



Lisa Buell, ACC

Lisa Buell champions the emergence of greatness. She guides her clients in navigating the personal change that elicits that greatness within a global and evolutionary perspective. She is dedicated to guiding people into the awareness of their full capacities, far beyond the thinking mind - to the power, energy and joy that awareness brings. Lisa's techniques are grounded in her own personal experience - a life-altering illness which necessitated a shift from more traditional ways of achieving goals into the multiple ways of knowing and creating that are available to all of us - and in her 12+ years of witnessing transformation in her clients.

Lisa coaches clients to master the skills of energy management, emotional intelligence and self-knowledge. The foundation for this work lies in the fundamental belief that we all have greatness at our core, we all have a desire to succeed and to contribute, and reaching full potential is often simply a matter of removing blocks to the expression of that greatness.

Recognizing that we are whole beings, and that the route to realized potential is different for each of us, she employs a variety of tools and offers programs to complement and deepen the coaching experience and bring about sustainable change.

- Energy management
- Transformational movement
- Expressive arts
- Nature-based learning



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Lisa Buell has been a life and business coach for 12+ years. She has worked with professionals from high tech to hospitality, in clearing the way to reach personal and professional goals. She is certified in and facilitates several "embodiment" practices that allow people direct ways to explore, unlock and express their full potential in the world:

- *JourneyDance™*: transformational movement
- *Painting from the Source™*: intuitive process painting
- *Soul Quests*: nature-based learning programs based on the elements of the Vision Quest

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