



Lisa Alessi

Affiliated Consultant
MUNICIPAL RESOURCE GROUP, LLC

Telephone: (518) 810-9694

lisa@renaissanceleader.com

Lisa Alessi is fiercely dedicated to supporting leaders and their teams navigate complexity and change. As a trusted advisor and sounding board, her one-on-one coaching helps leaders manage difficult situations with greater resiliency and ease. Her work with teams focuses on creating synergy, alignment, and cohesiveness by broadening their perspectives and integrating practices that energize and lead to proactive decision-making and empowered action. Whether she's working with individuals or groups, Lisa seeks to create a culture of trust and transparency with insight, breadth, depth of knowledge, and deep compassion during times of challenge.

As an executive coach, Lisa brings to MRG extensive experience in leadership development, team dynamics, organizational psychology, behavior change, emotional agility, energy management, and courageous conversations. She is skilled at reading between the lines to get below the surface of what truly motivates people, their patterns of success which are critical to effective leadership and achieving their goals, and aligning with organizational strategy. Lisa's key strengths include unlocking behaviors that hold leaders back, building strong relationships by generating perspective and appreciation, facilitation, team building, coaching and mentoring, and leading change with resilience.

Lisa's Areas of Expertise:
Executive Coach
Leadership Development
Team Dynamics & Resilience
Career Transitions

Lisa has over 30 years as a consultant with many influential clients in a diverse range of roles within Fortune 500 companies, the local and federal government, non-profits, foundations, and entrepreneurial and small business ventures. She has extensive experience working with leadership teams as well as national and community thought leaders in the areas of healthcare, management & consulting, technology, learning & development, sales, business development, and operations in many different industries and sectors. Most recently, she worked with MarinHealth for several years to create and expand their leadership development initiatives for physician leaders.

Lisa earned a BS from the University of Massachusetts, Amherst in Pre-Med/Zoology followed by numerous trainings and coursework in many different approaches and coaching disciplines focused on leadership development, conflict resolution, relational dynamics, Appreciative Inquiry, positive psychology, and energy management. As a lifelong learner, she is continuously sharpening her skills and integrating new practices. She is a certified coach with the Martha Beck Coaching Program, a senior member of The Enneagram in the Workplace, a certified practitioner in The Leadership Circle 360 Assessment, and a practitioner of Appreciative Inquiry and Conversation Worth Having. She's trained in positive psychology in strength-based coaching with the VIA Institute, the Arbinger Institute for Conflict Resolution, and is a member of the International Coaching Federation, and Harvard McLean's Institute of Coaching. Most recently, Lisa completed a year-long training in Inner Team Dialogue, opening up a whole new level of working with the complexities associated with personal and leadership development.



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