Lisa A. Smith

SPEAKER • FOUNDER • COACH



BIO

Lisa A. Smith, MBA is a transformational speaker, coach, business strategist and founder of multiple wellness platforms. With over a decade of experience, she helps individuals eliminate chronic stress, combat lifestyle disease, and live a life of Radical Obedience®.

As a sought-after speaker and facilitator, Lisa has brought her work to audiences and organizations including Microsoft, Intel, the U.S. Department of Veterans Affairs, Wayne State University, the State of Michigan Department of Health and Human Services, and other corporations, universities and leadership communities across the country.

SIGNATURE TALKS

All talks available for customization to fit the needs of the organization.

RADICAL OBEDIENCE®: THE COURAGE TO COMPLETELY SURRENDER

What is it costing you to keep asking God for clarity when you already know your next step? Drawing on her own journey of faith and surrender, Lisa introduces Radical Obedience® and explores how trying to control the outcome can turn a clear next step into a source of chronic stress. Participants will identify one area of their lives where they've been waiting for certainty, name what they're afraid might happen, and leave with a concrete step they can take in faith.

THE PLANT PROTOCOL®: USING FOOD AS MEDICINE

The number one cause of death in the U.S. 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, 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 absence of disease is not the presence of health.

website: **www.lisaangelsmith.com** | email: **admin@lisaangelsmith.com**
booking: **bit.ly/3AYPgcO**

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BRAND COLLECTION



FROM CHRONIC STRESS TO CLARITY™

PHARM TO TABLE®
Plant Based Coaching Program

The Plant Protocol®
30 DAY VEGAN CHALLENGE
S.O.S (Salt, Oil and Sugar free)

The Plant Protocol®
BUSINESS ACCELERATOR & PLANT BASED COACHING CERTIFICATION

THE GOLD HANDLE CLUB

SIGNATURE TALKS CONTINUED

THE HIDDEN COSTS OF CHRONIC STRESS

All stress isn't meant to be managed. In this keynote, Lisa makes the case for moving beyond managing the effects of chronic stress to eliminating its recurring sources. Through her H.E.R. Method™, participants will identify one pattern that keeps creating stress in their lives and explore three ways to change it: what they can exit, what they can enter, and how they can engage differently with a situation they need to stay in. Each person leaves with a concrete first step toward changing the conditions that made recovery necessary in the first place.

From First Hello to Loyal Customer: The Five-Step Customer Journey

You know the value of what you offer. But what does a potential customer need to experience before they see that value for themselves? In this keynote, Lisa teaches her five-step customer journey to help entrepreneurs understand what it feels like to discover their business, consider an offer, make a purchase, and decide whether to come back.

Participants will map the journey for one of their own offers, pinpoint where customers hesitate or lose interest, and leave with one practical change that makes the next step clearer for the people they want to serve.

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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 Training 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 or signature talks. Workshops include a 60 day license to the workshop recording, a pre and post event assessment for participants and access to digital workshop materials.

-Please book a discovery call for pricing

ADDITIONAL SERVICES

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



"Lisa left a lasting impression during her session on Chronic Stress for People of Color. The discussion was impactful and many people at Microsoft enjoyed the topics and the gems they were able to leave with. I'm confident that everyone in attendance, greatly benefited from the information and strategies she shared. We look forward to partnering with her again!"

-Microsoft Corp

"OMGOSHHHH!!! LISA!!! Today's conversation and Q & A was just what we needed and more. She individualized her message in such a way that everyone could understand, relate and felt seen. She gave us specific tasks and plenty of food for thought to be inspired, digest and think on to be successful in our various plant based January Challenges. Not just for January but throughout our plant based journeys! Health Coach Lisa A. Smith is The Truth!!!"

-GirlTrek

SOCIAL MEDIA

10k+	12,000	105k+	6.06K

http://bit.ly/2RChTz2

https://bit.ly/2R3J4uT

https://bit.ly/3cV4bfY

http://bit.ly/2whbBQL

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Some Past Collaborations Include:



































"Lisa A. Smith absolutely kilt it as the keynote speaker at the No Flinch Faith Women's Empowerment Conference! Her presence, passion, and expertise were nothing short of phenomenal. She delivered a message that was not only inspiring but also deeply transformational—challenging us to rethink our approach to health, mindset, and purpose. Lisa's ability to connect with the audience, break down the impact of stress, and empower women to take action is unmatched. If you're looking for a speaker who will leave a lasting impact, Lisa A. Smith is the one. She doesn't just speak—she shifts the room!"

-Regina L. ~ No Flinch Faith Conference

Speaking Clips and Features:

- Chronic Stress and Food Addiction with Dr. Eric Thomas
- Good Living Now Podcast With Harold LeFall
- Panelist in Omaha, NE at Sistah's Getting Well Film Screening
- Keynote at Black Nurses Week in DC
- The Secrets to Success Podcast

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