



# Lisa Tarkington

CERTIFIED COACH & KEYNOTE SPEAKER

***Described as Dynamic, Motivational, Energetic and Impactful.***

**Biography:** Lisa Tarkington, an Associate Certified Coach through the International Coaching Federation, is a renowned leadership consultant, keynote speaker, and workshop facilitator. She is also the visionary founder of LEAD, a 501(c)(3) nonprofit organization committed to empowering individuals through confidence-building and wellbeing programs. As the host of The Confident Podcast, Lisa provides actionable insights on leadership, self-assurance, and personal growth.

Lisa's educational background is extensive, with a Bachelor's degree in Communications and Public Relations from Michigan State University and an Executive Program certification in Social Impact Strategy from the University of Pennsylvania. She is also trained in Applied Positive Psychology, is a certified Co-Active coach, and is certified in Mental Health First Aid through the National Council for Mental Wellbeing. Additionally, Lisa has trained in mindfulness practices through the Search Inside Yourself program and is an active member and committee contributor to the National Speakers Association.

Lisa's corporate experience spans over a decade, during which she held global roles and led cross-functional business efforts. As an entrepreneur, she has successfully launched two companies, combining her leadership acumen with a passion for creating meaningful impact. Lisa excels in designing and delivering evidence-based learning programs that drive personal and professional growth.

Lisa's dedication and expertise have been recognized with prestigious awards, including Coach of the Year, the Athena Award, the Under 40 Ruby Award, and the Inspiring Female Entrepreneur Award.

As a keynote speaker and coach, Lisa connects with clients and audiences on her transformative strategies. Her proven track record of fostering growth and confidence makes her a trusted partner for leaders and organizations aiming to inspire change and achieve excellence.

***Lisa has worked with executive producers and leaders from multi-million dollar companies to improve business practices, motivate and inspire their teams, leadership and personal effectiveness.***

**100%**

Satisfaction and progress from coaching clients

**+272**

Speaking engagements + workshops held

**+740K**

Listeners on podcast

**150%**

Grew business within the first year

*"Lisa was dynamic from the beginning stages of planning for the event throughout her keynote. From the outset, it was clear that she had taken the time to understand our audience and tailor her approach accordingly. Her professionalism shone through every step of the way, and she made sure to connect with attendees prior to the event. By engaging with the group before her presentation, she set a positive tone and created a sense of excitement. When it was time for her keynote, Lisa was able to keep everyone fully engaged, making the session both informative and interactive. Her preparation, energy, and attention to detail made her an outstanding speaker."*



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THE CONFIDENT PODCAST



# SERVICES

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

**LISA TARKINGTON**  
Speaker, Coach & Facilitator

*“Known for her tools, energy, and positive change.”*

## OVERVIEW

As a seasoned coach, speaker, and professional development leader, I specialize in empowering organizations and individuals to elevate their impact, enhance their leadership capabilities, and achieve their professional goals. I offer a range of services designed to provide personalized guidance for individuals and teams to thrive in today’s fast-paced, evolving business environment.

## SERVICES

- Keynote: Inspiring audiences with transformational talks packed with tools and insights.
- Workshops: Interactive, hands-on sessions that equip teams to implement real change.
- Coaching: 1:1 or small group coaching tailored to individual growth and leadership goals.

## TOPICS

- Leadership
- Tactical to Strategic
- Conflict Resolution
- Overcoming Limiting Beliefs & Imposter Syndrome
- Mindful Listening & Intention Setting
- Self-Awareness
- Confidence
- Wellbeing & Burnt Out

*Customizable based on clients needs*

## STYLE

- Guided practice to support learning of key tools and skills to implement directly into your life
- Work with leadership to address issues and improve culture in the workplace

Lisa leads by example. Not only does she talk the talk but she walks the walk which is an important characteristic. She breaks down concepts so they are easier to understand and shows you real life ways to work through them and achieve your goals. On top of that, Lisa is engaging, funny and inspiring. She was clear, concise and made the session relatable. Her passion for what she does is admirable.

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!

## Companies who have experienced working with Lisa



### Stats

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# COACHING

## WHY LISA?

Lisa blends practical strategies with personal empowerment to help individuals thrive in both life and business. As an award-winning coach and experienced business owner, she specializes in guiding clients through mindset shifts, building confidence, and achieving meaningful growth. Whether you're feeling stuck, navigating challenges, or striving for balance, Lisa's personalized approach aligns your inner confidence with your external actions. Using evidence-based techniques and a collaborative partnership, she provides the tools, insights, and ongoing support needed to break through barriers, enhance communication, and create lasting success in every area of your life.

## ROADMAP

### Initial Consultation

Initial consultations with organization (if needed) and individual signed coaching agreement, assessments filled out.

### Coaching

The first session sets the foundation with goal-setting and assessments. Ongoing sessions offer support and accountability throughout the coaching journey.

### Long-Term Sustainability

Ending assessments, check-ins with organization (if applicable) and close-out meetings.

