



# Dr. Lisa Fiddemon

Dr. Lisa Fiddemon is a Board Certified Chaplain, Wellness Strategist, and the Owner of Love With Finesse LLC—a wellness company dedicated to helping businesses and churches reduce emotional exhaustion and build high-performing teams through retreats and workshops. With a background in spiritual care, organizational leadership, and mental wellness, Dr. Lisa brings a unique, holistic approach that integrates faith-based insight with practical, evidence-based strategies.

After years of walking with individuals and teams through high stress, crisis, and emotional fatigue, Dr. Lisa recognized a deeper need: not just to respond to over-exhaustion but to prevent it. This passion gave rise to Love With Finesse Wellness Solutions where she now partners with corporate leaders, pastors, and organizations to create environments where people can thrive mentally, emotionally, and spiritually.

A dynamic and trusted speaker, Dr. Lisa has delivered impactful sermons, speeches, workshops, and training sessions across conferences, churches, and corporate events. From leadership retreats to staff wellness intensives, Dr. Lisa is known for combining compassion, transparency, and actionable insight that inspires transformation at every level.

Whether coaching executives, consulting with teams, or speaking to large audiences, Dr. Lisa is on a mission to restore wellness where it matters most—at work, in ministry, and in life.

Follow & Like her on Facebook, Instagram, & Linked-In.  
Subscribe to her Podcast: “Live More. Stress Less”  
Purchase her published book “Love with Finesse” which became a top new seller on Amazon inspiring readers to embark on a healing and well-being journey for personal and professional development.

