

Lois Faris bio

Lois Faris shares what she discovered through 91 years of life experience and formal training at 3 different universities. Her specialty is choosing and managing change to increase joy and meaning in life at every age and stage. She works with individuals and groups aged 6 to 96.

Lois is committed to growth and change for herself and others. She has presented lifestyle planning seminars on cruise ships and to corporate and community groups. Her great joy is in connecting with others in meaningful "conversations" You will enjoy a refreshing mix of stories and examples from her daily journey of discovery, which support theories of creativity in aging.