## COACHING INCLUDES

▶ A certified and experienced coach

▶ A minimum of 1-2 hours coaching per month

▶ 9-24 sessions of virtual coaching

▶ Assessments to provide feedback

▶ Accountability with a trusted partner and monthly check-ins

▶ Tools to support leadership efforts



# TOP KEYNOTE TOPICS

## BEYOND THE JOB TITLE: WHAT REAL LEADERSHIP REQUIRES TODAY

45 minutes to 1 hour, available in person or virtually

True leadership isn't defined by a title — it's revealed in how we show up when the pressure's on, when clarity is missing, and when others are looking to us for direction. Lisa invites leaders to reimagine what it means to lead in today's world. Drawing from her own journey of juggling multiple roles, navigating burnout, and redefining success, Lisa highlights a new model of leadership — one rooted in self-awareness, intentional communication, and sustainable practices. More than just inspiration, she equips participants with real tools to lead with purpose and presence. Whether you're an executive, a team lead, or an emerging leader, you'll walk away with the strategies to lead not just with a title, but with impact.

### Attendees will walk away with:

Key principles of clear, compassionate communication to enhance collaboration and build trust within your team.

Gaining a deeper understanding of your own strengths, blind spots, and leadership style — and how emotional intelligence shapes your effectiveness.

Learning how to integrate realistic, restorative self-care practices that prevent burnout, increase energy, and amplify leadership impact.

## I THOUGHT I HAD TO DO IT ALL... UNTIL I LEARNED THIS

45 minutes to 1 hour, available in person or virtually

Lisa opens the door to a story so many leaders quietly carry: the belief that doing it all — perfectly, constantly — is the only way to succeed. With authenticity and vulnerability, she shares her personal journey of hitting a wall, choosing alignment over burnout, and finally giving herself permission to lead differently. She doesn't just challenge outdated definitions of success — she replaces them with something more powerful: a framework for leadership that prioritizes clarity, mental fitness, and fulfillment. You'll leave not only inspired, but equipped to shift from overextended to aligned, from exhausted to energized — and from surviving to leading with purpose.

### Attendees will walk away with:

Learning how to spot the subtle symptoms of burnout and misalignment before they take over.

Understanding how to lead from a place of clarity, purpose, and internal alignment — not constant output.

Shifting from "I have to do it all" to "I get to choose what matters most," using practical mindset tools and boundary strategies.

*Other keynotes upon request. If you're looking for a customized keynotes, we can tailor to your organization's needs.*

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# MOST POPULAR WORKSHOPS & BREAKOUT SESSIONS

## THE CONFIDENCE BLUEPRINT: THRIVING IN YOUR ROLE

1-2 Hour training, available in person or virtually

Confidence shapes how we show up, make decisions, and navigate challenges. Yet, self-doubt and imposter syndrome can hold us back from reaching our full potential. In this session, Lisa shares a practical blueprint to help you build unshakable confidence, trust yourself, and turn obstacles into opportunities for growth. Learn how to quiet your inner critic, embrace your strengths, and step into every situation with clarity and assurance.

### Attendees will leave with:

- Recognize how self-doubt impacts your confidence and learn how to overcome it.
- Develop a mindset that supports bold decisions and personal growth.
- Align your actions with your strengths for greater fulfillment and success.
- Build practical strategies to silence self-criticism and embrace challenges with confidence.

## OTHER TOPICS INCLUDE:

1-2 Hour training, available in person or virtually or built into a series.

- Mastering the Minutes: Tactical Time Management for Strategic Impact
- Intentional Impact: How to Lead with Clarity, Focus, and Presence
- How to Authentically Connect with Your Team (Even if it Feels Awkward Right Now)
- Lead from Within: How to Foster Positive Wellbeing Practices and Ignite Growth in Yourself and Your Team
- Lead with Purpose: How to set goals that align to your purpose and passion

“ Lisa's presentation about leadership gave me actionable items to accomplish. A lot of speakers will talk about buzzwords but it's hard to get takeaways, but with Lisa's approach and using her strategies, our group was able to set a 30 day plan on some items we needed to address right away.

“ I highly recommend Lisa Tarkington for any keynote opportunity! Lisa's presentation is welcoming, interactive, insightful and inspirational. Our group of professionals were provided with usable takeaways for solid leadership skills that included effective listening, power phrases, and tips on how to be inclusive on your team.

***If you're looking for a customized workshop, we can tailor to your organization's needs***

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# HERE'S THE FULL PROGRAM:

*This full program incorporates a keynote, professional development workshops and coaching offerings to drive meaningful, positive changes within your organizational culture.*

## INSPIRE.

### KEYNOTE

Lisa's dynamic keynotes spark inspiration and ignite transformational change. Through compelling storytelling and actionable insights, she challenges conventional thinking and energizes audiences.

## ENGAGE.

### WORKSHOPS

Lisa's interactive workshops foster hands-on learning and collaboration. This engaging session empowers participants with practical tools, strategies, and real-world applications to start making an immediate impact.

## EQUIP.

### COACHING

Extend the momentum after in person programs with 1:1 or group coaching. Coaching sessions provide targeted, guidance that unlocks individual and team potential. By blending proven strategies with genuine mentorship, coaching helps overcome challenges, enhance communication, and drive sustainable success.