

Lisa Hammett  
*Lisa Hammett Success Coaching*



Lisa Hammett is a dynamic Transformational and TEDx speaker, an international best-selling author, a Certified Positive Intelligence PQ Coach, and a wellness expert, helping leaders and organizations in healthcare create work/life balance to increase productivity, profitability, and wellbeing.

With over 26 years of experience as a leader in the corporate retail industry, Lisa knows firsthand the toll that stress and burnout can take on individuals. After a transformative health and wellness journey, where she lost 65 pounds, Lisa decided to dedicate her life to helping others achieve their health and wellness objectives.

Lisa has positively impacted the lives of thousands of individuals, empowering them to make lasting changes.

Her first book, *From Burnout to Best Life. How to take charge of your health and happiness*, reached best seller status in 16 categories globally.

**LinkedIn:** <https://www.linkedin.com/in/lisahammett/>

**Company Website:** <http://www.lisahammett.com>

**Coaching Credentials:**

Certified Positive Intelligence PQ Coach

11 years as a Wellness Coach for Weight Watchers

2020 started Success Coaching practice

2021 completed an intensive coaching program with HPC - High Performing Coach

2023 received certification for Positive Intelligence

2022 published *From Burnout to Best Life*

**Areas of Expertise:**

Career Transition

Goal Achievement by Developing a Winner's Mindset

Health/Wellness and Weight Loss

Mental Fitness

Stress Management/Burnout Prevention

Work/Life Balance