

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 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 and a Personal Training certification and more.

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 opportunities 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 as VP of Education 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 Corporate Health and Wellness Specialist, Corporate Health and Wellness Association
- Faculty, Well Workplace University, Wellness Council of America (Welcoa)
- Certified Holistic Nutrition Consultant, Natural Nutrition Diploma, CSNN
- Advanced Symptomatology Certificate, CSNN
- Certified Intrinsic Coach, Intrinsic Solutions International
- Certified Professional Coach, Wainwright Global Inc.
- Certified Smoking Cessation Facilitator, Quit Smart Stop Smoking Program
- VP of Education, Aimcrier Toastmasters
- 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
- Yoga Teacher Training, Level 1
- Nutrition, Wellness and Personal Trainer Specialist, Canfit Pro Certifications
- “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