



Lisa Tarkington

KEYNOTE SPEAKER

Dynamic, Motivational, Energetic and Impactful is how individuals describe Lisa.

Lisa Tarkington, a Leadership Consultant and Associate Certified Coach through ICF, is also the visionary force behind LEAD– a 501(c)(3) nonprofit organization focused on confidence and wellbeing. She is also the host of 'The Confident Podcast' and has degrees in social impact, communications, and positive psychology. Her personal struggle with confidence led her to realize a universal need for support in leadership, confidence, and wellbeing. As a top keynote speaker, Lisa has also been recognized as Coach of the Year, Athena Award winner, Under 40 Ruby Award Winner, and Inspiring Female Entrepreneur Award. With a decade of corporate and entrepreneur experience, she is known for her dedication to providing resources and programs that empower individuals and inspire them to be their best selves.

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

+200

Speaking Engagements

+200

Workshops Facilitated

+725K

Listeners on podcast

Award Winner

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

KEYNOTE PROGRAMS

60-minute programs held in-person or virtually.



The Blueprint to Confident Leadership

Explore your potential as a confident leader with Lisa's transformative blueprint. Leaders worldwide deal with self-doubt and imposter syndrome, hindering their ability to make bold decisions and inspire teams. Discover the hidden power of personal self-confidence, redefine your leadership narrative, and turn challenges into growth opportunities. Lisa will guide you in silencing your inner critic, embracing your authentic leadership style, and leading with unwavering confidence.

The M.I.M.O.S.A. Method: The 6 tools to help you on your wellbeing journey

Enhance your leadership capabilities and overall wellbeing with six essential tools, including regaining self-trust, achieving work-life harmony, building resilience, and leading with empathy. Extensive research underscores the multiplier effect of prioritizing wellbeing and emphasizing the positive impact on oneself and those around us. In this engaging session, discover the game-changing tools of the M.I.M.O.S.A. model to empower leaders.

Building Confidence, Breaking Barriers: Confronting Impostor Syndrome

Individuals in various industries share a common challenge – the impact of impostor syndrome in both their professional and personal lives. In an insightful session, Lisa provides strategies to overcome self-doubt, foster authenticity, and cultivate unwavering confidence. Join this transformative journey towards self-discovery and empowerment to break through the obstacles hindering your progress to lead confidently.

How to prevent burnout through your mental fitness to elevating your leadership

Explore practical tools for positive changes in mental wellbeing, addressing the overlooked impact on personal happiness and workplace productivity. Shift the traditional focus from physical health to mental wellbeing to overcome obstacles and thrive as effective leaders. In your time with Lisa, discover the power of mindful listening, often overlooked, and gain renewed energy for leading a life of growth and positive impact.

Communicate with Confidence

Great communication starts with understanding yourself and others. Lisa combines the power of self-awareness with actionable communication strategies to help you lead with clarity and confidence. Learn how to navigate difficult conversations, express your ideas with impact, and build authentic connections that inspire trust and collaboration.

Featured Speaker

Key Teachings:
Confidence,
Communication,
Leadership,
Burnout,
Wellbeing,
& Mindset



"From start to finish working with Lisa Tarkington was a great experience. Lisa provided a phenomenal, hands-on presentation for our Association. She inspired our professionals with information on How Self Confidence and Wellbeing affects Yourself and Your Community. The tools she provided inspired us all. We have received positive feedback from our conference attendees regarding Lisa's presentation. I highly recommend listening to Lisa speak when you get the chance. Her enthusiasm alone will brighten your day. "

Connect with Lisa



Let's work together to make an **impact**. Book me to speak at your event!



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THE CONFIDENT PODCAST



WWW.LISATARKINGTON.COM



Lisa's mission is to empower individuals to exchange burnout for confident leadership through cultivating self-confidence, breaking free from stagnation, and take proactive steps towards personal growth and self-improvement.