



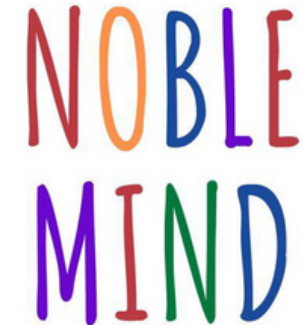
Lisa Lackey



MEDIA KIT

Lisa Lacky is a dynamic, thought-provoking, and deeply engaging speaker. She crafts an immersive experience that not only propels change but provides an action plan. Every speech is tailored to empower the audience with tangible steps for growth, ensuring momentum that lasts long after the applause ends.

Proudly Partnered With:



Your new norm: *success without stress!*



Signature Keynotes Include:



Imposter Syndrome & Code Switching - The Dual Shadows of Professionalism

Navigating the complexities of feeling out of place and adapting one's behavior to fit into different cultural and social contexts. This topic sheds light on the challenges many professionals, especially those from underrepresented groups, face in the workplace. By understanding and addressing these challenges, organizations can create more inclusive, authentic, and empowering environments.



Success Without Stress

This talk goes beyond the surface to explore causes & conditions that lead to stress and burnout. The audience is given bite-sized strategies that intertwine personal wellness with professional impact. Learn to harness emotional resilience, integrate mindfulness into decision-making, and cultivate a culture that celebrates well-being, while redefining success and turning well-being into your greatest asset for lasting impact where success is sustainable.



The Spirituality of Well-being

Exploring the deep-rooted connection between one's spiritual journey and overall well-being. This topic delves into the harmonious relationship between inner peace, spiritual practices, and mental and emotional wellness, illustrating how organizations can benefit from fostering a spiritually-inclusive environment.

“I strategically partner with businesses to reshape cultures and diminish burnout for high-impact women. I specialize in speaking, coaching, and consultancy, inspiring mental and emotional wellness. My own life experience also makes me uniquely qualified to speak to issues pertaining to high-performing, ambitious women of color in the workplace.”

Lisa