



Lisa L. Spahr, M.Sc.
Life Coach and Author

Lisa Spahr is a Master's level psychologist and owner of Spahr Consulting, a life coaching company. In 2008 she founded the Champions Series, a monthly membership program for people who strive for continual personal and professional development. Ms. Spahr is also the author of *World War II Radio Heroes: Letters of Compassion* (2008). Her book highlights the extraordinary effort of so called "ordinary" people helping prisoners of war (POW). She has been featured in dozens of media, including Pittsburgh's KDKA evening news, Pittsburgh Magazine and The American Entrepreneur Radio Show. She was recently

nominated one of Pennsylvania's Best 50 Women in Business for 2009.

Before becoming an author and entrepreneur, she worked for one of the top military training companies in the country, a police think-tank and the University of Pittsburgh's Law and Psychiatry Department. In all of these roles she was tasked with examining human decision-making, behavior and performance. Her work is widely published in peer-reviewed journals and books specific to the topic. She ended this career path when she decided to focus more on her writing, publishing her first book and coaching others on their paths to success.

Ms. Spahr chose to become a coach after years of hearing, "but how did you do that?" She decided to show them, step by step. As a coach she assists people in achieving their personal and professional goals by working with them one-on-one acting as an advisor, sounding board, motivator, mentor, and confidant. She takes great pride in her success with clients- *their* achievements mark her success. Helping to advance the development and success of others is and has always been at the heart of her work. Some of her client's goals have included: transitioning successfully into a new area, strengthening their confidence and decision-making abilities, building better relationships at work and home, and developing more sound systems to foster their goals and future plans.

Currently Ms. Spahr is writing two books, promoting *WWII Radio Heroes* via a state-wide book-signing tour, and building the national membership of the Champions program.

She grew up in York County, PA and completed her Bachelor's degree at Temple University in Philadelphia and Rome. She received her Master's degree at the University of Liverpool in England. She is a member of the American Psychological Association, Business Networks International, multiple Chambers of Commerce, and is an affiliate coach for Pittsburgh Professional Women. She resides in Pittsburgh with her husband, four step-children and two canine rescues.

Spahr Consulting

Telephone (412) 867-9991

Website www.spahrconsulting.com

Email lspahr@spahrconsulting.com