

## Dr. Lisa Herbert

*Just The Right Balance LLC, Just The Right Balance LLC*



Dr. Lisa Herbert, MD, FAAFP, CPEC, has over 20 years of combined experience as a physician in primary care and serving as a healthcare leader. Her extensive experience led to a comprehensive understanding of the healthcare system from various perspectives, as well as a career that was dedicated to improving patient outcomes and advocating for accessible and quality healthcare services for all.

As the Founder and CEO of Just The Right Balance LLC, she now uses her diverse background and skills in her current role as a Certified Executive Leadership Coach where she navigates complex medical environments and works collaboratively with healthcare organizations to build and develop high-performing healthcare leaders.

Born and raised in Brooklyn, NY, Dr. Herbert earned her BA from Stonybrook University and her MD degree from Upstate Medical Center. She completed her coaching certification from the CaPP Institute and gained her advanced coaching certification from the ICF.

**LinkedIn:** [www.linkedin.com/in/drlisaherbert](http://www.linkedin.com/in/drlisaherbert)

### **Coaching Credentials:**

Certified Personal and Executive Coach Certification from CaPP Institute  
Associate Certified Coach from ICF  
Professional Certified Coach Level Training from the Academy of Creative Coaching  
9 Years of Coaching Experience  
DE&I in the Workplace Certification  
Emotional Intelligence Certification

### **Areas of Expertise:**

Career Exploration  
Diversity, Equity, Inclusion, and Belonging  
Emotional Intelligence  
Family Medicine  
Leadership Effectiveness  
Navigation of Workplace Relationships  
Positive Psychology  
Teaching  
Work/Life Balance