

# Resume

## Liz Garrett



**Essential Wellness Coaching, Inc**  
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**www.TrueYouAdvantage.com**

### 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 popular book, "The Opposite of Burnout - 5 Career Strategies to Feel Valued, Be Heard, and Make a Difference" is available on Amazon.

### Background

Liz provides a holistic approach to workplace wellness: coaching, training, tools and systems to beat burnout, sustain creativity, improve engagement, and increase productivity. Her strong communication and organizational skills are particularly valuable to technical professionals, volunteer leaders, and executives. "The Essential Advantage--Bringing the True You to Life(TM)" can help your workforce reignite its passion. Discover wellness with a purpose. These feel-good programs give practical tools to develop resilience, incorporate mindfulness, improve well-being, boost creativity, increase engagement, enhance meaning, fuel contribution, strengthen productivity, inspire innovation, and promote retention.

### Credentials

MA, Transpersonal Psychology, 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; WellCoach Certified 2018; Organizational Resilience, 2018.

### Relevant Experience

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

**CACI International, Inc** – As an embedded Performance Coach in a military, industrial environment, responsibilities involve supporting senior civilian leaders in applying principles of a learning organization to improve individual and team performance, accelerate growth, develop individual and organizational resilience, and build a coaching mindset across organizations.

**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.

**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.

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