



LISA JAKUB

BLUE MALA, CEO

MISSION FLEXIBLE, DIRECTOR

AUTHOR

*Not Just Me:
Anxiety, Depression,
and Learning to
Embrace Your Weird*

*You Look Like That Girl:
A Child Actor
Stops Pretending
and Finally Grows Up*

BIOGRAPHY

Who knows more about the challenges of mental wellness than a former child actor?

Lisa Jakub is an author, speaker, therapeutically-focused yoga teacher, mental wellness coach, and retired actor who has more than forty film and television credits to her name, including *Mrs. Doubtfire* and *Independence Day*. And she's had anxiety since forever.

At the age of twenty-two, Lisa retired from her eighteen-year acting career in search of a life that felt more authentic to her.

Lisa teaches mindfulness workshops for corporations, organizations, and colleges, and leads therapeutically-focused yoga programs for the management of anxiety and depression.

She is founder and director of the 501c3 **Mission Flexible**, hosting mindfulness retreats for military Veterans with post-traumatic stress, and is the founder and CEO of **BlueMala.com** an online resource for mental wellness and community.

POPULAR TOPICS

Embrace The Suck

What Veterans taught this civilian about leadership and mindfulness. From camaraderie to focusing on the mission, helpful concepts for purpose and present-moment awareness can come from military culture.

Compassionate Leadership

Mental health is not a luxury, it's a strategy. Created for the C-suite, this talk provides the tools for great leadership and an engaged team.

Resilience and Reinvention

Looking at ways to reframe our challenges, identify priorities, notice detrimental mental patterns, and create better emotional and behavioral habits.

Burn-out Prevention

Using techniques such as narrative psychology, boundary work, balancing the nervous system and completing the stress cycle, this interactive talk uses research and decades of personal experience to explain how mindfulness tools can help us make a meaningful contribution at work and home.

HelloLisaJakub.com | BlueMala.com

IG: @lisa.jakub (38K followers) | TW: @lisa_jakub (40K followers)

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Previous Events Include

Corporations

- Google
- Large financial firm (confidential)
- Ketchum Public Relations
- IOMAXIS Technology
- 2RW Engineering

Mental Wellness Organizations

- National Alliance on Mental Illness
- West Virginia Behavioral Health Providers Conference
- Contact LifeLine Crisis Support
- Youth Services Bureau of Ottawa - Moms For Mental Health

Mindfulness Retreat Centers

- Kripalu Center for Yoga and Health
- Omega Institute for Holistic Studies
- Yogaville Satchidananda Ashram
- 1440 Multiversity
- Art of Living

Universities

- University of Virginia
- Johnson & Wales University
- Georgia Highlands College
- Carleton University
- Mohawk Valley College

Libraries & Festivals

- Virginia Festival of the Book
- Jefferson Madison Regional Library
- HippoCamp Creative Non-fiction Writer's Conference
- Lady Project Summit
- DC Writing Day Workshops

Non-Profits & Charities

- Daughters of the American Revolution
- Huntington's Disease Society of America
- Veterans Yoga Project
- Expedition Balance



Testimonials

"A phenomenal, relatable, motivational, and inspirational speaker"

- *Youth Services Bureau*

Working with Lisa has been life-changing, life-saving, and hilarious.

- *Mindfulness coaching client*

"The C-level executives at Ketchum tuned into the talk and were highly impressed and said Lisa made the hour our best monthly call yet. Lisa truly knows how to transfer what she's learned and experienced in her fascinatingly unique life and turn it into a beautiful presentation."

- *Samantha O'Brochta,
Ketchum Public Relations*

"I loved the background about the science of the brain along with Lisa's experience. It resonated well and provided me with techniques to use at home and with my child."

- *Event Participant,
Financial Firm*

"Lisa opened up and bared her soul about her internal struggles with social anxiety. She was able to open everyone's eyes to something many struggle with, but didn't understand exactly why. Her openness makes her approachable and her honesty makes her relatable. From start to finish, you want to hear it all, fortunately, she is happy to share it."

- *Kyle Lince,
Mohawk Valley College*

"This program was excellent. Lisa is a sensitive and caring person who communicated how to enrich our lives by giving us tools for self-awareness and dealing with issues that held us back from a self-aware and fulfilling life."

- *Corporate event participant*

"Lisa's personality lit up the stage. It was an absolute delight for our attendees. Her perspective added tremendous value to the program. She's articulate, she's smart, she's funny. She's genuine, warm and friendly. But most of all, she has a story to tell."

- *Donna Talarico,
Hippocamp Writers Conference*



Other Popular Topics

Embrace Your Weird: From Anxiety to Authenticity

Many of us are afraid to talk about anxiety, depression and panic attacks - it's about time we change that. This talk is a deeply personal exploration of mental health, told with compassion and humor. It's a hopeful, entertaining and enlightening look at the root causes of anxiety, the results of the latest research and ideas for how to manage stress in your own life.

Authentic Creativity for Writers and Creators of All Kinds

We all have the ability to be creative, but we can sometimes get caught up with the momentum of everyday existence. How do we create meaning in our lives and our work in a way that feels truthful? This talk discusses ways to invite the simple beauty of creativity into your daily life, how to dive into your inherent creativity and embrace your unique voice.

Redefining Success: Write Your Own Script

What happens when you have everything you are supposed to want, but you still feel hollow? The red carpets and fancy parties were no substitute for the happiness and passion that were clearly missing from my life. I discuss my career in LA, and through my story of choosing a different path, I encourage others to define their own versions of a successful life.

Interviews & Media

National TV

- The Today Show (NBC)
- Outfront (CNN)
- Way Too Early (MSNBC)
- HuffPost Live

Local TV

- KTLA Los Angeles
- Fox 46 Charlotte
- CBS 6 Richmond
- Fox 26 Fresno
- San Diego Living

International:

- BBC Radio 5 Live
- CBC News
- The Today Show
Australia
- CTV Morning Live
Ottawa

Print:

- Washington Post
- Wall Street Journal
- LA Times
- NY Daily News

Podcasts:

- I Was There, Too
- The Note Show
- Anxiety Bites with Jen Kirkman

