



Lisa Williams, MSSA, ACC

Lisa Williams is a certified coach, leadership consultant, facilitator, and speaker who helps individuals, teams, and organizations unleash their potential by gaining alignment and leading from within.

Lisa is the founder of Lisa Williams Coaching + Consulting and the co-founder of the High Impact Leadership Project. She holds an Associate Certified Coach credential through the International Coaching Federation and she completed her coach training through the College of Executive Coaching. Lisa received her Master of Social Science Administration degree from Case Western Reserve University.

In addition to her roles as a coach and consultant, Lisa is an Associate Professor at the University of Kentucky College of Health Sciences and teaches in both the Clinical Leadership Management and Human Health Sciences programs and she serves as an Emotional Intelligence advisor in the Physician Assistant Program. Lisa has served in leadership roles for a variety of organizations and is the former Executive Director of the University of Kentucky Institute for Workplace Innovation.

Lisa has had her own journey with building balance. After depleting her personal energy reserves and finding herself in poor health and chronically exhausted, she started saying yes to herself, setting boundaries, and rewrote her definition of perfectionism. She began focusing on what matters most and implemented her personal sustainability plan. Now that she has successfully shifted out of burnout and overwhelm overdrive, she is on a mission to help others create and maintain balance.