

| SPEAKER
| SHEET



LISA THOMAS

EPIGENETICS FOR GLOBAL IMPACT®

www.lisathomasglobal.com



ABOUT THE SPEAKER

Most people assume the struggles they face today began with them. What if they didn't?

Lisa Thomas is a Global Epigenetics Thought Leader, Impact Catalyst, TEDx speaker, international mentor and keynote speaker, and the founder of Epigenetics for Global Impact.™

Her work sits at the intersection of cutting-edge epigenetic science and deep energetic healing. Through her proprietary Soul Awakening Method™,

Lisa helps high-achieving individuals trace the fears, patterns and belief systems running beneath their success, many of which began not with them, but with the generations who came before them.

The result is a kind of freedom that no strategy, mindset shift or personal development course has ever been able to produce.

Because the patterns were never strategic. They were biological. And they can be released.

Lisa is the author of Mistakes Into Money and has been featured in **USA Today**, **Good Morning LaLa Land** and on stages and podcasts worldwide.

To see her insights in action, catch her insights live in her **TEDx Talk**:



CONNECT WITH LISA:



Get in touch:
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SIGNATURE TOPICS

Lisa's talks are known for combining powerful storytelling, epigenetic science and practical insight that shifts how audiences understand themselves.

Her keynotes and conversations are tailored to the event but always draw from these core themes:

The Inheritance Nobody Talks About.

How the fears, money blocks, relationship patterns and belief systems we carry often didn't begin with us, and what becomes possible when we understand that.

The Science of Why You're Stuck.

What epigenetics reveals about why smart, capable, driven people repeat patterns they consciously want to change, and how inherited emotional DNA can be cleared at the root.

Fear, Shame and Overwhelm: The Three Invisible Blocks. How these three inherited emotions quietly run decisions, creative output, leadership and relationships, and what shifts when they're released.

The Gifts That Came Through the Line.

The other side of generational inheritance: the resilience, sensitivity, creativity and capacity that were passed down alongside the wounds, and how to access them fully.

Your DNA Is a Library, Not a Destiny.

What the latest epigenetic research confirms about our ability to influence how genes are expressed, and why the story you've been living may not be the one you were meant for.

Warning Signs That Inherited Patterns Are Running the Show.

How to recognize when the ceiling on success, connection or wellbeing isn't yours to carry, and what to do about it.

