



Authenticity & Purpose



Lysa Allman-Baldwin

Speaker | Workshop Facilitator | Author



Book Lysa:

816.721.0238

Lysa@AuthenticityAndPurpose.com
www.AuthenticityAndPurpose.com



Lysa brings an authenticity that captures listeners and opens hearts. She connects with ease to her audience and her message.

Lysa Allman-Baldwin

Leadership Strategies that Promote Authentic and Purposeful Living

Signature Programs

Empowerment Based Leadership

- Learn how to identify negative patterns of thought that have been deeply rooted in your subconscious mind
- Transform your inner critic into an ally that supports authentic and intentional living
- Create a clear vision and new inner voice to help chart a new conscious path for the future

Revision Based Leadership

- Learn how to examine your old childhood stories in order to separate "fact from fiction"
- Shed the weight of unresolved sadness, blame, and unforgiveness
- Rewrite and reframe the meaning behind the previous experiences in order to more fully live in the present moment

Resilience Based Leadership

- Learn how to recognize past challenges as stepping stones toward greater resilience
- Appreciate your vulnerabilities as avenues for personal and professional growth
- Create new ways to share your truth in order to motivate and guide others toward their own greatness

Personal Based Leadership

- Tap into your own mental, emotional, physical, and spiritual rhythms and cycles
- Transform feelings of imbalance into steadfastness and informed direction
- Learn how to deepen your sense of wholeness



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Empowerment Based Leadership

This powerful, interactive, life-changing program is designed to light the fuse guaranteed to transform fear and limited thoughts into bold, authentic living action.

In this session, you will learn how to tap into your own distinctive voice to dispel "FEAR" (False Evidence Appearing Real) and harness the power behind it to support inspired personal and professional development.

Transform your own life, inspire family, friends, and peers, and/or empower large numbers of professionals in your field after participating in this enlightening presentation.



The power that Lysa brings to her workshops is very evident

Participants feel a strong personal connection with her as she shares her personal experience. Her honesty and truths empower those around her. It becomes a gift with grace and resolve to move forward.

After this program, you will be able to:

- Identify the root cause(s) of the fears that keep you living small
- Examine and reframe old fear stories through specific key questions
- Embrace the lessons and blessings hidden within your fear stories
- Utilize a new acronym for "FEAR" as a powerful, positive tool for empowered living like never before





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Revision Based Leadership

When it comes to our childhood, whether we say it was "good" or perhaps "bad," the interpretations we made about the events and situations during that time have a profound effect and play an integral role in how we navigate through life as adults.

This powerful, interactive, life-changing program is designed to help you discover how the subconscious beliefs through which we filter all of our life experiences often operate us from the shadows, instead of us operating them.

After this program, you will be able to:

- Tap into your subconscious to uncover the core issues and triggers that keep sabotaging you
- Acknowledge, listen to, and support your younger self from the perspective of your older, wiser self
- Step out into a new paradigm of greater personal and professional success from a place of empowerment and authenticity

A skilled presenter

Lysa brought an open, honest look at life as we evolve from childhood to adulthood, and her transparency allowed the workshop attendees to open up about their experiences, and begin to heal.





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Resilience Based Leadership

We all have a story - that collection of experiences we've had in our lives. Some are positive, while others leave a lot to be desired. But unfortunately, we often latch onto the challenging ones, making them the central narrative our subconscious mind uses to filter current and future events.

This powerful, interactive, super-charged program is designed to provide a blueprint for transforming any thoughts of low self-worth or inadequacy into bold, juicy actions that embrace openness and vulnerability as strengths.

After this program, you will be able to:

- Utilize the knowledge and wisdom gained from previous challenges or perceived "failures" as springboards into future success
- Transform old, fear-based, limiting stories into courageous and dynamic leadership skills
- Show others how to reinterpret "weaknesses" into incredible growth opportunities



A dynamic professional with a powerful, authentic message

Through courageously facing a bleak time in her own life, Lysa discovered the deep hope that inspires her audiences [and] she is proactively engaged in developing the rich potentiality in every experience.





