



## LISA FORWELL, P. Eng., M.B.A.

A proven business leader, entrepreneur, strategic investor and knowledge seeker. Lisa Forwell is a committed mentor with a motivating passion to inspire, educate and support others in their quest for increased performance results, confidence, and focused direction in their lives. Currently the president of **L.i.F.E.**, Lisa Forwell Enterprises.

Lisa spent the first part of her career in the construction industry. She started with Lafarge North America, and then as CEO of Forwell Ltd., in Kitchener, Ontario, she led a fourth generation, highly successful construction materials business.

After strategically negotiating the successful sale of Forwell Ltd the largest independent aggregate, asphalt and Ready mix concrete company, Lisa focused her energy on Quikrete Canada, a packaged concrete company that was represented at Home Depot, Rona and Lowe's stores across Canada. Lisa was owner, President and CEO and after large growth, and successfully sold the business. Lisa was involved in the development and sale of 500 serviced residential lots sold to Empire homes in Breslau.

Lisa enjoys advising, investing and running startup companies in the area of health and well being.

Unique value proposition - Lisa has the unique ability and understanding to balance the high pressure and constant pull as a leader while keeping a focus on health.

Lisa is a passionate community supporter and is a member of the Board of Directors for the Trillium Health Partners Foundation and Armagh House, which is a second-stage housing program that offers secure and affordable housing to abused women, and their children for up to a year.

A current member of the Board of Appleby College, Lisa has been active on the Board of Directors for the Upper Canada Chapter of Young President's Organization (YPO). She has served in various roles and most recently as Chapter Chair.

Lisa earned a B.Sc. (Engineering) from the University of Western Ontario and a MBA from the Schulich School of Business.

An avid golfer, runner, hockey player and yoga practitioner. Lisa is passionate about young people's involvement in local sports and recreational activities.

Lisa currently resides in Oakville, ON with her husband Craig Gaskin and their two children Abigail and Sam.

### AREAS OF EXPERTISE

Leadership Coaching  
Mentor Coaching  
Strategic Planning  
Negotiations  
Mindset optimization  
Wellness balance

### INDUSTRY EXPERIENCE

Construction Industry  
Wellness Industry  
Education

### FUNCTIONAL EXPERIENCE

Operations  
Client Service  
Sales  
Human Resources  
Finance  
Governance

### CERTIFICATIONS

Yoga 200 YTT  
Reiki 1  
Chopra Meditation Certified  
Ayurveda Wellness

### SELECTED CLIENTS

Engineers  
Teachers  
Athletes

### EDUCATION

B. Sc. (Engineering), University of Western Ontario  
MBA, Schulich School of Business

**We partner with individuals and organizations to explore and unlock their potential.**