

Carisa Findley Speaker Bio

As a motivational speaker and expert in mindfulness, habit-building and energy, Carisa creates experiential trainings and keynotes that help increase business results through tangible self-development actions.

She has spent over a decade in franchising helping entrepreneurs grow their businesses. During her career, she has supported franchise owners and an array of employees through roles as a business coach, operations specialist, franchise speaker and as an adult learning expert.

After receiving her degree in International Studies from Baylor University, Carisa began her career in franchising with Curves International®, one of the largest fitness franchises in the world. She spent her time in franchise operations and training, hosting trainings in several countries.

Carisa also helped grow Xtend Barre®, a boutique fitness franchise, with locations in five countries. When she relocated to Colorado, she began working as a senior business coach and trainer for Elements Massage® and later served as the Vice President of Learning and Development for TITLE Boxing Club. She currently serves as the President of freecoat_nails, a non-toxic beauty franchise that serves as a go-to, upscale beauty salon with non-toxic skincare products and services.

Carisa has also taught mindfulness practices and group exercise classes for years (so she knows how to energize a room full of people!). She loves blending her background in business development with fitness, meditation, mindfulness and adult learning.