workshop

## CONTACT DETAILS & SOCIAL

EMAIL FOR MORE INFORMATION AND BOOKINGS!

✉ [info@lisajeffs.com](mailto:info@lisajeffs.com)

 [linkedin.com/in/lisajeffs/](https://www.linkedin.com/in/lisajeffs/)

 [instagram.com/lisa\\_jeffs](https://www.instagram.com/lisa_jeffs)

## DID YOU KNOW:

♦ Those with high self-esteem earn approximately \$28,000 more annually than those who lack confidence. Over a 40-year career, that adds up to \$1.12 million in lost earnings (*nbcnews*)

♦ Approximately 70% of individuals experience "impostor syndrome" that leads to sabotage at some point in their careers, preventing them from reaching for higher opportunities and breaking through glass ceilings (*Harvard Business Review*)

## TESTIMONIALS:

With her guidance, I now run three successful businesses. I live a more fulfilled life... and my relationships are on a level I could have never imagined!

Anisah Mohamed  
CEO of Aesthetic Loft

Lisa is incredible. She helped me get my business to the next level in a very short period of time. I am so grateful that I found her.

Marrisa Leiderman  
Rea: Estate