



# Lisa A. Pérez, M.A., PCC, NBC-HWC

## Leadership & Well-Being Executive Coach

***Transforming leaders through purposeful mindset and whole-person well-being.***

Lisa A. Pérez is a transformational leadership and well-being coach who partners with individuals and organizations to strengthen self-awareness, communication, and leadership capacity. Her approach integrates emotional intelligence, mindset development, and whole-person well-being to help leaders think, lead, and live with clarity and purpose.

### Leadership Coaching



Coaching provides a trusted partnership designed to help leaders gain clarity, enhance their presence, and strengthen the mindset and habits needed to lead authentically and effectively.

#### Key Outcomes

- Strengthened self-awareness
- Clearer decision-making
- Confidence and purpose-driven actions

### Workshops



Dynamic, interactive workshops that engage teams in developing stronger communication, emotional intelligence, and leadership mindsets.

#### Programs

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

### Assessments



Targeted tools that support leadership development, emotional intelligence, and self-awareness necessary for growth.

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



*"Lisa taught me valuable communication techniques. What used to feel like conflict now feels like progress. Her coaching transformed how I lead conversations and stay grounded."*

**SAN CARLOS APACHE HEALTH CARE - STAFF MEMBER**



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# What is Coaching?

Purpose | Mindset | Well-being | Leadership

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

Partnership that builds trust, awareness, and accountability.

## Foundation

A structured approach that supports growth, decision-making, and clarity.

## Knowledge

Tools and insights that help leaders think strategically and navigate challenges.

## What Does a Coach Do?

A coach helps you...

- Gain clarity on your desired outcomes
- Make effective decisions
- Take meaningful actions aligned with purpose
- Navigate challenges with confidence
- Learn skills you can apply repeatedly

Coaching blends evidence-based tools from leadership development, emotional intelligence, psychology, and professional well-being ... empowering leaders to grow from the inside out.

## What to Expect from a Coach

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

For more information, visit [www.LisaAPerez.com](http://www.LisaAPerez.com) or

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LISA A. PÉREZ

**VITAL TRANSFORMATIONS**

Work, live and be well.