

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 Bentley University, Boston University Women’s MBA Conference, Boston University Alumni Week, HUB Internation, mPowering You Women’s Summit, the Kentucky MBA, the MERS User Conference, and several other online and in-person events.

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

After more than three decades in executive leadership—including serving as CFO and Chief Diversity & Inclusion Officer—Lisa Haynes stepped away from corporate life and redefined success on her own terms. Today, she is a speaker and dual-certified executive and retirement coach who helps high-achieving professionals navigate reinvention and build meaningful next chapters.

Drawing from her own transition, Lisa brings humor, heart, and practical insight to the conversations people need—but rarely have—about life after the career climb. Her keynotes blend real-world wisdom with an empowering message: reinvention is possible at any age, and your 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: Reinvention with Intention

Reinvention doesn't require starting over — it requires starting where you are. In this engaging and practical talk, Lisa introduces her GOT THIS framework, helping audiences navigate change with clarity, confidence, and purpose. Whether stepping into retirement, pivoting careers, or entering a new season, participants gain a grounded approach to moving forward with intention and choosing what comes next.

The Experience Cliff: Preparing for the Late-Career Workforce Shift

Organizations are facing a growing workforce risk: critical expertise, leadership capability, and institutional knowledge are increasingly concentrated in late-career talent—yet few have a strategy to address it.

This session reframes the issue as a workforce design challenge, not a retirement conversation. Lisa shares a practical, human-centered approach to protecting knowledge, strengthening leadership pipelines, and creating intentional transitions that allow experienced professionals to continue contributing while the organization moves forward.

OTHER OPTIONS INCLUDE:

- Retired and Killin' It
- Life Gets Gooder: Designing a Joyful 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

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