

From Perfectionist to Empowered: A Makeover Guide



Lindsay Pfister

**CERTIFIED
COACH**

MINDSET EXPERT

**AUTHOR &
SPEAKER**

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Dr. Lindsay Pfister-Kerr, Ed.D., ACC, SHRM-SCP, is a passionate leader, educator, and coach with a career spanning over 20 years, helping individuals and organizations unlock their fullest potential. From her early days as a classroom teacher to advancing into leadership roles in education, Lindsay has consistently been a driving force behind fostering growth and empowering people to thrive. Her leadership philosophy is simple yet profound: equip people with the tools to grow, and the results will follow.

With a doctorate in Educational Leadership from the University of Pittsburgh and a globally recognized SHRM-SCP credential, Lindsay has built a career around helping others succeed through intentional planning, strategic thinking, and effective communication. While her professional experience spans education and human resources, Lindsay now dedicates her time to coaching, writing, and speaking to help people step out of stress and perfectionism to embrace intentional, fulfilling lives. Her approach is deeply informed by her background in creating equitable systems, empowering teams, and mentoring others to step into their best selves.

As an ICF Certified Coach, Lindsay specializes in helping clients break free from perfectionism and self-doubt by using a deeply personalized approach to guide them toward empowerment, resilience, and confidence, crafting practical strategies tailored to their unique goals, challenges, and values for meaningful and sustainable change. Through her coaching, she guides clients toward identifying what truly matters to them and building the tools to achieve their goals with clarity and purpose. Lindsay's work is deeply personal and grounded in her own journey of transformation, which gives her a unique ability to connect with and inspire others.

She is also passionate about personal growth and mindfulness, having completed the Mindfulness-Based Stress Reduction course by Dr. John Kabat-Zinn and previously earning a certification as a Mindfulness Workplace Facilitator. Lindsay integrates mindfulness techniques into her work, helping clients build resilience, manage stress, and cultivate presence in their everyday lives.

A sought-after speaker, Lindsay has presented at local and national levels on topics such as leadership, emotional labor in the workplace, customer service, and using coaching techniques to enhance personal and professional relationships. Known for her relatable style, engaging humor, and practical insights, Lindsay ensures her audiences walk away feeling inspired and equipped to take action.

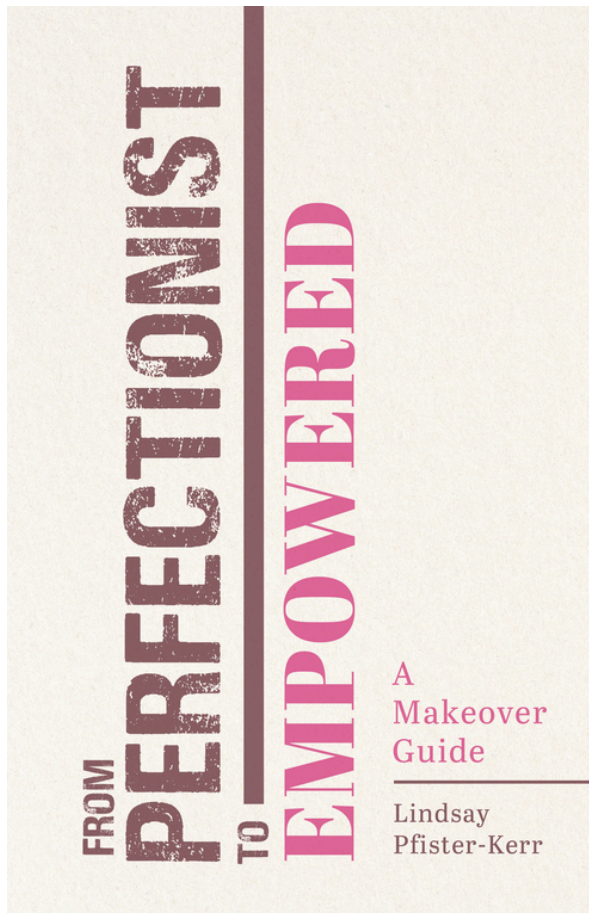
Outside of her professional pursuits, Lindsay is a devoted wife and mother who treasures time with her spirited five-year-old son, her mom, and her seventy-pound Labrador Retriever. A self-proclaimed Christmas enthusiast, she enjoys amateur interior decorating, cooking, and finding joy in life's small moments—often with a touch of holiday cheer. Her personal experiences as a spouse, parent, and ambitious professional fuel her passion for helping others cultivate the energy, calm, and clarity they need to thrive in every area of life.

