

Podcast Guest | Speaker



LISA BOBYAK

Living Fully Balanced

**Life Balance and Leadership Coach
Founder, Living Fully Balanced™ LLC**

Challenging hustle culture and
healing burnout in high-achieving women

Interview Topics:

- Burnout
- Work & Life Balance
- Time/Energy Management
- Personal Leadership
- Productivity
- Life Design

"Loved her energy, engagement, honesty and personal storytelling. She touched and inspired me to continue the important work of personal development."

-Jane Warren, seminar attendee

Lisa Bobyak, founder of Living Fully Balanced™, has been challenging the current hustle culture and preventing burnout in high-achieving women for over a decade.

Steeped in perfectionism and people pleasing, Lisa once ran her well-organized life at a clip. It all worked well, until it didn't. The reckoning came only after repeatedly burning out, when she lost her health and marriage.

Now, her mission as a Life Balance and Leadership Coach is to heal burnout as quickly as possible. She teaches go-getters a new way to live and lead...with an approach that is more effective and powerful, and most importantly, highly sustainable.

Through her Living Fully Balanced™ process, she shows ambitious women with full lives how to regain their energy and increase their capacity so that they can make their mark on the world...without losing themselves in the process.

Lisa is the creator of the Beyond Burnout Kick Start, the Living Fully Balanced Life Planner© and the semi-annual Pause Retreats.



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Possible Interview Questions:

- ✦ In 2019, the World Health Organization (the WHO) classified burnout as a disease. In your experience, what did they get wrong?
- ✦ What would you say to those who believe work life balance doesn't exist?
- ✦ Most high achievers accomplish whatever they set their mind to. Why then, does burnout continue to trip them up?
- ✦ Our listeners are time strapped. What's the one thing that's guaranteed to give them maximum benefit with minimum effort?
- ✦ In our quest for work life balance, you've noticed that something's been missing. What is it??

"Lisa's level of wisdom, insight and truly generous compassion for others are obvious in every interaction."

—Nancy Clift, Owner and Founder, Clift Research and Consultation

"Lisa was insightful, thought-provoking and meaningful. I was challenged and inspired to move forward. She's very gifted at what she does."

—Ilene Adam, Retired IBM Executive

"Lisa offered our group an authentic and thoughtful presentation including personal stories, concrete ways to create a sense of balance in our busy lives, and a clear sense of care and listening."

—Katie McCarty, Director of Faith Formation, St. Joseph the Worker Catholic Church, Maple Grove, MN



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