

Carisa Findley Biography

Hi! I'm Carisa Findley, a Texas native living in Denver, CO. I've spent over 20 years in franchising, helping grow organizations with my expertise in operations and training.

I began my career in franchising with Curves International®, one of the largest fitness franchises in the world. I also helped grow Xtend Barre®, a boutique fitness franchise, with locations in five countries. When I relocated to Colorado, I began working as a senior business coach and trainer for Elements Massage® and later worked as Vice President of Learning and Development for TITLE Boxing Club.

I currently serve as the SVP of Franchise Support for Unleashed Brands.

I'm also a certified mindfulness teacher and best-selling author of the book, Success. I love blending my background in business development with mindfulness, meditation and adult learning – in a fun, motivating format to improve performance.