

Interactive talks that  
**Inspire,  
Equip and  
Transform**  
audiences of any size



Passionate, Caring  
and Insightful

**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

**Lisa Bobyak** has been elevating the performance, perspective and peace of mind of high-achieving professionals on the brink of burnout for over a decade. Her Living Fully Balanced™ framework offers a sustainable system that allows them to live and lead to their highest potential while also honoring their wellbeing...something that's sorely missing in our post "lean in" world.

Her inspiring and educational presentations challenge the current hustle culture and offer strategies to prevent burnout and create balance.

Lisa's background as an educator, facilitator and experienced coach gives her polished confidence, yet her approachable style allows her to connect easily with audiences of all sizes. Her keen, reflective listening skills, and innate ability to create a safe space for sharing, allows listeners to feel deeply understood and fully equipped to take immediate action.

During her interactive talks, engaged audiences will implement practical strategies to regain their energy and increase their capacity so that they can make their mark on the world...without losing themselves in the process.

*"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



ST. CATHERINE  
UNIVERSITY



# On Your Terms: How To Live A Life You Love

There's never been a time where we've had more information regarding how to heal burnout. Yet Americans, especially working moms, continue to be plagued by stress-related illnesses and ultimately lose the battle to burnout.

The health of our families and workforce are in jeopardy. The stakes have never been higher. Once we get this right, burnout can be a thing of the past.

Sheryl Sandberg's "Lean In" kept women in the workforce, yet the approach has drained us to the point where we're unable to make the impact we could, had we been running at full capacity.

Lisa Bobyak, Life Balance and Leadership Coach, has been deep in the trenches of healing burnout for over a decade, and she's discovered the critical missing piece in the work/life balance equation. Her work allows women to operate at their highest level while honoring their health and wellbeing.

Your group will:

- **LEARN** what makes high level leaders stand above the rest
- **IMPLEMENT** a replicable system, assuring their time and energy are spent on the people and things that matter most
- **LEAD** with confidence because they know THE ONE question that clarifies and prioritizes everything... in the moment

When you care for the wellbeing of your people, they will feel fully seen. ENERGY will be restored. ENGAGEMENT will increase. PRODUCTIVITY will be uncovered. And the people you lead will love the life they live.



*"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 is a positive, can-do force of nature... that speaks to most of us at a heart-centered, essential level... Her humility, compassion, and willingness to learn from others and co-create are an immense asset and blessing to anyone who interacts with her, whether client, collaborator, or sponsor."*

~ Nancy Maxfield-Wilson, Founder Max Performance/Resilience & Change Coach

*"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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