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Personal Based Leadership

Life has both steady and unbalanced rhythm and cycles to it, ebbing and flowing throughout the year. And it's not just during the annual solstices. Once we learn how to recognize, honor, and embrace the cyclical changes we experience on a regular basis, we can more fully live and lead from a place of personal empowerment.

After this program, you will be able to:

- More fully embrace anticipated and unforeseen changes and circumstances with ease and grace
- Plant and cultivate personal and professional seeds of change
- Create your own unique rituals and traditions that support and encourage positive transformation into incredible growth opportunities



Encouraging personal growth

Lysa Allman-Baldwin offers a raw and relatable account of the ups and downs, highs and lows, ebbs and flows, yin and yang - of that living dynamic that so defines what it means to be human.



Lysa Allman-Baldwin

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Leadership Strategies that Promote Authentic and Purposeful Living

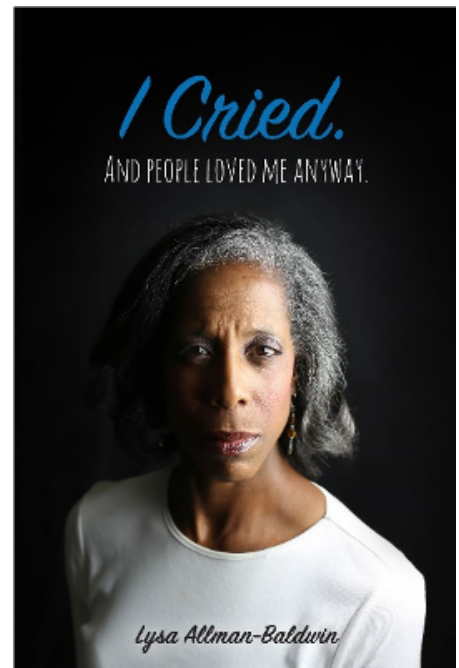
"Believe in yourself! You are more than you know."



Lysa Allman-Baldwin is a dynamic, gifted, sought-after speaker, workshop facilitator, and writer who delivers valuable and effective leadership and self-empowerment tools for authentic and purposeful living. Her wealth of experience is showcased on her website, AuthenticityAndPurpose.com.

Beginning with small, intimate focus groups, gradually moving into large auditoriums, sanctuaries, and performance and event spaces, Lysa has spent over two decades expanding and refining her natural gift for encouraging others to reach higher levels of personal and professional growth.

Widely recognized for her powerful, engaging, and authentic messages delivered with the highest integrity and professionalism, Lysa possesses a unique ability to engage and connect with both in-person and virtual audiences through personal experiences delivered with unapologetic honesty and truth - in turn empowering those around her to do the same.



Lysa is also the author of the highly acclaimed book, [*I Cried. And People Loved Me Anyway.*](#) Her second book is currently in the works.

Lysa Allman-Baldwin

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Leadership Strategies that Promote Authentic and Purposeful Living

"Believe in yourself! You are more than you know."

Proactively engaged in developing the rich potentiality in every experience, Lysa's well-received workshops provide compelling leadership and self-empowerment tools. In addition to being a skilled presenter, Lysa is engaging, relatable, and personable with a delightful sense of humor and natural speaking and teaching skills. Her messages can be geared to any specific audience, using relevant examples and stories that motivate, educate, and entertain.

One of Lysa's proudest moments was in 2019 when she was one of the featured presenters at a multi-day women's leadership conference in Kansas City, MO. Her message captured the audience, leaving them with a clear understanding that they have never been more powerful than when standing in their own authenticity and vulnerability. Lysa's natural sense of presence, knowledge, clarity, and love not only provided the attendees with a solid blueprint for rewriting their self-limiting stories, but also encouraged and empowered them to open up about their own experiences - and to begin to heal.