Lindsay's journey is a testament to the power of intentional living and the belief that true success lies in aligning your actions with your values. Through her coaching, writing, and speaking, she's committed to helping others break free from stress, perfectionism, and self-doubt so they can live with confidence, purpose, and heart.

From Perfectionist to Empowered: A Makeover Guide

Break Free from the Perfectionism Trap and Live with Intention
Stop Overthinking and Start Thriving with Practical Tools for Intentional Living

Written by Dr. Lindsay Pfister, Ed D, ACC, SHRM-SCP, a recovering perfectionist and mindset coach, *From Perfectionist to Empowered* offers an actionable guide to help you manage stress, calm anxiety, and live a life of balance and purpose.



In this book you will:

- Discover effective techniques for managing stress and anxiety through mindfulness, meditation, and self-compassion.
- Build emotional resilience to handle life's ups and downs with calm and control.
- Learn how to live intentionally by aligning your choices with your values.
- Enhance your self-awareness and practice self-compassion to break the cycle of perfectionism.
- Develop tools to sustain personal growth and handle setbacks effectively.

From Perfectionist to Empowered offers practical exercises and relatable anecdotes that will help you shift from overwhelm to intentional living. This book empowers you to transform your mindset and embrace a more fulfilling life. Ready to stop overthinking and start thriving?
From Perfectionist to Empowered will give you the tools to live with greater purpose and confidence!

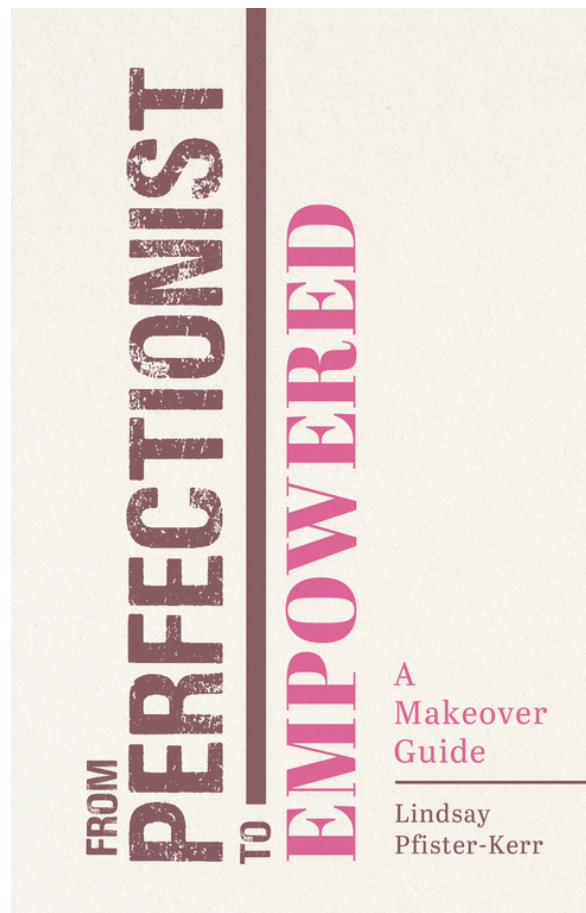
Praise for *From Perfectionist to Empowered*

Praise Coming Soon!

We are thrilled to announce that early readers are diving into *From Perfectionist to Empowered* and the feedback is already resonating.

As they finish, we anticipate thoughtful and inspiring praise from readers who are experiencing the transformative insights and impactful storytelling firsthand.

Stay tuned for their glowing reviews and testimonials, which will highlight why *From Perfectionist to Empowered* is a must-read!





Interview questions

Your book is titled *From Perfectionist to Empowered: A Makeover Guide*. Can you explain what inspired the title and what the concept of a "makeover guide" means for readers?

Who did you have in mind as the ideal reader while writing this book, and what do you hope they'll gain from it?

