

LISA MCCLAMB DAVIS

LSW, Adjunct Staff

Lisa McClamb Davis, is a full-time mother to her daughter, a Social Worker and Wellness Strategist in Charlotte NC. Lisa understands wellness doesn't mean living a life absent from sickness or disease, but it is about truthful acknowledgement of one's current state and having a desire to move forward, being productive and always striving to be the best version of oneself. She has applied this principle belief to her own life in pursuit to acquire optimal living.

She promotes and pursues Wellness and Optimal living. Her belief is that optimal living is not a level of achievement, but a lifetime process that continues to evolve as a person acknowledges his/her current state in each domain and implement a strategic plan to move forward. This very frame of thought launched her to start a business, Evolve Me, LLC. Her desire is to help others pursue wellness and optimal living.

She holds a Bachelor degree in Social Work and Masters in Christian Counseling. In addition to her formal education she is a Licensed Minister, a Certified PraiseMoves Instructor (the Christian Alternative to yoga), Fitness Trainer and a Nutrition/Hydration Consultant. Her background has afforded her an opportunity to work with people from various ethnicities, social-economic status and belief systems. After hours and any spare time available she enjoys teaching, exercising, exploring and researching ways to help others live their best life!