For over 25 years, Lysa has written for numerous print and online publications. She also contracts with individuals, organizations, and businesses to write and edit copy for blogs, web pages, and travel and feature articles, and on research and book ghostwriting projects. Her work has been featured in *Evolving Magazine*, *435 Magazine*, *Unity.org*, *The Group Travel Leader*, *SoulOfAmerica.com*, *The Kansas City Star*, *The New York Amsterdam News*, *New Roads Magazine*, *TravelSquire.com*, the *Virgin Atlantic Blog*, *Builders Television Network*, and *VisitKC.com*, among others.

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"Believe in yourself! You are more than you know."

“

Lysa Allman-Baldwin inspires people to pivot into self-worth through the power of openness and goodness.



The Conscious
PIVOT
PODCAST
with **Adam Markel**

Lysa is a frequent guest of the media, inspiring others through her energizing spirit of adventure and personal stories. Aptly demonstrating how to recognize, examine, and rewrite the often limiting, victim stories of the human experience, she demonstrates how to move from the quicksand of adversity into a new paradigm of thinking and being.

Lysa has also appeared on The Conscious PIVOT Podcast with internationally known TEDx speaker and expert in professional and personal reinvention Adam Markel, the Leading Ladies Leaving Legacies podcast with motivational speaker and signature style specialist Joy Ruffen-Oake, the Travel Planner's Radio Show, the Belize TV Show Morning Matters, Voices for a New Humanity with speaker, author, and transformational catalyst Rev. Aliza Bloom Robinson, and on the Redefining Resilience speaker series, just to name a few.



Lysa Allman-Baldwin



Megan Sanchez

Redefining Resilience

strategies for pursuing purpose and ideas through healthy leadership

upswing
HEALTH COACHING

FREE
SPEAKER
SERIES

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What people are saying about Lysa Allman-Baldwin

Lysa **inspires and motivates anyone seeking to find purpose and meaning in their lives** with words that reflect **sensitivity and humor**. She reminds us that we are surrounded by wise sages who, as directional arrows, offer assistance, love, and support to us on our life journeys if we are willing (and courageous enough) to take the next steps on our own paths.

~ Julie A. Connor, Ed.D., TED Speaker | Leadership & Teamwork | Communication & Conflict Resolution

Lysa Allman-Baldwin offers a raw and relatable account of the ups and downs, highs and lows, ebbs and flows, yin and yang – of that living dynamic that so defines what it means to be human.

~ Dr. Richard Loren Held, Spiritual Director, Unity in Lynwood

Lysa is an amazing woman! She passed along her knowledge, wisdom, and strength very well, personalizing it and making it creative and interesting. I hope Lysa continues on her journey of teaching and leading, writing and presenting her work! **She brings hope and comfort to the souls out here who need and want help to improve their lives.**

~ H.J., Workshop Participant

I had the opportunity to meet Lysa at a women's leadership conference, and our candid conversation and intentional love for healing others opened the opportunity for Lysa to speak at my Kept Woman of God annual conference in 2019, attended by over 300 women. Lysa's delivery of her message captured the audience, and everyone was totally blessed by her authenticity to share her truth in starting over, giving others a blueprint on how to keep going.

~ Rochinda L. Pickens, CEO/Founder Kept Woman of God, Author/Speaker/Life Coach

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What people are saying about Lysa Allman-Baldwin

A skilled presenter, Lysa brought an open, honest look at life as we evolve from childhood to adulthood. Her description of her own journey was at once heartwarming, insightful, poignant, funny, and moving. Lysa's **natural speaking and teaching skills** brought insight to the group, and her transparency allowed the workshop attendees to open up about their experiences, and to begin to heal. The feedback from those who attended was positive, and we look forward to inviting her back in the future.

~ Mary Salerno, Administrator, Center of Unity, Grapevine, TX

Lysa Allman-Baldwin's writing and motivational speaking takes us on a trip. It's a trip that expands horizons, enlarges our perspective and ultimately connects us to a larger world. Her style is crisp, clear and full of twists and turns that excite and educate. You're in for a delightful getaway.

~ Jeanne Looper Smith, Author of *Retro Road Trip: Taking the Long Way Home*

Lysa Allman-Baldwin blessed our spiritual community with a magnificence and clarity in presenting a message of inclusion and deepening into our sense of wholeness. She is a gifted speaker who offers spiritual truth in a grounded and accessible fashion. Our congregation was deeply inspired.

