



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



www.LisaAPerez.com

lisa@vitaltransformations.com



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

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