

SIMPLE STRATEGIES, IMPACTIVE RESULTS



LISA CRILLEY MALLIS

A certified coach, author, and speaker, Lisa works with focused business owners who are working hard to succeed and still want to achieve more.

For more than 16 years, she has provided customized, real solutions to everyday challenges allowing her clients to accomplish more in less time, while still enjoying their lives. Lisa delivers motivating keynote speeches, leads dynamic and engaging workshops, and creates results oriented coaching programs.

Lisa lives in Chagrin Falls, Ohio with her husband Lou and his dog, Neuton. She loves chocolate, the beach, and country music.

SCHEDULE NOW

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DELEGATE LIKE A PRO

You are focused, successful and high achieving. You accomplish most of your to-do list each day. Yet, the “big success” is a little out of reach. Upgrade your capacity building strategies to feel accomplished each day.

Participants will learn:

- A paint-by-numbers system to delegate effectively even if you believe you have “no one to delegate to.”
- How to unlock the secret key to upgrading your to-do list mastery by asking two simple questions.
- A simple process to overcome the biggest delegating struggle “by the time I teach someone to do this, I could have just done it myself.”

SAY NO (AND REGAIN CONTROL OF YOUR CALENDAR)

You find yourself saying “yes” to everyone else, and your own goals are getting lost in the shuffle. You are frustrated that YOUR to do’s keep getting pushed aside, keeping you from accomplishing YOUR goals. Your plate is full, because, let’s face it, busy people get things done! Yet, you are beginning to feel the pull.

Participants will:

- Learn the red flags that lead to being overcommitted and create a plan to upgrade your results.
- Develop a simple, easy-to-implement 3 step plan to set and keep boundaries.
- Create a personalized plan to say NO without feeling guilty.

SIX STRATEGIES TO WORK LESS AND ACHIEVE MORE

You want to achieve more with less effort and without giving up your nights and weekends. You know you aren’t maximizing your efforts each day. In fact, you’d love to eliminate the guilt of not having enough time, rushing to get things done, and spending time with family when you feel you need to be working.

Participants will:

- Learn the new definition of productivity and understand why it matters.
- Understand how to increase your focus without using “discipline.”
- Master my No. 1 procrastination busting technique.



RECENT PRESENTATIONS

- ICF (International Coach Federation) Los Angeles Chapter
- NAWBO (National Association of Women Business Owners)
- Chesterland Innovation Center
- Red Key Network
- LGAAR (Lake and Geauga Area Association of Realtors)
- Public Relations Society of America — Akron Area Chapter
- Greater Akron Chamber of Commerce KNOW (Knowledgeable Network of Women)
- Pink Petro TV
- Fostering Entrepreneurial Business Education- Lorain Community College
- Ohio Means Jobs — Geauga County
- Cleveland Metropolitan Bar Association Women In Law
- NAPO (National Association of Professional Organizers) Virtual Chapter
- Dress for Success — Cleveland
- Kent State University — Geauga Campus
- Destination Geauga Annual Meeting

WHAT CLIENTS ARE SAYING



"Lisa helped us understand how to recognize our own specific needs and tweak our strategies. Now I can maintain my energy, focus and most importantly, reach my big goals."

LIZ

Owner, Rad Graphics, Inc.



"Lisa's methods have enabled me to find more time in my schedule, get much more organized, and get into a mode of proactively working vs. reactively working."

MEGAN

Managing Partner, ODA Strategy