



## LISA DRUXMAN

FOUNDER OF FIT4MOM®

Lisa Druxman is the founder of FIT4MOM, the nation’s leading company for pre and postnatal health, wellness, and fitness programs for every stage of motherhood. FIT4MOM has created business opportunities for moms nationwide, with more than 300 franchisees and 1,000 locations across the U.S. In addition to leading her team at FIT4MOM, Lisa is an awarded author, speaker and podcaster. She recently wrote *The Empowered Mama*, which offers practical tools to help women live their best lives.

### AS SEEN ON



## FEATURED TESTIMONIALS

“There’s energy and then there’s energy with passion! Lisa Druxman engages audiences with a passion that is contagious. Lisa is informative, motivating and charismatic in delivering a presentation that hits it out of the ballpark.”

**Maria Bailey, Host of Mom Talk Radio**

“Lisa Druxman brings a unique blend of strength and vulnerability to her talks.

Whether speaking to 500 CEOs or 1,000 moms, Lisa understands how to connect, challenge, and inspire her audience. With a true gift for storytelling and a powerful message that resonates with diverse audiences,

Lisa is a fantastic addition to any program.”

**Steve Dobbins, SVP of Member Engagement Vistage**

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## SPEAKING TOPICS

### EMPOWERED LIVING

The definition of empower is to make (someone) stronger and more confident, especially in controlling their life and claiming their rights. Lisa will inspire and motivate the audience to reclaim their time, their health and themselves. She teaches people to live on purpose and how to focus on what’s most important in life. She shares the mistakes she made when she realized she was out of alignment with her values. She re-designed her life and her business to live a life she loves to live.

### DAYDREAMS TO DESTINY

Lisa Druxman shares her personal story as a child with ADD who lived in a life of daydreams. A life changing event inspired her to change her destiny, turning her can’ts into can’s, and her dreams into plans.

Lisa shares how her challenge as a new mom turned into a multi million dollar business opportunity. She takes you on a journey through the trials and tribulations of growing one of America’s fastest growing franchises. The audience feels inspired to overcome obstacles and to step into personal strengths.

### HOLD YOUR OWN WELL BEING SACRED

In order to be a great leader, a great parent, you need to lead yourself. We are always told to put our oxygen mask on first. But most people just don’t know how to do it; especially if they are busy with work and family. Lisa shares practical and purposeful strategies for how to take care of your own well being while thriving in your business and family.

### CREATING A FEMINE GROWTH CULTURE

Across the world, more women are working than ever. Unfortunately, social arrangements have not kept up with the change. This talk will inspire workplaces on how to create a culture that thrives because of women’s strengths and will inspire women how to set up their family structure to save their sanity and increase success.

