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# JUST THE RIGHT BALANCE

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DEVELOPING PHYSICIAN LEADERS

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## DR. LISA HERBERT

Dr. Lisa Herbert is a bestselling author, speaker and respected family physician who brings over 20 years' experience of providing primary care and serving as a healthcare leader. Dr. Herbert's leadership experience comes from her positions as Medical Director of a local and nation insurance company, large hospital system and a six-center family planning agency.

Dr. Herbert is the Founder and CEO of Just The Right Balance LLC, where she helps physician's transition into high performing leaders who will improve the healthcare landscape by building healthy communities and strong organizations. Dr. Herbert utilizes her unique background and extensive experience of being a physician and a healthcare leader in hospital administration, public health and the health insurance industry to offer coaching, consulting, workshops and training to help physician's transition into effective leaders with the support of their organizations.

Born and raised in Brooklyn, NY, Dr. Herbert earned her undergraduate degree from Stonybrook University, her Doctor of Medicine degree from Upstate Medical Center, completed her residency at Mountainside Hospital in NJ and completed her certification in Personal and Executive Coach from the CaPP Institute.

For her contribution in medicine, Dr. Herbert received the Degree of Fellow from the American Academy of Family Physicians which is the highest honor in her field. She was also recognized by the American Medical Association with the Physician Recognition Award and received several awards from organizations for her work providing programs and education on optimal health and wellness in her community.



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