

Interactive Talks That  
**Inspire,  
Equip and  
Transform**  
audiences of any size

**LISA BOBYAK**  
*Living Fully Balanced*

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

**And Author of  
*7 Days to Loving Your Life Again***

**Lisa Bobyak** and has been elevating the performance, perspective and peace of mind of high-achieving professionals on the brink of burnout for nearly a decade. Through her Living Fully Balanced™ methodology, she equips her clients with both the self-awareness and planning tools to thrive in our fast-paced, work-driven society. 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 skilled coach gives her polished confidence, yet she's approachable, allowing her to connect easily with audiences of all sizes. Lisa's keen, reflective listening and innate ability to create a safe space for sharing, allows listeners to feel deeply understood and fully equipped to take immediate action. After her talks, engaged audiences are compelled to implement her concrete strategies to move themselves forward.

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

-Jane Warren, seminar attendee



**Passionate, Caring, Insightful**

## A Sampling of Where Lisa's Spoken



**ST. CATHERINE  
UNIVERSITY**



**St. Louis  
Chapter**



**CHISAGO  
LAKES  
SCHOOL DISTRICT**



# Speaking Topics

## **Resolutions Don't Work. But, Processes Do. Take on the New Year in a whole new way.**

During this talk, Lisa will guide your group as they discover the common mistakes we repeatedly make every January. Learn why those misguided efforts don't work, And establish a forgiving process that does

## **Spring Cleaning Your Life: How to declutter your mind and your calendar**

In this interactive presentation, your group will discover how to clear the clutter in their minds and their calendars, Lisa will guide them as they discover the common habits we often fall into. Learn why those particular habits won't work in the long run and establish a forgiving process that will.

## **Hopping Off the Hamster Wheel: How not to take your work home with you**

During this talk, Lisa will guide your group as they discover the common habits we fall into just to get through the day. They'll learn why our misguided efforts only work in the short term and they'll establish a forgiving process that's sustainable and lasting.

## **Stop The Holi-daze and Create a Season You Crave**

In this presentation your group will learn how to control their holiday calendar before IT controls them. Lisa will show your group how to maintain their energy so they can continue their important work; and get exactly what THEY want and need out of the holiday season (without the guilt) .



*"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, with 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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