



LAST
EIGHT
PERCENT



LISA GARBER

IHHP COACH

LISA'S DESIGNATIONS

**Professional Certified Coach,
Certified Professional Co-Active Coach (CPCC)**

Lisa Garber has been working as a full-time coach for more than 20 years, after transitioning into the coaching industry from her previous career as a psychotherapist in 1997. As an integral and long-term member of the IHHP coaching team, Lisa has been working with all organizational levels, from individual contributor to CEO.

With her clients, she focuses on demonstrating Emotional Intelligence in all areas of life and all relationships, knowing that being effective at work depends on relationships going well.

Lisa holds a Masters Degree in Counselling Psychology and is a Certified Professional Co-Active Coach (CPCC).

As one of the first certified coaches in Canada, she has been passionate about building relationships with her clients - in her opinion, the best part of her job - and loves witnessing them having "aha" moments that influence the rest of their lives. Lisa has found her life's purpose in helping people grow and feel better.

LISA'S CLIENT ROSTER



GREENFIELD
GLOBAL



UnitedHealth Group



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Outside of her work as an IHHP coach, Lisa dedicates her time to a **Life Coaching Certification Program she co-founded and co-leads**. She is passionate not only about helping people live better, more fulfilling lives, but then also training them to help others.

Lisa's favorite quote is from Dr. Howard Thurman: "**Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that. Because what the world needs is people who have come alive.**"

WHAT LISA'S CLIENTS SAY

Superb coaching direction.

Excellent resources offered. She really helped and encouraged me and provided valuable insights. Our conversation was transparent and genuine. I told my story, and she was extremely professional. Provided me with recommendations and guidance on how I can have a better conversation.

Lisa is **supportive, enthusiastic, and a great listener**. She relates the contents of our discussions seamlessly with the concepts covered in the EI course which are helping ensure a solid understanding.

Lisa was very kind and a great listener. She brought different perspectives and provided validation when needed. She was **very engaged and thoughtful**, and took my specific situations into consideration.