Perfectionism can often be seen as a positive trait. What do you think are the hidden challenges or dangers of perfectionism that most people overlook?

In the book, you focus on empowering readers to live intentionally. How do you define intentional living, and what makes it a powerful antidote to perfectionism?

You talk about "default thinking" in the book. Can you explain what that is and how it holds people back from living their best lives?

What role does self-awareness play in overcoming perfectionism, and how do you suggest readers begin developing it?

Writing about perfectionism while being a recovering perfectionist must have been a unique experience. Did you face moments of self-doubt or perfectionism during the writing process?

You've mentioned applying the principles from the book in your own life. What's one specific story or moment when you had to practice what you preach?

This book focuses on mindset shifts. What was the biggest mindset shift you experienced while writing it?

You include actionable strategies and exercises in the book. What's one simple but powerful exercise from the book that readers can start practicing today?

Mindfulness and meditation are a big focus of your work. How do you suggest readers who struggle with traditional meditation adapt it to fit their lives?

If readers take away just one message from *From Perfectionist to Empowered*, what do you hope it would be?

Signature Talks



Lindsay is a dynamic speaker, seasoned panelist, and engaging podcast guest who brings a wealth of knowledge and experience to a variety of topics. Her insights and expertise have made her a sought-after voice in numerous fields. Below are some of the key topics she is available to present on, participate in panels about, and discuss as a podcast guest.

Mindset: A Leader's Superpower

Your mindset is your ultimate leadership tool. In this empowering talk, Lindsay Pfister reveals how beliefs, attitudes, and mental habits shape decisions, team dynamics, and resilience. Leaders will gain practical strategies to build self-awareness, reframe challenges as growth opportunities, and foster team cultures rooted in openness and innovation. Unlock your full leadership potential and inspire transformation in those you lead!

Breaking Free: Overcoming Perfectionism in the Workplace

This talk dives into how perfectionism stifles innovation, fosters burnout, and limits personal and team growth. Lindsay provides actionable strategies to help attendees replace perfectionism with confidence and cultivate a workplace culture that embraces progress and growth.

Intentional Leadership: Balancing Confidence, Vulnerability, and Action

In this session, Lindsay equips leaders with tools to lead authentically by balancing confidence with vulnerability. Attendees will learn to manage their inner critics, inspire their teams with purpose, and create an environment rooted in trust and collaboration.

Reframing Stress: Building Resilience and Thriving Under Pressure

Stress is inevitable, but it doesn't have to define us. Lindsay introduces practical tools for building resilience, managing stress, and navigating high-pressure situations. This talk offers attendees a personal roadmap for approaching challenges with calm, clarity, and confidence.

Signature Talks



Quieting the Inner Critic: Discovering the Power of Kindness

Are you your own worst critic? Many of us are trapped in a cycle of self-doubt and negativity, but it doesn't have to be this way. In this engaging and transformative talk, Lindsay Pfister will help you identify the damaging effects of your inner critic, reframe self-defeating thoughts, and uncover practical ways to treat yourself with the same understanding and care you show others. You'll walk away with tools to embrace a kinder, more compassionate approach to yourself—one that empowers you to thrive instead of just survive.

Mindful Productivity: Practical Tools to Stay Focused and Grounded

In today's fast-paced world, balancing priorities without burning out is more important than ever. Lindsay introduces mindfulness practices and time management strategies designed to help busy professionals stay grounded, focused, and aligned with their goals.

From Perfectionist to Empowered: A Roadmap for Intentional Living

Based on Lindsay's book, this talk inspires attendees to embrace intentionality in all aspects of life. With practical strategies and engaging stories, Lindsay empowers participants to set meaningful goals, overcome limiting beliefs, and create a life of balance and fulfillment.

Emotional Labor in the Workplace: Managing Burnout and Setting Boundaries

Emotional labor can have significant impacts on professionals, especially leaders and customer-facing employees. Lindsay sheds light on the invisible toll of emotional labor, offering strategies to prevent burnout, establish healthy boundaries, and create a more sustainable work environment.



