

Lisa Merlo-Booth.

The relationship expert for smart women.

“Lisa Merlo-Booth is among the most effective relationship coaches in America. She has an uncanny ability to get right to the heart of things and give couples and individuals the tools they need to optimize the full potential of their relationships.”

Terry Real, author of
The New Rules of Marriage.

smart women creating smart relationships

DISCOVERING THE SKILLS YOU NEED TO GET THROUGH TOUGH TIMES

Even as they rise to the top of their professional world, many women are disappointed with their home lives. Others have trouble with their bosses, their co-workers, their in-laws, their friends, or siblings.

Women often feel that they live in two contradictory places: one where they are respected and fulfilled by their achievements; another where they are off balance and stuck.

What’s causing this phenomenon is that many women don’t know how to develop the relationships they want with the people they know most intimately. Either these women are quiet — worried about rocking the boat or unwilling to bring up issues that leave them with negative emotions — or they are shrill — complaining abrasively and unproductively that the other person won’t change.

Many women don’t know how to ask for what they want and need — kindly, confidently, firmly and effectively. So they pay the price in unhappiness and poor mental and physical health.

Lisa Merlo-Booth helps women develop the skills needed to effectively create the relationships they deserve, in the workplace and at home, without sacrificing themselves or being harsh towards those around them.



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How can you start to make sure your relationships nourish you as much as you deserve? How can you learn to stand up for your rights and earn the respect of those around you? How can you use the Relationship Golden Rule to ensure that all your relationships are healthy and mutually enriching?

Blog

Lisa's blog, Straight Talk for Women, provides a constant stream of savvy tips, rules for living and advice that will help you get your relationships on the right track.

http://lmerlobooth.typepad.com/straight_talk_4_women/

One-on-one Coaching

A relationship coach with fifteen years of experience, Lisa has worked with hundreds of women who have become more effective communicators at work, at home and in the human race. Her one-on-one coaching provides clear insights, straight talk and solidly-grounded advice.

Teleclasses

For women who want personalized advice in a convenient format, Lisa offers a six-week teleclass program that provides group support, in-depth discussion of personal issues and time to work through difficult decisions.

Keynote speeches, seminars and workshops

Lisa is a popular keynote speaker, bringing her practical advice to audiences across the country. She is currently touring with a groundbreaking topic for successful career women: "Smart Women Creating Smart Relationships." She provides entertaining, practical tips on how to get out of roach motel relationships and into the five-star relationships you've always dreamed of.

About Lisa

Lisa Merlo-Booth is the Director of Professional Development for Terrence Real's Relational Life Institute. Terry is the renowned couple's therapist and author of several books, including the New York Times bestseller, *I Don't Want to Talk About It*. Lisa created and runs the Institute's coaching arm, which trains hundreds of therapists across the country seeking certification in Relational Life Therapy.

Lisa has a Masters Degree in Counseling Psychology from Pepperdine University. In addition, she is a graduate of Coach University.



"Today, even as I still struggle through the aftermath of a failed marriage, I am at peace with my decision because of the clear insight I gained through your class. That everyone—me included—deserves a relationship built on trust, kindness, respect, companionship and love."

Janet

"Working with Lisa over the last 9 months has had a tremendously positive impact on me. Beginning with helping me get more focus and clarity in my career Lisa has played a big role in supporting my wife and I as we faced the challenge of relocating. She easily made the jump from working with me to broadening things to include my wife and our relational issues in need of reflection, support and improvement. Lisa's clear thinking, straightforwardness and sensitively-asked probing questions continue to help me be more honest and thoughtful about my own decisions and actions."

Jonathan

"I have worked for a parenting magazine (MOTHERING) for 30 years and deeply KNOW the power of the feminine and Lisa is one of the current pioneers in guiding today's woman into her "knowingness" that again changes the whole world."