

## Biography of Lisa Rickwood, BFA, CTACC



LISA RICKWOOD

**Lisa Rickwood**, aka - "*The Small Biz Stress Buster*," helps small business owners 'slow down and master stress for professional and personal success'. Her inspiration came from a dramatic life-changing event.

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

Lisa Rickwood is a speaker, small business owner, visual artist, wife, mother and the author of the acclaimed: [\*Escape the Pace: 100 Fun and Easy Ways To Slow Down and Enjoy Your Life\*](#), and co-author of: [\*Power & Soul: 42 Successful Entrepreneurs Share Their Secrets for Creating the Business and Life of Your Dreams\*](#). This book was endorsed by Mark Victor Hansen.

She's appeared in numerous newspapers across North America, was interviewed by U.S. Magazine, *First For Women*, and has been a regular contributor to *Woman's World* magazine. She also writes for North American magazines and is a columnist for online publications like *Synergy* and the award-winning - [\*Mom Writers Literary Magazine\*](#).

Lisa has appeared on television, including **City TV** in Vancouver, BC 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 Canadian 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 business trade shows.

Lisa was born in Vancouver, B.C. and attended a high school in the Okanagan where she won art scholarships. She attended the University of Victoria and obtained her Visual Art Degree with a minor in Social Sciences.

It was here that she met her husband, Derek, a gifted visual artist.

Lisa's husband worked in retail sales while Lisa worked as a newspaper advertising consultant for both Thomson Newspaper Corp. and Island Publishers.

In 1999, Lisa and her husband bought a high-end menswear store which they still own to this day. Lisa's husband manages his store, does custom oil paintings for clients and works on art-related ventures.

Lisa is the mother of a stepson, two sons and works part-time in the retail store. She is a sought-after public speaker, offers coaching and consulting and is currently working on a body of artwork that addresses *'society's need for speed and the importance of escaping the pace once in a while.'*

Lisa looks forward to helping others 'escape the pace.' For more information, visit [www.escapethepace.com](http://www.escapethepace.com) She can be reached online at: [info@escapethepace.com](mailto:info@escapethepace.com)

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