

Coaching with Lisa Tarkington



Empowering leaders to cultivate confidence so they can communicate with impact, leverage strengths, and drive meaningful change.

Focus

- Leadership
- Business Practices
- Efficiency
- Conflict
- Communication
- Self-Improvement
- Finding Their Voice
- Confidence
- Wellbeing
- Mindset

Credentials

- Associate Certified Coach (ACC) from the International Coaching Federation (ICF)
- Bachelors from Michigan State University
- CTI Certified Coach
- 2X Business Owner
- Certified in social impact, positive psychology, creating wellbeing and coaching

Award Winner

- Athena Award
- Under 40 Ruby Award Winner
- Inspiring Female Entrepreneur
- Top Life Coach Award
- PNC Bank + Coralus Collective Recipient
- Young Professional Rising Star Nominee

Lisa has worked with executive producers and leaders from multi-million dollar companies to improve business practices and personal effectiveness.

100%

Satisfaction and progress from coaching clients

+200

Speaking engagements

+726K

Listeners on podcast

150%

Grew business within the first year

"Lisa is a true inspiration. I went from minimum confidence and unsure how to organize my thoughts – to – increased confidence, stronger boundaries, appreciation for my journey, intentions, goals, and a more defined path forward. Lisa's guidance and expertise was the catalyst I needed to bring clarity to what I truly need and want, organize my thoughts and set goals, and ultimately increase my confidence. I encourage anyone trying to evolve and elevate to contact Lisa. Invest in yourself. I'm so glad I did."

Connect with Lisa



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THE CONFIDENT PODCAST