

LISA A. SMITH, MBA

SPEAKER - COACH - FOUNDER

The absence of disease is not the presence of health

BIO



Lisa A. Smith is a serial entrepreneur, health and wellness subject matter expert, nutritionist and professional speaker. She holds a bachelor's degree in psychology and a masters in business administration. She is also certified in plant based nutrition and is the executive director of the Plant Based Nutrition Support Group. She is the creator of the nutrition course P.H.A.R.M. TO TABLE, and author and creator of The Plant Based Foodie recipe book and brand. Lisa founded The Black Health Academy in 2017 and Professionally Fit in 2015. She is a highly sought after coach, facilitator and speaker who epitomizes what it means to be Professionally Fit!

"In everything you do, whether you're an entrepreneur, executive, emerging professional or student your health is 100% critical to your success and plays just as big a role in your success as your knowledge, skills, abilities, network and resources. Therefore it deserves (and has earned) a rightful seat at the table. Be sure to treat it as such." -Lisa A. Smith, Professionally Fit Founder

SIGNATURE TOPICS

C.H.A.N.C.E. WEIGHTLOSS FORMULA

Obesity is a gateway disease and is often the beginning stages of countless lifestyle diseases. In this workshop Lisa shares her 6 step formula for successfully losing and keeping off excess weight.

Get Planted! An Introduction to a Plant Based Lifestyle

Nutrition is the cornerstone of health and often the number one cause or prevention of chronic disease. In this workshop Lisa teaches the foundation of a whole food plant based lifestyle and its benefits.



RECENT MEDIA

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Live at SpeakerCon 2019

Live on the Lois Banks Show

Live on WMKM Detroit

Brand Collection:



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TESTIMONIALS

"It has been great learning from you and communicating with you. I have thoroughly enjoyed you every time you have come to present at the Entrepreneur Series. Your energy is dynamic and authentic and I absolutely love it! The first time I heard you speak, I said I need to find a way to incorporate her into my business plan!"

-Former Student, University of Phoenix E-Series



"Thank you so much for the wisdom and health habits that you are imparting to us as followers and for those who as yet know not. You have created a genuine game changer that is going to have a positive impact on so many lives!"

-L. Manigault, founder of ChildMinders

"My heart is beating so hard now I can hear it. I am absolutely delighted that you came today. Lisa, you had a strong impact on the people that were here today! I myself am going to make some changes at Merci as I totally believe and trust all you said. It has given me the kick to be more confident with myself and my project!"

-T. Marie, Founder of Merci Cafe

STATS

Speaking Gigs 2018: 66

Scheduled for 2019: 85+



2.5k+



1.3k+



11.5k+



<http://bit.ly/2RChTz2>



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SOCIAL MEDIA

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