



BIO

Lisa A. Smith, MBA is a health and mindset coach, business strategist, transformational speaker and founder of multiple plant-based wellness platforms. With over a decade of experience, she helps individuals eliminate chronic stress, reverse lifestyle diseases, and overcome limiting beliefs to live a life of Radical Obedience™—pursuing purpose with courage and conviction.

Lisa holds a bachelor's degree in psychology and an MBA, and is deeply committed to closing the health equity gap for people of color by addressing the root causes of preventable illness.



SIGNATURE TALKS

THE PLANT PROTOCOL®: USING FOOD AS MEDICINE

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, 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. **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: admin@lisaangelsmith.com

booking: bit.ly/3AYPgcO



BRAND COLLECTION



SIGNATURE TALKS CONTINUED....

THE HIDDEN COSTS OF CHRONIC STRESS

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 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.

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

"OMGOSH HHH!!! 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



9.6k+



9415



77.4k+



2.4K



<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

Some Past Collaborations Include:



U.S. Department
of Veterans Affairs



"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:

[Chronic Stress and Food Addiction with Dr. Eric Thomas](#)

[Panelist in Omaha, NE at Sistah's Getting Well Film Screening](#)

[Keynote at Black Nurses Week in DC](#)

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