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# JUST THE RIGHT BALANCE

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CREATING BALANCED LIVES

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## DR. LISA HERBERT



Dr. Herbert brings over 20 years' experience of providing primary care as a family physician in clinical private practice. During that time, she dedicated several years as Clinical Assistant Professor in the Department of Family Medicine at the University of Medicine and Dentistry of NJ where she mentored and taught medical students and residents. She has also held administrative duties as Medical Director of a NJ Based Insurance Company and Jersey Shore Medical Center where she assisted in the development of the organization's corporate vision and strategy, managed key projects that promoted health and wellness and supported initiatives for more affordable healthcare.

After a successful career practicing in the medical field, Dr. Herbert established Just The Right Balance, LLC a company that offers coaching, consulting, workshops and training using the principles of Positive Psychology to help working moms with demanding careers bring about positive change and achieve optimal wellbeing as they pursue their career goals and balance their family life.



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.

Dr. Herbert has published articles in *Kevin MD*, *The Good Men Project*, *Mom MD* and *Connected Woman Magazine*. She is also the Best Selling Author of *Take Back Your Life: A Working Mom's Guide to Work-Life Balance*.

[www.justtherightbalance.com](http://www.justtherightbalance.com)

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