Expertise

Leadership Development
Mindfulness and Stress Management
Coaching and Personal Empowerment
Wellness and Burnout Prevention
Workplace Culture
Employee Relations
Talent Development

Professional Development

Mindfulness-based Stress Reduction Course
Mindful Leader | Online

Professional Coaching Certification Program
Duquesne University, Pittsburgh, PA

ADAPT Career Coaching
Duquesne University, Pittsburgh, PA



Certifications

SHRM-SCP | Valid until 2027
Society for Human Resource Management-
Senior Certified Professional SHRM-SCP

Associate Coaching Certification | Valid until 2025

Elementary Education Teaching Certificate
Department of Education, Pennsylvania

Instructional Technology Certificate
Department of Education, Pennsylvania

K-12 Administration Certificate
Department of Education, Pennsylvania

Superintendent Letter of Eligibility
Department of Education, Pennsylvania



Publications

Perspectives: Unlocking Your Leadership Superpower: How Your Mindset Shapes Success | Pittsburgh Human Resources Association

Building Resilience: A Guide for HR Professionals | PHRA Perspective Magazine

Return to Work Mindset | PHRA Perspective Magazine

Mindfulness in the Workplace | PHRA Perspectives Magazine

Five Ways To (Try) Keep Your Sanity | AASPA Blog

Five Steps to Begin Implementing Title IX | AASPA Perspectives Magazine

Emotional Display Rules for Clerical Workers, Teachers, Custodians, and Cafeteria Workers in Pennsylvania K-12 Public School Organizations | University of Pittsburgh



American Association of School Personnel Administrators (AASPA) Conference - *I Don't Care How You Feel, I Care What You Show*

AASPA Conference - *Should I Have Taken This Job?!?*

AASPA Webinar - *Coaching Up HR*

Pittsburgh Professional Women (PPW) - *Empower Your Mind*

Pittsburgh Human Resources Association (PHRA)

Coaching Programs & Offerings



Private 1:1 Coaching

Tailored, one-on-one coaching sessions designed to help high-achieving perfectionists overcome stress, tame perfectionism, and create a more intentional and balanced life. Each session is focused on your unique challenges and goals to support personal growth and well-being. Coaching is available for individuals as well as small businesses and non-profits looking to improve team dynamics and overall organizational well-being.



Online Courses

Self-paced courses that offer practical tools and strategies to manage stress, build resilience, and live with purpose. These courses are designed to provide accessible support for busy individuals looking to improve their mindset and quality of life.



Speaking Engagements

Engaging and insightful presentations tailored to organizations and groups, focusing on topics like mindset improvement, stress management, and overcoming perfectionism. Ideal for teams and leaders looking to cultivate a healthier and more intentional workplace culture.

Embark on a journey of empowerment and growth with LPK Coaching's comprehensive approach to personal and professional development. Discover the power of personalized support through our Private Coaching sessions, where you'll receive tailored guidance to navigate challenges and unleash your inner strengths. Delve into our Business Solutions to foster stronger team dynamics and drive organizational excellence, supported by proven strategies and frameworks. Then, immerse yourself in our dynamic Learning Experiences, where you'll gain actionable insights and practical skills to thrive in all aspects of life. Let's embark on this transformative journey together, where we'll turn possibilities into realities!

Let's talk!

It's time to say goodbye to the chains of perfectionism and welcome a life filled with joy, confidence, and intentional living.

Lindsay is available for presentations, workshops, keynotes, podcasts, and panel discussions.

Lindsay is represented by K2 Creative Strategies. Inquiries can be directed to Kelli Komondor at 412.302.3463 or kelli@k2creativelc.com.

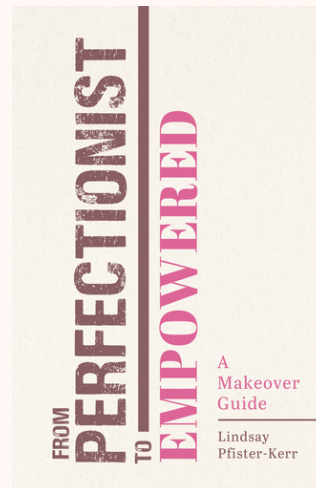


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From Perfectionist to Empowered paperbacks available now!

Preorder the eBook. Available starting January 28, 2025.



Let's connect!

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Instagram: [/LPKCoaching](https://www.instagram.com/LPKCoaching)

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