

Lisa Kelly
President and Founder,
Kelly Wellness Consulting Inc.
Workplace Wellness Centre of Excellence



Lisa Kelly, President and Founder, [Kelly Wellness Consulting Inc.](#) and the [Workplace Wellness Centre of Excellence](#) is a global Workplace Wellness consultant, trainer, and coach with a passion for creating results-driven client and workplace wellness programs/solutions that optimize personal well-being and organizational performance.

She holds a Master's Degree in Adult Education, a Bachelor of Commerce Degree, a Diploma in Natural Nutrition, a Personal Training certification, and other credentials.

Lisa has been creating healthy changes in both the workplace and with personal clients for over 25 years through: workplace wellness consulting; corporate strategic planning; employee training and development; and coaching in career/life skills, personal wellness, nutrition, and fitness.

She has carefully honed her business and wellness skill sets through independently owned wellness consultancies, and employment with Aliant Inc. (Bell Canada subsidiary), the Government of Alberta, Memorial University, Proact Management Resources, and the YMCA Job Centre, etc.

She is a passionate volunteer in developing healthy communities as a wellness presenter/trainer and with Aimcrier Toastmasters.

With the support of her WWCOE Associates and Certified Master Ambassadors, Lisa founded, and currently facilitates, 5 global **Workplace Wellness Certification Programs** (listed below), and an **Executive Wellness Leadership Program**.

- Certified Workplace Wellness Ambassador (Level 1)
- Certified Master Workplace Wellness Ambassador (Level 2)
- “Focus on Healthy Eating” Certified Facilitator
- Certified Executive Wellness Coach
- “Executive Wellness Leadership Program” Certified Facilitator

In addition to Lisa’s post-secondary training, her professional development and affiliations include:

- Certified Executive Coach, Center for Executive Coaching
- Certified Intrinsic Coach, Intrinsic Solutions International
- Certified Professional Coach, Wainwright Global Inc.
- Certified Corporate Health and Wellness Specialist, Corporate Health and Wellness Association
- Certified Holistic Nutrition Consultant, Natural Nutrition Diploma, CSNN
- Personal Trainer Specialist, Canfit Pro Certification
- Yoga Teacher Training, Level 1
- Advanced Symptomatology Certificate, CSNN
- Competent Leader and Competent Communicator designations, Toastmasters Int.
- VP of Education, Aimcrier Toastmasters (2013-14)
- Orthopedic Body Talk Evaluation, Level 1, Therapeutic Systems Inc
- Certified Professional Cancer Coach, PCCI Inc
- Base Allergy Therapy Specialist
- Emotional Freedom Technique (EFT) Practitioner, Gary Craig
- Innerpower Certificate of Completion, Eden Energy Medicine
- Touch for Health Practitioner, Levels 1 to 4
- “7 Habits of Highly Effective People” Certified Facilitator, Franklin Covey of Canada
- Consulting Skills for Professionals, Consulting Alliance
- Certified Coaching Facilitator, Center for Management and Organizational Effectiveness
- Certified Facilitator of Lominger Career Architect and Organizational Architect
- Supervisory Skills Management Program, Memorial University Center for Management