

LISA LEWTAN

WWW.LISALEWTAN.com

Press & Event Inquiries:

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Former tech company co-founder who crashed and burned now helps others live calm, healthy, and productive lives while managing stress and avoiding burnout.

**HEALTHY
LIFESTYLE
EXPERT**



ABOUT LISA

COACH & MENTOR
EVENT SPEAKER
LUNCH N' LEARN LEADER
WORKSHOP FACILITATOR
AUTHOR & PODCAST HOST

SAMPLE TOPICS:

- Healthy Hacks To Avoid Burnout
- 5 Tiny Tools To Manage Stress
- Effective Work/Life Blending
- Mindfulness Vs. Multi-Tasking
- Health Strategies for the Virtual Worker

BIO

Lisa Lewtan is a Healthy Lifestyle Expert and the author of the award-winning book **Busy, Stressed, and Food Obsessed!** She teaches Type-A professionals how to slow down, de-stress, develop a healthier lifestyle, get clarity, and set strategies for success in both work and life. She is a frequent contributor to numerous publications, podcasts, and summits.

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- Boston Area
- Travel Worldwide
- Video

"Everyone couldn't stop talking about the session – how much they enjoyed it and how much value they got out of it." - Converse

"Lisa was PHENOMINAL! She is a grounded, authentic role model who showed us positive ways to better our lives" - Kripalu Workshop Participant

