



LISA JASTER

Major, U.S. Army Reserve

Graduate, U.S. Army Ranger School

Leadership and Peak Performance Expert

Army Major Lisa Jaster is a soldier, an engineer, a wife and mother, and a trailblazer. One of only three women to graduate the United States Army Ranger program—one of the most difficult combat training courses in the world—Lisa was the first female Army Reserve officer to become a Ranger. She completed the training, which 36 percent of male and female students fail within the first four days, after refusing to succumb to exhaustion and repeatedly “recycling” through, or retrying, several phases of the multi-locational course. Lisa endured the training, which takes a minimum of 61 days and includes up to 20 hours of training per day alongside a strict diet, for a grueling six months. She graduated at age 37, while the average trainee age is 23.

Lisa, an avid marathoner and CrossFit fanatic, has a hard won understanding of the importance of perseverance, as well as a deeply ingrained respect for camaraderie stemming from a seven-year-long active duty career (including tours in Iraq and Afghanistan).

Prior to receiving her esteemed Ranger tab, Lisa worked as an engineer with Shell Oil in Houston and an Army Reserve individual mobilization augmentee with the U.S. Army Corps of Engineers. Lisa initially enlisted in the Army in 2000 after graduating from the prestigious United States Military Academy at West Point, and returned to combat training when she discovered the Army Ranger course was being opened to women for the first time in 60 years as U.S. government experiment to see how women would fare in the notoriously brutal program.

Lisa is the recipient of numerous military accolades including the Bronze Star Medal and the Meritorious Service Medal.