

Lisa J. Haynes

Retirement & Reinvention Coach, Speaker & Author of “Retired and Killin’ It”



Helping individuals redefine success and build fulfilling next chapters.



Lisa has shared her insights at events such as the mPowering You Women’s Summit, the California MBA Podcast, the Kentucky MBA, the MERS User Conference, local conferences and several online events.

She speaks on retirement, reinvention, and life transitions—equipping audiences with clarity, confidence, and practical tools they can use right away.

After more than three decades as a CFO and Chief Diversity & Inclusion Officer, Lisa Haynes stepped away from corporate life and redefined success on her own terms. Now a dual-certified executive and retirement coach, she helps individuals build meaningful, joyful next chapters that honor their purpose, passions, and lived experience.

Drawing from her own transition into retirement, Lisa brings humor, heart, and practical insight to the real conversations people need but rarely have about life after the career climb. Her coaching and keynotes blend real-world wisdom with an empowering message: reinvention is possible at any age, and the next chapter can be your most fulfilling one yet.

“Now, Lisa – she is on another level. Her insights are spot on, and you can see how happy she is and that this brings her joy. She is so right about a tag line – and Retired and Killin’ It – so good.” – Mary Louise Fazzano, Giving Focus, LLC

Signature Talks

You've Got This: Navigating Reinvention with Confidence

Reinvention doesn't require starting over — it requires starting where you are. This talk helps audiences navigate change with clarity, confidence, and intention. Whether transitioning into retirement, pivoting careers, or entering a new season of life, participants gain practical perspective and reassurance that they are more prepared for what's next than they think.

Retired and Killin' It: Designing a Fulfilling Next Chapter

Retirement isn't the end of the story — it's the beginning of a new chapter. This session challenges outdated ideas about retirement and invites audiences to intentionally design what comes next. With practical insight and real-life perspective, participants rethink success beyond work and explore how to create a next chapter that feels meaningful, connected, and deeply fulfilling.

The Hidden Workforce Risk: Why Late-Career Employees Stay Longer Than Planned

Many organizations face delayed retirements and stalled succession planning without fully understanding why. This session explores how overlooked non-financial factors — identity, purpose, and emotional readiness — influence when employees choose to exit the workforce. HR and people leaders gain a clearer lens on late-career transitions and how to better support purposeful, timely exits that benefit both employees and the organization.

OTHER OPTIONS INCLUDE:

- Life Gets Gooder: Designing a Joyful Next Chapter
- Legacy Is a Verb: Living with Intention in Your Next Chapter



Testimonials:

"Lisa's commanding presence, engaging and humorous style make her such an effective speaker. She takes a solutions-based approach to navigating difficult topics to move the discussion from reaction to action."

- Marcia Davis, mPower Founder

"Lisa spoke at a conference I organized and provided an inspirational, meaningful message! Her content was thoughtful and authentic and she delivered it with passion and poise. Lisa provided key points that the audience could use in their professional and personal lives. I'd ask Lisa to speak again and again at my events."

- Amy Moses, VP Revenue

Haynes Executive Solutions offers retirement and financial coaching, and specializes in reinvention programs and next-chapter workshops for individuals. We also partner with organizations through financial consulting and employee-transition support, helping them prepare, support, and guide their workforce through the retirement journey and other major life transitions.

CONTACT LISA

lisa@retiredandkillinit.com
www.retiredandkillinit.com

