



LMarie

## Executive Strategist | AI Automation Consultant Stress Management Practitioner | Speaker |

Lori "LMarie" Wheeler is a powerhouse business strategist, international speaker, and founder of The Biz Oasis™, where she equips leaders to rise higher, scale smarter, and lead without burning out.

With over 25 years of global leadership experience, LMarie has led multi-million-dollar initiatives for Fortune 100 companies, federal agencies, and international organizations — delivering results in high-stakes environments across North America, Europe, Asia, and Africa. She has traveled extensively from Brussels, Germany, to Hong Kong, London to the Philippines, where her service delivery and program management leadership has impacted industries from technology and transportation to government and wellness.

What sets LMarie apart is her ability to bridge extensive technology and operations leadership with the principles of self-care and stress management. In a world where burnout is at an all-time high, she blends systems thinking with personal well-being strategies — proving that peak performance and personal peace are not mutually exclusive.

LMarie's leadership journey is built on real results. She's earned a six-figure award for her entrepreneurial success, received recognition as an inclusive business leader for championing inclusive hiring, and completed Maxwell Leadership training to sharpen her influence. She's the leader C-Suite executives trust to navigate complexity, turn chaos into clarity, and bring the vision to life.

Her signature talks blend actionable strategies with transformational mindset shifts, inspiring audiences to lead boldly and live intentionally. Drawing from her own pivot from a five-star, six-figure brick-and-mortar business to a thriving global consultancy, she empowers leaders to embrace change, own their brilliance, and build systems that protect both their success and their peace.

She is the author of **"From Chaos to Calm"** (on Amazon) and creator of the BOSS Method™, a proven 12-step framework that empowers leaders to grow without breaking down

### SIGNATURE TOPICS

- ✓ **From Burnout to BOSS: Leadership Strategies for High-Achieving Professionals**
- ✓ **Scaling Without Stress: Building Customer Systems that Support Peace**
- ✓ **Being Your Authentic Self (From Imposter Syndrome to Confidence)**
- ✓ **Managing Anxiety and Stress**
- ✓ **Prioritizing Mental Balance in the Workplace**

### CERTIFICATIONS & EXPERIENCE

- Certified Stress Management Practitioner
- Certified Life Coach
- Certified SaaS and AI Prompt Engineer
- Former Telecom & Compliance Executive
- Project Management
- International Leadership Experience (Europe, Asia, U.S.)
- Amazon Author, 'From Chaos to Calm'

### CONTACT DETAILS

lori@thebizoasis.net

www.thebizoasis.net

+1 301-818-1997

LinkedIn: linkedin.com/in/lmarie

