

Lisa Quinton is a professional motivator who inspires others to embrace their potential and create a joyful life grounded in their personal values.

Lisa believes there are no limits to what we can achieve. Her passion for self-development through self-awareness helps her clients reap success:

At home • At work • At play • At peace

Lisa's work as a coach, consultant, speaker and trainer motivates individuals and groups to define and execute their vision of success. Her stories, exercises and tools are designed to inspire confidence and commitment. Lisa's ability to connect with her audience comes from a genuine desire to see everyone **Live in Possibility**. She helps identify and remove the limiting beliefs and empowers creation of success.

From a lengthy career in the financial services industry, Lisa understands the pressure organizations are facing in today's economic climate, especially with regards to motivating employees and maintaining a loyal customer base. Her formal education includes a Masters in Employment Relations and a Bachelor of Business Administration. Professional interests include employee development and strategic human resource planning. She is an active volunteer with Big Brothers Big Sisters and Junior Achievement. By working with youth, she motivates a future generation to live in possibility. Lisa's desire to create an inspiring life of her own ultimately lead her to launch a new career and inspire others with the lessons learned from significant life events.

Get off the treadmill. PAUSE. B r e a t h e .

Lisa will provide

- Clarity on what you want at home, at work, at play and at peace.
- Vision of success grounded in your values.
- Confidence to create a life in possibility.
- Direction: How to get from "here to there".
- Motivation to embrace your potential every day.

Contact Lisa for inspiration, motivation, and encouragement. Book her to speak to your team, organization, or as a personal coach.

She leads by example and will motivate you to **Embrace Your Potential**.

Testimonials:

"Lisa's positive outlook on life and enthusiasm shines through in all she does and you can't help but feel inspired each time you speak with her."

"You are such an engaging speaker. This has been one of the best workshops I have ever attended. Please come back!"

"I can actually start to make my dream come true. It helped me to start putting things in motion so I can be happier".

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