



Lisa Thompson

KEYNOTE SPEAKER | CONFIDENCE & SELF-LOVE EXPERT | CEO

About Lisa

Lisa Thompson is the CEO and Founder of the non-profit Self Love Beauty, the co-founder of Oh, Infinite Love and the host of the popular podcast "The Confident Girl".

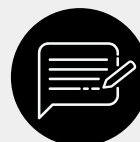
She is also an established keynote speaker, confidence and self-love workshop leader and social impact consultant. She was named the top 3 nominees for the 2020 Rising Star, was the 2019 Inspiring Female Entrepreneur Award and was named the 2019 Greatest of the Great Lakes Bay Life Coach. Lisa has a Bachelors in Arts in Communications and Public Relations from Michigan State University and is certified in Social Impact Strategy from the University of Pennsylvania. She is also currently receiving her positive psychology and creating well-being certification. Thompson is a certified fitness instructor and has more than seven years of experience in Corporate Communications.

She holds positions on multiple boards such as the chair of the Great Lakes Bay Mental Health Partnership's Youth Committee, and the Public Relations lead for two nonprofits: Mid-Michigan Eating Disorder Recovery Alliance and Reach Out LaFond.

Statistics



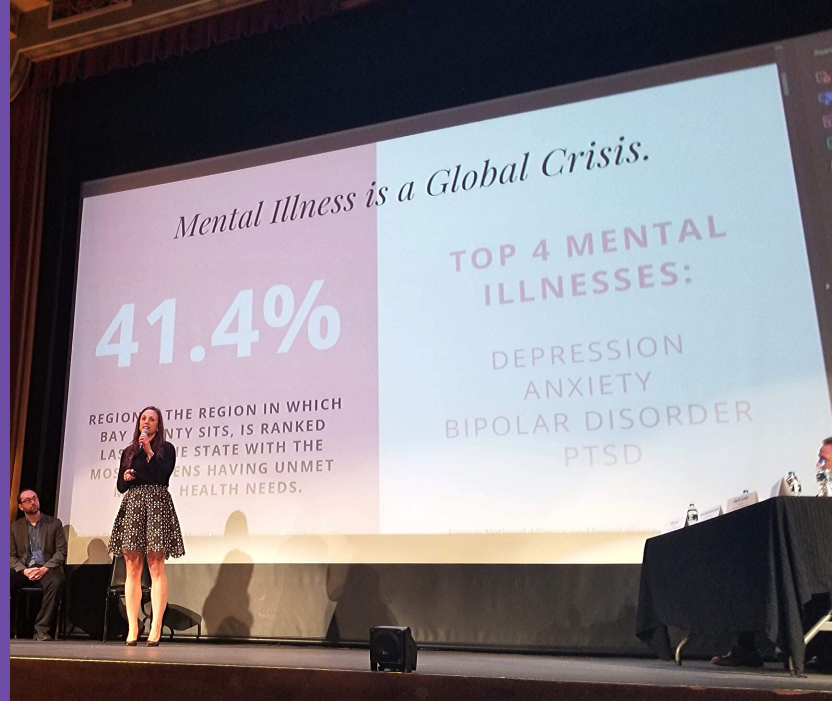
14K monthly



6K monthly

Credentials

- Bachelors in Communication & Public Relations from Michigan State University
- Social Impact Strategy Certification from the University of Pennsylvania
- Certification in Positive Psychology and Creating well-being
- Certified Fitness Instructor
- Started own blog, non-profit and co-founded a company
- Nationally published blogger
- Seven years of experience in Corporate Communication for a Fortune 50 company
- Co-Curriculum Builder for YWCA Empowerment camps



Recognized

- Oversees the #9 ranked self-love blog in the U.S.
- 2016 Saginaw Leadership Graduate
- 2018 Dow Leadership Academy Graduate
- 2019 Inspiring Female Entrepreneur Award
- 2019 Greatest of the Great Lakes Bay Life Coach
- 2019 Women Michigan Forward Pitch Competition Award Winner
- 2019 Pitch a Dream 3rd place winner
- 2020 top 3 Rising Star Nominee

Featured Nationally:

- Elite Daily
- Thought Catalog
- She's Fit to Lead
- Odyssey Online
- Self-Love Formula
- Women2Women Magazine
- Spartan & CMU Magazines
- News: Mlive, Wnem5, ABC12 and more



Volunteerism

- Reach Out LaFond in Haiti: Marketing Chair
- Great Lakes Bay Mental Health - Youth: Chair
- Mid-Michigan Eating Disorder Recovery Alliance: Public Relations Chair
- Past Freeland SportsZone: Executive board member
- Past YWCA: Empowerment committee chair
- Past Dow: North America United Way Chair
- Big sister for Big Brothers, Big Sisters



Testimonial

"I was fortunate enough to meet Lisa Thompson, The Creator of Self Love Beauty and then attend one of her workshops on "Limiting Beliefs". I loved the way she made everyone feel safe with being vulnerable and and left us with a tangible takeaway. I was so impressed, I hired her to put on workshops for my network in the Detroit, Ann Arbor and Plymouth, MI area." - Kelly Hartman, CEO of Boss Ladies Referrals Crew

Contact Details

Website

www.selflovebeauty.com

Email

lisathompson@selflovebeauty.com

Podcast

soundcloud.com/theconfidentgirlpodcast

Social Media

[linkedin.com/in/lisathompson032](https://www.linkedin.com/in/lisathompson032)

[@lisathompson032](https://www.instagram.com/lisathompson032)

[@selflovebeauty](https://www.instagram.com/selflovebeauty)

[@ohinfinitelove](https://www.instagram.com/ohinfinitelove)

