

# ABOUT LISA RICKWOOD



After an employee passed away from a heart attack at her store, Lisa decided life was too short and it was time to calm down and enjoy every day.

**Lisa Rickwood** is a business owner, coach, visual artist, wife, mother and the author of, [\*Escape the Pace: 100 Fun and Easy Ways to Slow Down and Enjoy Your Life.\*](#)

She is also the co-author of: [\*Power & Soul: 42 Successful Entrepreneurs Share Their Secrets for Creating the Business and Life of Their Dreams.\*](#)

She's appeared in numerous newspapers across North America, was interviewed by U.S. magazine, *First For Women*, and was a regular contributor to *Woman's World* magazine. She also writes for North American publications and on-line magazines such as [Mom Writer's Literary Magazine.](#)

Lisa has appeared on television, including ***City TV*** in Vancouver and she has done radio interviews as far away as ***Auckland, New Zealand***. As well, Lisa has appeared in best-selling books, including ***Big Ideas for Small Business*** by best-selling author, Frances McGuckin.

Lisa is described as a humorous speaker with an original, down-to-earth, relaxed and funny style. She's spoken at colleges, large health expos, business networks, Chamber of Commerce and numerous trade shows.

Lisa loves escaping Vancouver Island with her family. She also enjoys yoga, lifting weights, biking, hiking, kayaking, singing, playing guitar, outdoor sports and inspiring people.