

SPREADABLE WORDS

Sample: Professional Bio for Lisa Fraley Legal Coach LLC

Lisa Fraley wanted her biography to showcase her friendly, caring personality and her background in coaching. Her clients have expressed anxiety about the legal aspects of running their online businesses, and Lisa's coaching experience puts them at ease. This is her story.

My name is Lisa Fraley. I'm a Legal Coach[®], and I've helped hundreds of health and wellness entrepreneurs protect their businesses with my trademark blend of legal expertise and coaching.
Coaching?

That's right. I'm an attorney, but I'm also a holistic health and life coach. I'm uniquely qualified to coach you through your options, so YOU can choose the [legal protections](#) that are right for you and your budget.

Wait. You're a lawyer *and* a life coach?

Are you saying that's not typical? Ha. I know, but my unlikely combination of strengths is exactly why I'm better-equipped to help online entrepreneurs like you.

Get to know me, and you'll agree. Here's how it happened ...

After law school, I landed a job at a large, well-regarded law firm.

It came with a big, fat paycheck, long hours and loads of stress. Eager to please, I survived on sugar, caffeine and sheer determination. Sleep was a luxury. *All I did was work.*

At 30 years old, after only five years at that job, I had what I refer to as my "early-life crisis".

There had to be more to life than this.

Every cell in my body was begging me to stand up from my ergonomic swivel chair, march out of the office and trade those fluorescent lights for some real sunshine. I was desperate for JOY! And not the fleeting kind that you get with your first sip of a hot latte ...

Why was I so miserable—I was living the dream, right? I did everything they taught me in law school, and here I was, a success! It didn't feel like it.

... that's when I hired a life coach.

Her first order of business was separating me from my sugar and caffeine (ouch!). Then she made me do odd things, like walk aimlessly outside.

It felt astonishingly good.

Day by day, my passion crept back until there I was: I felt like myself. I felt JOY and meaning.
Everything had changed.

I wanted to help others experience this feeling, too.

It felt audacious, but so important, when I took the leap and enrolled at CoachU. This was the school that birthed the profession of “Life Coaching”. Well-known coaches, like Cheryl Richardson and Marie Forleo, had studied there. And it wasn’t long before I knew I’d made the right decision.

Over the next several years, I soaked up everything I could about holistic health and life coaching and started my own successful practice, [Maine Healthy Life Coach](#). In the first year, I gave 50+ corporate wellness seminars, coached 100+ individual clients, attended 12 conferences and built a HUGE network of other health coaches and entrepreneurs!

Then something funny happened ...

My new network of friends started to ask me legal questions.

They felt intimidated and confused about how to approach this legal stuff. They worried about protecting all of their hard work but didn’t want to put off customers that loved them for their wholehearted businesses.

I was ecstatic to help. It felt **really good** to share my legal knowledge with my friends. And then it hit me ...

I’d stumbled into the perfect way to combine my legal expertise
and my love for helping others realize their full potential.

Without even trying, I’d attracted enough [legal clients](#) to start Lisa Fraley Legal Coach LLC.

So here I am, a Legal Coach®!

And I’d love to help you in the same way that I’ve helped so many of my friends. I’d be truly honored to show you how to legally protect your assets (and your dreams). I know what it’s like to own a heart-centered business, and I’m here for you.

If you’re ready to talk, schedule a free [Legal Chat](#). I’d love to meet you.

And don’t miss out—sign up to get my free legal tips [here](#).