

# Lizann Lightfoot

AUTHOR, SPEAKER,  
MILITARY SPOUSE



"STRENGTH & ENCOURAGEMENT,  
BECAUSE WE ARE ALL IN THIS TOGETHER"

As a published author and military spouse, I help military loved ones navigate challenges with stories of encouragement so they feel supported and have stronger relationships with their service member, their families, and their community.

## BIO



- Military spouse since 2007
- Mom of 5 kids
- Seasoned Spouse blogger since 2016
- 7 deployments, 6 military moves, lived overseas for 3 years
- AFI Military Spouse of the Year for NAB Coronado, 2019
- Published hundreds of articles for military magazines and websites
- Creator of the Deployment Masterclass

## GET IN TOUCH

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## BOOKS

### Open When: Letters of Encouragement for Military Spouses

*Elva Resa Publishing | September 2021*

A collection of short letters to military spouses, significant others, or military parents to encourage them through difficult moments unique to military life.

### Ultimate Deployment Guide

*Published on Amazon | July 2019*

This booklet includes all the resources, checklists, and fun ideas a military loved one needs to feel prepared and confident for a military deployment. It is the workbook for the **Deployment Masterclass**, a series of video trainings covering deployment topics.

### Welcome to Rota

*Published on Amazon | August 2015*

Information for military families moving to Naval Station Rota, Spain. PCSing details, local daytrips, things to do, and Spanish recipes all gathered from three years of living overseas.

## SPEAKING

### Stories of Strength and Encouragement

*Small Groups or Training Sessions | Virtual or In-person*

Inspiration for your next spouse club or FRG meeting, encouragement for pre-deployment trainings. Virtual community-buildings sessions via Zoom, Skype, or Facebook Live. In-person events on request.