

KEYNOTE SPEAKER

LISA LOUNSBURY

**“ENGAGING
AND PASSIONATE”**

**“ALWAYS HAS
A POWERFUL
MESSAGE”**

**“HAD US
LAUGHING
AND LEARNING”**

 **new day wellness™**
motivate • strengthen • empower



ABOUT LISA

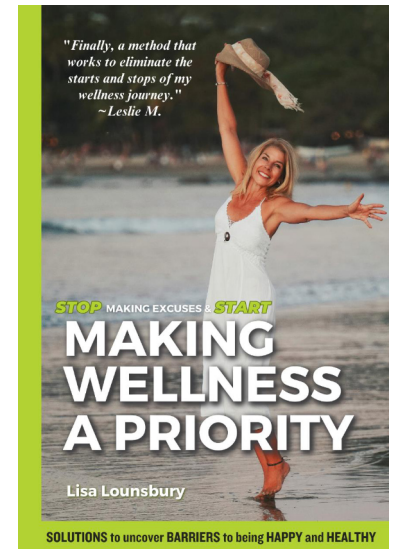
LISA SPEAKS TO MOTIVATE, STRENGTHEN & EMPOWER

Meet Lisa, the powerhouse behind New Day Wellness Inc, boasting an impressive three decades of expertise in health and wellness. As an International Speaker, Author, Global Educator, a certified Wellness and Lifestyle Coach, she's on a mission to revolutionize well-being. With her own TV and podcast show, "Your Wellness," Lisa's commitment to prioritizing health and wellness knows no bounds.

Lisa's presentations aren't just talks; they're experiences. Infused with boundless energy, movement, and an undeniable connection with her audience, she empowers individuals to take charge of their wellness journey like never before. Her secret sauce? A blend of humor and compassion that resonates with all, inspiring action both physically and mentally.

Lisa's impact transcends industries. From Health and Safety Conferences to Staff Retreats and beyond, she's the go-to guru for fostering healthier workplace cultures.

"Being healthy and safe doesn't have to be that complicated." With Lisa leading the charge, wellness becomes not just a goal, but a thrilling journey for all who dare to join her.



MAKING WELLNESS A PRIORITY
THE #1 MUST-READ
BOOK OF 2024

AVAILABLE ON



SIGNATURE KEYNOTES

Making Wellness a Priority™

Embark on a transformative wellness journey with Lisa's flagship presentation, Making Wellness a Priority™. As a seasoned expert in mental health, wellness, and fitness, Lisa guides attendees through prioritizing well-being, drawing from her newly published book of the same title.

This session delves into the importance of setting wellness as a top priority, exploring the three main pillars of wellness. Attendees gain strategies for overcoming barriers hindering their wellness journey and learn to navigate the Stops and Starts of Making Wellness a Priority™.

Fail Fast & Pivot

Embark on a transformative journey exploring the profound connection between "Fail Fast & Pivot" and the daunting Fear of Failure—a force that can hinder success and resilience.

In this session, delve into the captivating realm of the Abilene Paradox, where familiar routines can impede growth and fresh prospects. Gain invaluable knowledge on embracing failure and executing swift, strategic pivots.

Learn the art of failing fast and see setbacks as opportunities for growth. Discover how strategic pivoting ensures agility in uncertainty, equipping participants with practical tools to identify and execute changes in direction with precision.

Thriving After Turmoil

In "Thriving After Turmoil: Mastering Resilience in a Post-Pandemic World," Lisa shares practical skills for fortifying mental well-being in uncertain times. Participants learn to adapt to change, embrace flexibility, and manage stress effectively.

With a focus on emotional intelligence, individuals navigate complex emotions with grace. The session emphasizes the importance of social connections, encouraging participants to build a supportive community for collective resilience.

Emotional Balance & Inclusion

"Emotional Balance & Inclusion" focuses on vital leadership skills for fostering resilience and inclusivity in the workplace. Leaders learn to navigate negative situations with composure, setting a positive example for their teams.

This session provides practical strategies for developing and maintaining emotional equilibrium, ensuring a healthier response to challenges. Emphasizing the connection between emotional balance and inclusion, leaders create a culture of trust and mutual respect, valuing diverse perspectives and fostering an environment where everyone feels heard and appreciated.

Formats:

Can be delivered as a keynote or as a workshop, customized. Either virtual or in-person.



TESTIMONIALS

“ Lisa always has a powerful message and is able to deliver it in an engaging and entertaining manner. I’ve often watched her lead the show at conferences and events and she has a contagious energy that allows her to influence and motivate her audience every time.”

S. Tomchick • President & Founder of Plan A Long Term Care Staffing & Recruitment

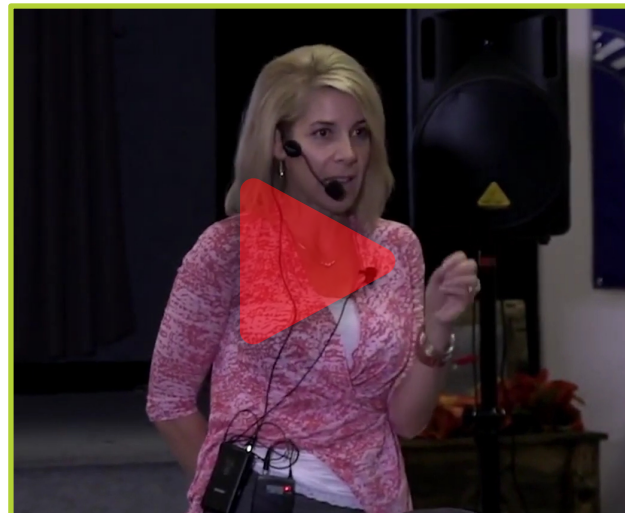
“ Lisa is a very dynamic and energetic person, who consistently delivers high quality workshops and keynotes. Her sessions are always standing room only, and every person who attends her talks always makes a point of telling me how excellent she was! She is very professional and knowledgeable, with an excellent work ethic.”

S. Buscarini • Event Planner







“ I have seen Lisa work with challenging groups. She had them laughing, engaged, and most important: learning. She is passionate about safety, health & wellness and it shows in everything she does.”

P. Hulschilt • Professional Speaker

WATCH LISA IN ACTION



CONNECT

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