

Coaching with Lisa Tarkington

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



Focus

- Leadership
- Business Practices
- Efficiency
- Tactical to Strategic
- 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, leadership and personal effectiveness.

100%

Satisfaction and progress from coaching clients

+270

Speaking engagements & workshops

+737K

Listeners on podcast

150%

Grew business within the first year

"Lisa stepped into my career as I pivoted into a new leadership role that I felt a little too inexperienced to tackle. She empowered me to lean on my strengths, guided me to tap into leadership skills that I had yet to practice, and helped me navigate tricky situations with confidence. I'd highly recommend Lisa to anyone who is interested in growing their career, improving their communication skills, or elevating their team. She's someone who you want to have in your corner!"

Connect with Lisa



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THE CONFIDENT PODCAST