~ Rev. Jonathan Zenz, Senior Minister, Unity of Tucson

We had a very professional experience with Lysa, not only during the detailed communication portion of the processes and procedures in getting ready for the Sunday services and workshop, but during and after as well. Lysa is kind, professional, has a warm speaking style, goes above and beyond, and was **able to engage and connect audience members** during the virtual service and the workshop. We highly recommend Lysa and look forward to working with her again.

~ Bryan Sawchuk, Spiritual Leader, Unity of Fort Lauderdale

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What people are saying about Lysa Allman-Baldwin

Thank you once again for your sense of presence, knowledge, clarity, and love that you brought to us through your presentation and our interaction at Brentwood Inspired Living Center. We enjoyed and appreciated you.

~ Ron Vieira, Workshop Participant

With a gentle approach and a soothing voice, Lysa delivers a clear message of self-care, hope and direction. She removes the mystique of spirituality and makes it practical.

~ Natasha Ria El-Scari, Performance Poet and Writer

Lysa Allman-Baldwin has a powerful “breakdown to breakthrough” story. Lysa presents her experiences in a dynamic, poised, and professional way. She also embodies her message in her presence. Lysa is **engaging, relatable, and personable with a delightful sense of humor**. Our group felt an immediate heart connection with her, even before she presented the Sunday lesson. If you are a Unity minister, I recommend you go to our private Facebook group Unity Minister Discussion Group and inquire about Lysa. You will receive a multitude of endorsements for her speaking for your group.

~ Lora Beth Gilbreath, Minister, Unity Transformation Knoxville

I have known Lysa Allman-Baldwin for many years and retained her professional services on many occasions. I have always been extremely satisfied with the quality of her work, her integrity, efficiency, and creativity. She has been a great asset and she goes way beyond the call of duty. I highly recommend her.

~ Reverend Duke Tufty, CEO Unity Temple on the Plaza, Kansas City, Missouri

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What people are saying about Lysa Allman-Baldwin

I am so grateful for the ways Lysa blessed our community with her presence and essence. Lysa brings an authenticity that captures listeners and opens hearts. She connects with ease to her audience and her message and accompanying workshop were meaningful and powerful. We look forward to having her back in the future.

~ Amy Van Linge, Spiritual Director, Brentwood Inspired Living Center

The power that Lysa brings to her workshops is very evident. Participants feel a strong personal connection with her as she shares her personal experience. **Her honesty and truths empower those around her.** It becomes a gift with grace and resolve to move forward.

~ Joseph H., Workshop Participant

Lysa is a dynamic professional with a powerful, authentic message. Through courageously facing a bleak time in her own life, Lysa discovered the deep hope that inspires her audiences. Her approach to life is joyfully generative. She is proactively engaged in developing the rich potentiality in every experience. Lysa's success in this is clearly visible in the light and uplift that radiates from her. Lysa blessed the congregation of Unity of Austin, deepening their understanding that they too can use everything as an avenue for growth. They resonated with her Sunday message and with the personal reflection time in her workshop. **As a minister who has worked with many Guest Presenters over the years, I must say that Lysa is at the top of my list.** She is a joy to work with. Her informational materials are professionally produced, attractive, and easy to use to promote her visit. She actively provides all that is needed to ensure a productive visit, and her demeanor and actions are of the highest integrity, courtesy, and professionalism.

~ Rev. Anna Shouse, Ph.D., Senior Minister of Unity of Austin

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Contact Lysa today about delivering valuable and effective leadership and self-empowerment tools to your spiritual community, employees, students, conference/meeting attendees, or social circle.

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Click on the buttons below to connect with Lysa on social media.



Facebook: @AuthenticityAndPurpose

LinkedIn: @LysaAllmanBaldwin

Instagram: @AuthenticityAndPurpose4Life

YouTube: <http://bit.ly/2sL68l0>

Twitter: @AuthenticPurpos