



BIO



Lisa A. Smith is a highly sought after speaker, coach and founder specializing in taking a whole food plant-based approach to preventing and reversing chronic lifestyle diseases. She holds a bachelor's degree in psychology and a MBA. She is certified in plant-based nutrition, the creator of the plant based coaching program P.H.A.R.M. TO TABLE™ and of the plant based coaching certification, The Plant Protocol™, the first to be founded by a person of color. Lisa's mission is to eradicate the most common chronic diseases which disproportionately impact marginalized communities.

SIGNATURE TALKS

THE PLANT PROTOCOL™

The number one cause of death in the U.S. is a lifestyle disease and it is preventable. Nearly 700,000 people succumb to heart disease each year and 66% percent of adult Americans are prescribed at least one pharmaceutical drug. Lifestyle kills more people each year than any other cause of death. During this talk, specifically curated for professionals, Lisa makes the case for taking a whole food plant based dietary approach to combating chronic lifestyle disease and chronic stress. She uses nutrition and lifestyle science to demonstrate the fundamental approach we should be taking to optimal health and longevity. **The focus of this talk is available for customization to fit the needs of the organization.**

The Trifecta of Transformation™

The efficacy of lifestyle modification to prevent and/or reverse chronic health challenges has been verified and proven many times over. However the barrier to success has historically been patient compliance. During this talk, Lisa details her proprietary framework, The Trifecta of Transformation™, which is a three part assessment designed to both assess a client's readiness to change and provide a roadmap to move a patient from one stage to the next. This talk is ideal for healthcare providers and health coaches who are interested in learning how to increase client compliance specifically to recommended lifestyle modifications. **This framework is available for licensing and leadership training is available.**

The absence of disease is not the presence of health.

website: www.lisaangelsmith.com | email: hello@lisaangelsmith.com

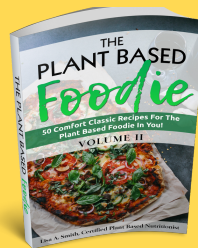
booking: bit.ly/3AYPgcO



BRAND COLLECTION



*The Plant Protocol*TM
PLANT-BASED COACHING CERTIFICATION



SIGNATURE TALKS CONTINUED....

GET PLANTED: INTRO TO A PLANT BASED DIET

While many people have heard of a plant based diet and have a fundamental understanding of what it entails, most have no concept of how to use this dietary approach to specifically combat chronic lifestyle disease. During this talk, curated for people battling chronic health challenges, Lisa teaches the difference between a vegan diet and a whole food plant based diet and how it can be used to combat conditions such as obesity, heart disease, type 2 diabetes, hypertension, high cholesterol, chronic kidney failure, digestive disorders, cognitive decline and mood disorders.

Customization

Have a mixed audience, an audience with mixed interests or a specific pain point you'd prefer Lisa to focus on (i.e. weight loss, stress, diabetes, Alzheimers disease, food addiction etc.)?

Following a discovery call, Lisa will provide a customized proposal designed to meet the specific needs of your audience or organization. Please use the link in the footer to book your discovery call.

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SUITE OF SERVICES

Virtual Webinar - during this 45 minute webinar (30 minutes lecture + 15minutes Q&A) Lisa will provide an overview of one of her signature talks. Customization not available.

-Please [book a discovery call](#) for pricing

Keynote - during this 60 minute (45 minute lecture + 15minutes Q&A) virtual or in-person presentation Lisa will provide an in depth presentation of one of her signature talks which will be customized based on the expected audience and specific needs of the organization.

-Please [book a discovery call](#) for pricing

Workshop Series - Starting at 90 minutes, Lisa will present and co-work with the participants in the understanding and application of one of her proprietary frameworks. Workshops include a 60 day license to the workshop recording, a pre and post event assessment for participants and access to digital workshop materials.

Client can choose from one or more of the following: **The Plant Protocol™** (a whole food plant based approach to combating lifestyle disease), **The B.E.S.T. Method™** (a coaching mechanism for increasing compliance with clients), **The LCA Method™** (A cognitive behavioral coaching mechanism for behavior change or **The Trifecta of Transformation™** (a tool for assessing a client's readiness to change).

-Please [book a discovery call](#) for pricing

ADD-ONS - PLEASE BOOK A CALL TO DISCUSS PRICING.

Licensing - client may opt to license out the recording of Lisa's presentation or one of our proprietary frameworks for a year or longer. Includes an initial onboarding meeting.

Consulting - client may choose to keep Lisa on retainer for on-going training, implementation and facilitation of one of her proprietary frameworks.

Executive/Leadership Training - client may choose to have in-house leadership trained on a specific framework and teaching mechanisms to train lower level staff.

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TESTIMONIALS

Lisa always shows up with passion and wisdom which energizes the audience and really inspires them. Every class that Lisa has spoken to is in awe after she leaves and they unanimously appreciate her insights and the way she communicates the information.

-N. Horger, Wayne State University Professor

"Thank you so much for the wisdom and health habits that you are imparting to us as followers and for those who as yet know not. You have created a genuine game changer that is going to have a positive impact on so many lives!"

-L. Manigault, founder of ChildMinders



"My heart is beating so hard now I can hear it. I am absolutely delighted that you came today. Lisa, you had a strong impact on the people that were here today! I myself am going to make some changes at Merci as I totally believe and trust all you said. It has given me the kick to be more confident with myself and my project!"

-T. Marie, Founder of Merci Cafe

SOCIAL MEDIA



7k+



4400



10.4k+



430+



<http://bit.ly/2RChTz2>



<https://bit.ly/3cV4bfY>



<https://bit.ly/2R3J4uT>



<http://bit.ly/2whbBQL>

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Lisa A. Smith

SPEAKER • FOUNDER • COACH

Lisa is a highly sought after speaker on holistic health, plant based nutrition, chronic disease prevention and reversal and entrepreneurship. Some past collaborations include:



U.S. Department
of Veterans Affairs



"I really enjoyed your presentation!! You are a phenomenal speaker. Each time I hear you speak, I hear something that propels me to become a better version of myself!!! As you were speaking about the affects sugar has on our cognitive skills, I wanted to shout out Amen!!! HALLELUJAH, as if I was in an old Baptist church in the deep Deep South!!! I was reflecting where I was last year vs. where I am now and I am so amazed and grateful!! The depression is gone, I can think... I mean my brain is functioning better since changing my eating habits and I have tools to help me in stressful situations! I can say I have peace on the inside. Thanks so much for doing what you do. My life has gotten better because of you." -T. Miller, lecture attendee

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