



**Lisa (Lala) Lalonde**  
**Mental Health Advocate**  
**Co-Creator, Generals in Tents**  
**Okanagan Valley, British Columbia**

A lifelong learner and lover of stories, Lisa (Lala) Lalonde brings warmth, wit and wisdom to every audience she meets. With a bachelor of arts degree in criminology and psychology, as well as a background that spans business, caregiving and creative entrepreneurship, she has spent decades helping others navigate change, resilience and growth. Having lived and worked in four countries before making her home in British Columbia's Okanagan Valley, Lala has gathered a world of experience—and a heart full of lessons—about compassion, communication and courage. Together with her husband, comedian, children's champion and mental health advocate Big Daddy Tazz, she co-created Generals in Tents, an engaging and heartfelt presentation that blends laughter and leadership to remind audiences: "It's okay to ask for help. You can do this. You're loved."