

Resume

Liz Garrett

Essential Wellness Coaching, Inc
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In a Nutshell

- Liz's experience and education give her a unique perspective that spans the spectrum of science-to-spirituality.
- As a consistently highly rated speaker and trainer, she delivers on two levels: practical and inspirational.
- She is highly favored by technical professionals (science, math, engineering).
- Her signature program, "The Essential Advantage—Bringing the True You to Life™," gives practical tools to incorporate mindfulness, improve well-being, boost creativity, increase engagement, enhance meaning, fuel contribution, strengthen productivity, inspire innovation, and promote retention.
- Her book, "The Opposite of Burnout - 5 Essential Strategies for Career Sustainability," will be available January 2017.

Background

Liz provides one-on-one coaching and workshops using a "holistic wellness" approach which utilizes the whole individual—body, mind and spirit—in a thought-provoking and creative process to maximize personal and professional potential. Her strong communication and organizational skills are particularly valuable to leaders who depend on professional, knowledgeable, and skilled support to achieve success for their organizations. She worked for eleven years in the environmental/engineering field prior to forming three individual businesses: EA Enterprises of Virginia, Inc in 1997; Association Builders, LLC in partnership in 2001; and Executive Wellness Coaching in 2008.

Credentials

MA, Transpersonal Studies, Atlantic University, 2008; Wellness Coach Certificate, Atlantic University, 2008; BS, Biology, Christopher Newport University, 1986; Certified Clinical Aromatherapist, 2014; SWaM Certification Number 685424; Member National Speakers Association, since 2008; Fred Pryor Seminars Certified Trainer, 2015; Canfield SUCCESS PRINCIPLES Certified Trainer, 2016.

Relevant Experience

Essential Wellness Coaching - Provides creative programs to support personal and professional development in private, individualized coaching, group coaching, workshops, presentations and seminars.

Association Builders, LLC/EA Enterprises Of Virginia, Inc – Association Manager for multiple clients providing leadership development, membership database management, event planning and management, brochure development, newsletter production, financial management and oversight, communications, executive committee and board of directors support, website maintenance, and sponsorship solicitation.

Gannett Fleming – Regional Marketing Representative responsible for direct pursuit of project opportunities, identification of markets/clients, public relations, and preparation of marketing budget and reports for this large, national firm.

Rickmond Engineering, Inc. – Marketing Manager responsible for establishing marketing programs, goals, policies and procedures.

Virginia Department Environmental Quality – Environmental Engineer responsible for processing and managing assigned environmental permits, monitoring compliance of permittees, recommending enforcement action for permit violations, conducting technical inspections and responding to pollution complaints.