

Theresa Lambert

Coach. Author. Speaker



Theresa Lambert is a Business & Success Coach with an impressive hotelier background in luxury Hospitality in the #1 Ski Resort in North America. She supports ambitious Women Entrepreneurs, Coaches and Leaders to redefine success with elegance and create the Impact, Income and Freedom they desire in Business and in Life.

In 2020 Theresa became the Bestselling Author of her book *Achieve with Grace: A guide to elegance and effectiveness in intense workplaces*. She is also a Speaker and the Podcast co-host of *Dissecting Success*. Theresa has been recognized as a business leader in Whistler's Profiles of Excellence, and is being featured in publications such as *Hotelier Magazine*, *Thrive Global* and *Authority Magazine*.

RECOGNIZED AS A BUSINESS LEADER IN WHISTLER'S PROFILES EXCELLENCE

Favorite Topics

- Leadership
- Business Strategy & Entrepreneurship
- Energy Management
- The New Paradigm of Success
- Personal Branding
- Selling with Ease
- Creating and living a High Performance Lifestyle

As Seen In:

HOTELIER

THRIVE
GLOBAL

fresh.



Authority Magazine



Testimonials

"Theresa Lambert is a phenomenal speaker, frequently engaging audiences of women of recreation tourism and hospitality for WORTH Association. She was the first person I asked to sit on our Empower Her panel event in Whistler. Her insights resonated with the audience of young professionals, elevating her to role model status from her very first words... She offered practical solutions and a sense of optimism, infusing humour into her presentation. She is a dynamic, engaging and impactful speaker. She brings a wealth of experience as a professional, a best selling author and a thought leader on a variety of topics."

- Joanna Jagger

MA, CPHR, Founder & President WORTH Association

"Theresa has been a coach for decades in various capacities and has a proven track record of helping people and organizations reach their goals. Theresa is an attentive listener, compassionate, supportive, radiant and enthusiastically supports her clients to reach their goals. Her radiance, support, stretch and accountability will change your life! An investment to elevate your health and life is the ultimate investment."

-Megan Dell

Certified Health Coach & doTerra Wellness Advocate

Let's Connect theresa@theresalambertcoaching.com
www.theresalambertcoaching.com

