Lisa Jimenez M.Ed.

Best-Selling Author, Acclaimed Thought Leader,
and Business and Mindset Coach

Lisa Jimenez, M.Ed., known as Lisa J. to her global community, is a powerhouse in the world of business and mindset coaching. For over three decades, she has empowered her clients to break through hidden barriers and subconscious programming to improve their income and impact–all by elevating their mindset. With her coaching, Lisa's clients have started successful businesses, founded nonprofits, doubled sales revenue, secured lucrative promotions, and surpassed growth goals for existing projects. Whatever their dream, Lisa helps them get there.

As a four-time best-selling international author, Lisa J. has touched lives in multiple languages across the world. Her unique approach integrates her extensive background in psychology with her exploration of quantum physics. This combination has led to the creation of her groundbreaking *Mindset Reset Formula*™, a proven 5-step method that retrains the brain to dissolve obstacles and elevate your perspective, so you can achieve your goals with ease and live as your ideal self. Lisa's next book, ***"Quantum Shift: Change Your Life at the Speed of Thought,"*** debuts Spring of 2025.

Lisa J. is best known for her transformative *Mindset Reset Mastermind Retreats*. These immersive experiences are held in stunning, luxurious locations around the globe, providing participants with an unparalleled opportunity to dive deep into her *Mindset Reset Formula*™. Attendees leave these retreats feeling inspired, invigorated, and equipped to reinvent their businesses and lives.

Through her books, coaching, speaking events, and retreats, Lisa J. empowers people to reinvent themselves and create bold new futures. Whether you are seeking to transform your business, enhance your personal life, or rediscover your purpose, Lisa J.'s guidance can lead you to new heights.

Lisa J. lives on Balboa Island in Southern California, where she enjoys the simple pleasures of life–strolling on the beach, playing the ukulele, and hosting karaoke nights with her children, friends, and husband. She embodies the balance of personal fulfillment and professional success that she advocates for her clients.

Connect with Lisa J. and discover how you can elevate your mindset and achieve your goals with ease. For exclusive content and freebies, go to: LisaJCoaching.com
Follow her on Youtube and other social platforms: @LisaJCoaching