



## Lisa Foster Biographies

### *For Personal and Professional Growth presentations*

Lisa Foster has been active in transformational ventures, both here and abroad, as an entrepreneur, non-profit founder, public speaker, facilitator, and program developer. Her proudest accomplishment is her transformation from survivor to thriver after long-term childhood sexual abuse. As founder of Parillume™, Lisa empowers clients with transformational insights and practical tools to overcome challenges, fulfill dreams, and create an authentic, empowered life.

### *For Thriving After Sexual Violation presentations*

Lisa Foster has been active in transformational ventures, both here and abroad, as an entrepreneur, non-profit founder, public speaker, facilitator, and program developer. Her proudest accomplishment is her transformation from survivor to thriver after long-term childhood sexual abuse. She is committed to shifting the national conversation about sexual violation from one of shame and silence to one of heroism and fierce hope. As founder of Parillume™, Lisa provides a lit path with practical tools and a supportive community to transform survivors into thrivers in the aftermath of sexual violation.

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