

# Lisa J. Haynes



After retiring from her role as Chief Financial Officer and Chief Diversity & Inclusion Officer, Lisa Haynes launched her second act as a certified executive and retirement coach, guiding leaders through personal transitions and helping them find fulfillment in their next chapter. Her philosophy is simple: keep learning, keep growing, and never stop reinventing yourself.

An engaging and relatable speaker, Lisa spent over three decades in corporate America and has shared her insights at events like the mPowering You Women's Summit for Women in Real Estate, the California MBA Podcast, the Kentucky MBA, and National Association of Real Estate Brokers to name a few.



## Retired and Killin' It

*Retirement isn't the end, it's the beginning of your next...*

Retirement today doesn't look like it used to. It's not about slowing down—it's about shifting gears. In this bold and engaging talk, Lisa Haynes challenges outdated ideas and reimagines retirement as a powerful new chapter of growth, joy, and purpose.

Whether you're newly retired, nearing the transition, or simply asking, "What's next?" This keynote delivers a fresh and empowering perspective.

With humor, heart, and passion, Lisa introduces her signature K.I.L.L.I.N' I.T. formula—a transformative roadmap for navigating the physical, emotional, and social shifts that come with this life pivot.

Audiences leave with renewed clarity, practical tools, and the confidence to create a retirement that's vibrant, fulfilling, and entirely their own.

**Because the best retirements don't just happen—they're built with intention.**



Paperback available at  
[www.retiredandkillinit.com](http://www.retiredandkillinit.com)

ebook available on Amazon

Haynes Executive Solutions is a boutique firm dedicated to elevating individuals and businesses through executive coaching, retirement coaching and fractional CFO services.

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