

Elisa Pulliam

COACH . SPEAKER . PODCASTER . AUTHOR



Elisa Pulliam is passionate about helping women experience wholehearted breakthrough and authentic life transformation that leads to living a life aligned with God's best.

Lisa, as she prefers to be called, is passionate about simplifying the biblical message of transformation and our God-ordained need to be seen, known, and loved deeply by Him and others. From a trauma-informed perspective that is consistent with Scripture principles, she utilizes her personal story and real-life examples to explain how God created the heart, mind, soul, and body to function as an integrated whole and in the context of connection and community.

Her messages pour out of her own transformation journey, emerging from a legacy of abuse, and insight gained through more than twenty years spent mentoring teenage girls and coaching women from around the world.

She launched [MoreToBe.com](https://www.moretobe.com) in 2011 as an overflow of her work as a mentor, with a desire to equip women to speak into the next generation

With beautiful integrity and an open heart, Elisa encourages women to embrace life.
– Rachel Wojo

Elisa engages audiences with her transparency, story-telling, humor, and the practical way she communicates biblical Truth.

– Sarah

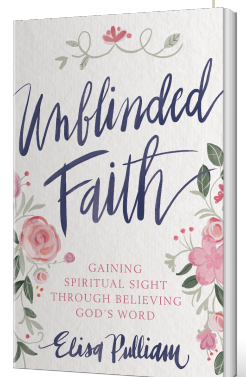
confidently and compassionately. Shortly thereafter, she became a certified life coach and Highlands Ability Battery consultant, enabling her to support women across the globe in uncovering their God-given potential and purpose.

In 2021, she completed certification as a trauma-informed equine-assisted coach as well as her first year in of graduate school, which will culminate in a Master's in Clinical Counseling with a trauma focus.

Lisa is the host of the **More to Be Podcast**, author of numerous books and bible studies, including *Meet the New You: A 21-Day*

Plan for Embracing Fresh Attitudes and Focused Habits for Real Life Change, Unblinded Faith: Gaining Spiritual Sight Through Believing God's Word, Impact Together: Biblical Mentoring Simplified, and the Engage Bible Studies for Teenage Girls. She is also a contributor to GirlfriendsInGod.com, TheBetterMom.com, the Moment to Breathe devotional, and inCourage 365 Devotional Bible, as well as a featured speaker at MOPS groups, churches, retreats, and conferences.

Lisa believes that each moment belongs to the Lord and strives to be emotionally present and eternally purposed, especially with Stephen, her husband of 25 years, their four entering-into-adulthood children. She treasures unrushed time with God, family, friends, horses, and her beloved golden retrievers, Toby and Beckley May.



SPEAKING TOPICS

Elisa Pulliam is available for a variety of speaking engagements for women of all ages and backgrounds, including tween and teen girls. She is happy to customize messages for keynotes, workshops, seminars, teas, and MOPS groups as well as leadership and mentoring training workshops.

Beloved, Be Free: Embracing the life God Created You to Live

What keeps us from experiencing wholehearted breakthrough and authentic life transformation so that we can align our lives with God's best? Elisa believes the greatest obstacles are hidden in our heart and mind. She spent years running from these truths, shoving down the pain and not breaking free. Through Christ's work and the support network God provided, she discovered there is healing, wholeness, and freedom for all of us as God's beloveds. Invite Elisa to bring her testimony and teaching steeped in John 13 and 14, 1 John 4, Ezekiel 36:26, 2 Corinthians 10:5, Romans 12:2, and Colossians 3 to your women. Portions of this message can be found in her book, *Meet the New*. She can customize this message for a keynote, conference, or retreat.

Better Together: Unpacking Generational Differences and Biblical Mentoring

Lisa dives into the topic of generational differences, with a focus on how to bring unity to a community while developing life-giving, healthy-working relationships within a family, church, school, ministry, or organization. She also unpacks what biblical mentoring simplified looks like through debunking the myths, addressing the excuses, and laying out the six simple steps of mentoring. This message, built from the principles found in Impact Together, can be shared as one session, one-day conference, or full retreat experience or customized into a training workshop for launching a mentoring ministry.

Life Balance Customized for You

This message is devoted to helping women pinpoint how to find life balance that is customized to their needs through understanding their God-given wiring, priorities, and purpose.

With humility, Lisa pours out her heart. Her transparency and genuine passion to share God's healing grace and power in her life have touched those dealing with issues of abuse, relationships, sex, marriage, abandonment and forgiveness. Her story has been used to penetrate masks and walls and probe the deeper issues of the heart's cry for fulfillment.
- Amy Helm, Youth Leader



Lisa was authentic, biblical, humorous at times, and connected well with her audience. Her openness in sharing ministered on a deeper-than-surface level. - Joyce Musser, Women's Ministry Director

I marvel at Lisa's wisdom and insights. She has an uncanny ability to see a situation with a fresh perspective. - Denise Hughes, Deeper Waters Ministry

The Real Deal About Dating & Relationships

Lisa's perspective on relationships and dating comes through 20 plus years mentoring teens. She shares a Biblically-rich and culturally-relevant truth equipping moms, mentors, and youth leaders to guide the next generation through this season of life. She loves sharing this message with tween and teen girls, with their moms present, too.

Motherhood 101: Training Up On the Go

Elisa unpacks seven key lessons for the journey of motherhood, with each point of wisdom leading to one profound truth: becoming the best mom God designed is really about becoming the woman God intended.

*For more information and testimonials
visit moretobe.com/speaking/*

If you would like to have Lisa speak at your event, [complete this form](#) or email more@moretobe.com.