

About the Coach
Lisa Burbach
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My name is Lisa Burbach and one of my passions is helping people care for, love, and accept themselves. I enjoy helping people learn that wellness is holistic; includes mind, body, and soul, and how to be mindful of our whole being. I have been a student of health and fitness for over 20 years. My studies leave me awed by our amazing bodies. I believe that we often know the right things to do, but get stuck in our thoughts. It gives me great pleasure to walk with people and help them move from thoughts and ideas in to action and realize their goals and dreams. I help clients overcome barriers to their wellness goals, learn mindfulness, implement plans, and develop new habits as well as learn to think more positively. We partner together to develop self-care skills that will allow the client to continue successful wellness habits long after our client-coach relationship has ended.

I am involved in my church and am a speaker and teacher. Topics I teach on include self acceptance, parenting, marriage and relationships, and wellness; body, soul, and spirit as well as biblical studies. My husband and I enjoy and participate in several hobbies together. We especially enjoy hiking, photography, and making greeting cards together. My other hobbies include aromatherapy, watercolor, and cooking. I love to make decadent tasting meals that are secretly healthier for you.

I have been trained by Aromahead Institute in using Aromatherapy for Natural Living and in blending and creating body care products. I also mentor individuals and businesses in the area of time management and organization and I am a Certified Health Coach through the Dr. Sears Wellness Institute.

Lisa Burbach
Certified Health Coach