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Radical Change Now
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March 28th 2018: Releasing Stress and Burnout
and Achieving Work-Life Balance

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This week on the Radical Change Show with Dr. Mary Oz I will be interviewing the lovely Lisa Sanfilippo! Lisa is an Uplift Your Life Nurse Transformation Coach. Her mission is to inspire, expand and transform the lives of 1 million nurses and other healthcare providers with her "Uplift Your Life" program. Lisa is the founder of the Sanfilippo Institute for Personal Transformation, LLC. During our show today Coach Lisa will be teaching us the 1st step you should take to release stress and burnout so that you can achieve Work - Life Balance! If you are experiencing stress or burnout, or know

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Featured Guest



Lisa Sanfilippo

As a professional nurse, life coach, speaker, and transformational leader, Lisa has a passion to work with individuals who want help caring for themselves, improving quality of life and reclaiming work-life balance, reigniting their own unique purpose and passion and in achieving new heights of professional and personal success.

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