

**KEYNOTE SPEAKER**

# LISA LOUNSBURY

**“ENGAGING  
AND PASSIONATE”**

**“ALWAYS HAS  
A POWERFUL  
MESSAGE”**

**“HAD US  
LAUGHING  
AND LEARNING”**

 **new day wellness™**  
Bringing Health to Health & Safety™



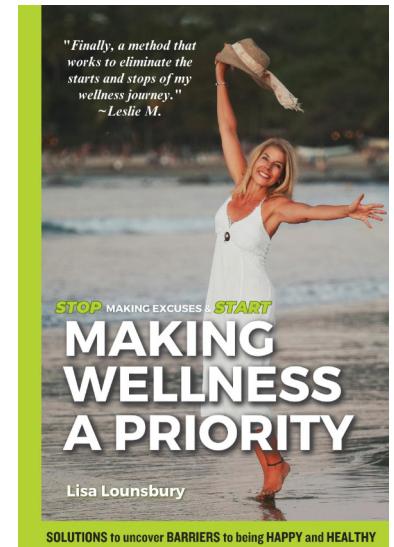
## ABOUT LISA

## YOUR RESILIENCE AND WELL-BEING EXPERT

Meet Lisa Lounsbury, a global well-being educator, podcast host of *Your Wellness*, and the powerhouse behind New Day Wellness Inc., with over 30 years of expertise in health, wellness, and workplace safety. As an international speaker, author, and certified Wellness, Lifestyle & Menopause Coach and mental health facilitator, her mission is clear: ***Bring Health to Health and Safety*** and inspire individuals to ***Make Wellness a Priority***.

Lisa's high-energy keynotes/sessions aren't just talks—they're transformative experiences that empower professionals to take charge of their well-being. With humor, compassion, and real-world strategies, she strengthens resilience, fosters safer workplace cultures, and drives lasting change.

Having impacted thousands worldwide, Lisa reminds everyone that "being healthy doesn't have to be complicated." She has successfully influenced corporate culture and workplace safety for most industries, empowering employees to prioritize their well-being with passion and purpose.



MAKING WELLNESS A PRIORITY

THE #1 MUST-READ  
BOOK OF 2025

AVAILABLE ON

amazon

## SIGNATURE TALK

**Resilience in Action: Elevating Productivity, Safety and Well-Being**

*Have you ever struggled to balance your own well-being while ensuring you have the capacity to support your team?*

*Are you noticing shifts in your aging workforce's capabilities and needs and concerned about their health and safety?*

Join Lisa Lounsbury for a dynamic keynote /session on thriving in today's demanding workplace. Drawing from her 350-mile solo trek along The Camino de Santiago, Lisa shares powerful lessons on resilience, mindfulness, safety and embracing change to make well-being a foundation for success.

She introduces insights from her book, *Making Wellness a Priority*, addressing the challenges of an aging workforce and breaking the stigma around life transitions like menopause and andropause (men's menopause). Through actionable strategies, Lisa demonstrates how prioritizing mental and physical health strengthens resilience, workplace connections, and long-term success.

**Key Takeways:**

1. Resilience for Productivity & Safety: Learn how prioritizing mental and physical well-being strengthens adaptability, enhances workplace safety, and fuels long-term success.
2. Supporting an Aging Workforce: Discover strategies to engage and retain experienced employees by addressing their evolving needs and breaking the stigma around life transitions like menopause and andropause.
3. Wellness-Driven Productivity: Explore how a proactive wellness culture boosts morale, engagement, and efficiency, driving both individual and organizational performance.



### 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/CEO - Plan A

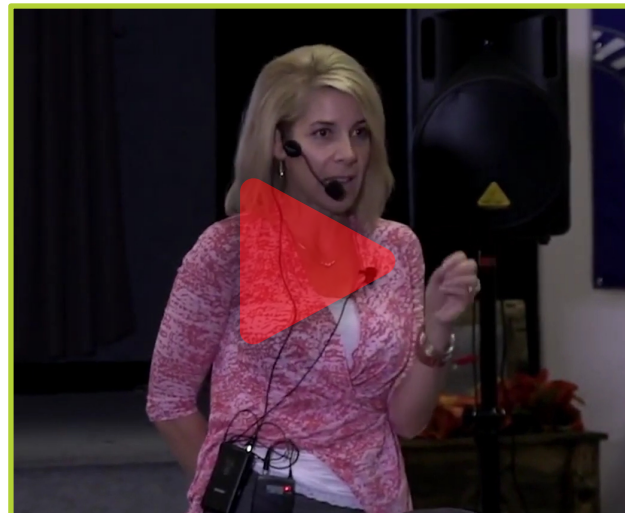
“ Lisa is a very dynamic and energetic person, who consistently delivers high quality workshops and keynotes. Her sessions are always standing room only, and every person who attends her talks always makes a point of telling me how excellent she was! She is very professional and knowledgeable, with an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

**S. Buscarini** Health & Safety 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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