



# Lisa Boehm

## Keynote Speaker

Lisa Boehm is an international resilience speaker who helps organizations and professionals thrive through change, prevent burnout, and build lasting strength. With both the lived experience of profound loss and over a decade of coaching individuals through transitions, she offers strategies that truly resonate. Her signature **RESET Framework** provides simple, sustainable tools to adapt, reset, and lead with clarity in high-stress, high-change environments. With warmth and real-world wisdom, Lisa inspires audiences to move beyond survival and create meaningful, lasting results.

AS SEEN IN

OPEN  to HOPE

STILL STANDING  
MAGAZINE

## SIGNATURE TOPICS

- ✓ Challenged by Change: How to RESET and Thrive in Times of Uncertainty
- ✓ Micro-Shifts: The Science of Small Steps That Stick
- ✓ Compassion Without Collapse: Preventing Burnout in High-Stress, Emotionally Demanding Professions

It's time to  
**RESET &**  
restore your  
resilience

## Kind Words

Lisa is engaging, forthright, honest, raw and real. You'll laugh and cry in a matter of minutes with her humour, her warmth and her compassion.

~Tania Bird, past president of the Regina Women's Network ”



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Lisa's welcoming and engaging style immediately pulls the audience in and leaves them feeling inspired to help others or themselves through life's challenges.

~ Judith Pedersen,  
Founder of Hearts of  
Hope Foundation



# Past Clients



WE SEE YOU



Funeral And Cremation Services  
Council of Saskatchewan



## Get in Touch!

Let's chat about  
bringing resilience and  
energy to your event.

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