Speaking Topics

Lisa Fox | Amber Waves Life Coaching

Draft list — titles and descriptions below are starting points pulled from Lisa's existing content and coaching focus. Edit freely to match the specific event or audience.

The Science of Getting Unstuck: Behavior Change That Actually Works

Drawing on 20+ years as a Board Certified Behavior Analyst, Lisa breaks down why people get stuck in old patterns and delivers evidence-based tools — not just motivation — for lasting change.

Closing the Gap: Designing a Life of Purpose, Resilience & Fulfillment

A practical framework for identifying the gap between the life you're living and the one you want, and taking meaningful, values-aligned action to close it.

Overcoming Limiting Beliefs and Reclaiming Your Potential

An honest look at the mindset patterns that keep capable people playing small, paired with tools to rebuild confidence and take ownership of what comes next.

Parenting and Autism Support: Practical Strategies, Real Resilience

Grounded in Lisa's licensed behavior-analysis background, this session offers parents and caregivers concrete strategies alongside encouragement for the emotional weight of the journey.

Leadership & Personal Accountability: Behavioral Science for Everyday Success

For corporate and organizational audiences — how behavioral science principles translate into stronger leadership, accountability, and team culture.

Work-Life Balance & Well-Being: Purpose-Driven Living

A guided look at aligning daily choices with deeper values, for audiences feeling stretched thin between competing priorities.

Formats available: keynote (30–60 min), workshop (60–180 min), breakout sessions, and virtual presentations via Zoom, Teams, or other platforms. Custom topics developed on request.

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