

Dr. Lisa M. Coleman

FOUNDER & SPEAKER

"Practice not perfection, keeps you on the path of joy." - Dr. Lisa M. Coleman



Dr. Lisa M. Coleman has been a health and wellness champion and team builder for over 20 years. She successfully established corporate and non-corporate collaborations to facilitate the exchange of wellness tips, habits and concepts, such as stress management. Dr. Coleman served 7 years in the Army National Guard as a Medic, while she earned her Doctor of Pharmacy degree from Florida A&M University. She has worked in the pharmaceutical industry for over 18 years with a certification in Project Management. Dr. Coleman is the founder and CEO of Choose Joy Now Network, which focuses on inspiring and transforming women to live passionate and joyous lives NOW!!! She lives in Indianapolis, Indiana with her husband and 2 children. Dr. Coleman is known for her creativity, infectious laugh and enthusiasm and she invites you to join her on the journey of enlightenment and joy.

Choose Joy Now Network is the premier lifestyle network helping women live an Unleashed Life!

We accomplish this through live entertainment and social events as well as engaging and transformative workshops and conferences.

We are a global platform where women will be encouraged, supported and activated to live joyfully NOW! This sisterhood is for all women: mothers, professionals, working mothers, stay-at-home mothers, wives, entrepreneurs, all are welcome to join! As we learn to live more joyous and passionate lives, we are able to give more love, to be loved and to live our highest purpose. We collaborate with bold, energetic visionaries and experts to educate, inspire and support women in the network to live joyous lives now! We encourage you to join our sisterhood filled with other women on the expedition to find or sustain passion and joy.



VISION STATEMENT

The leading lifestyle network inspiring women to live a life full of passion and joy

MISSION STATEMENT

Create dynamic events and provide transformational life tools which enable women to live joyous and passionate lives... NOW!!!

PERSONAL DEVELOPMENT

CJNN provides personal development which focuses on actionable advice that will help women live a life full of passion, intention and joy. Topics include releasing perfectionism, working through fear/rejection, and vulnerability.

ENTERTAINMENT AND SOCIAL EVENTS FOR WOMEN

CJNN hosts exciting events for women who want to laugh and live more passionately without the hassle of planning. The events are aimed at helping women to "play", get out of their comfort zone, explore creativity, and relaxation.