



LISA A. PÉREZ

VITAL TRANSFORMATIONS

Work, live and be well.

Leadership & wellbeing executive coach

Lisa A. Pérez, M.A., ACC, NBC-HWC, is highly successful transformational leadership and well-being coach. Lisa works with motivated individuals to reach their best-self by developing their leadership presence and capacity...rich with meaning and purpose, in and out of work.

Leadership Coaching



Coaching is a personalized resource that helps you step into your best self, both personally and professionally.

It is most effective for individuals who are motivated to partner with their coach in pursuing personal success and achieving a balanced, authentic lifestyle in both their personal and professional spheres.

Workshops



These dynamic workshops are designed to be fun, focused, and filled with participant interaction that will engage and inspire individual groups and teams to transform into their best selves to work, live and be well.

- **The Power of ANTS®**
- **Social and Emotional Intelligence**
- **Dynamics of Conflict Management**
- **Lead Well by Design®**

Assessments



Assessments are a great tool for anyone who wants to up their professional development. We must acknowledge our strengths and weaknesses before growth.

- **Social and Emotional Intelligence**
- **Wellness Inventory**
- **Conflict Dynamics**
- **Work Behavior Inventory**
- **Stress Mastery**



"Lisa has also taught me valuable techniques in communicating with the staff. Discussing issues with them in the past seemed to be more of an argument. I would get frustrated and nothing seemed to get accomplished. Now I can use her techniques and I feel that my demeanor remains more neutral."

SAN CARLOS APACHE HEALTH CARE - STAFF MEMBER



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What is Coaching?

Work, Live, and Be-Well

Coaching works with individuals who are "motivated" to work with their coach to step into their success toward living a balanced and authentic personal and professional lifestyle. *Is coaching for you?*

- Are you at the top of your game and want to stay there? (*Maintenance*)
- Do you aspire to be at the top of your game and want to get there as fast as you can? (*Growth*)

Coaching combines the best aspects of leadership and management, psychology, communication, interpersonal skills, mindfulness and well-being, business strategy, and organizational development. Coaching allows individuals to reach goals while improving their daily life.

There are three main reasons why coaching works:

Collaboration

Through teamwork in the form of a partnership, the client and coach can accomplish more than any one person alone.

Foundation

With the right foundation, clients can take on greater projects more often, using suggestions and a direct plan of action from the coach.

Knowledge

Through the expert knowledge of a coach, clients can learn to set goals, make better decisions, and restructure their life towards absolute proficiency.

What Does a Coach Do?

Coaches possess the skills and expertise to advise, support, and motivate their clients. They assist clients in:

- Making sound decisions
- Taking effective actions
- Efficiently resolving challenges
- Learning from the process to replicate success in the future

A key strength of a coach is their ability to stay objective and detached from the issues at hand.

As Albert Einstein wisely said, *"We cannot solve our problems with the same thinking we used when we created them."*

What to Expect from a Coach

Visionary	A coach helps you envision your desired outcome
Strategist	A coach helps you map out a plan to reach your goals
Partner	A coach helps you reach the desired goal
Trainer	A coach teaches you the skills & techniques to address concerns
Resource	A coach provides resources to ensure your success
Listener	A coach listens
Motivator	A coach inspires
Supporter	A coach provides support in difficult times
Advisor	A coach offers advice to help you grow
Guide	A coach helps you get and stay on track
Helper	A coach assists you with difficult assignments
Assertive	A coach is direct when needed
Accountability	A coach helps you reach your goals by checking in regularly

For more information, visit www.LisaAPerez.com or

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