

LIZ GARRETT

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IN A NUTSHELL

- Liz's experience and education give her a unique perspective that delivers on two levels: practical and inspirational.
- Her strong communication and organizational skills are particularly effective with technical professionals (science, math, engineering).
- Her emphasis is on practical tools to develop emotional intelligence, cultivate resilience, incorporate mindfulness, improve well-being, boost creativity, increase engagement, enhance meaning, fuel contribution, strengthen productivity, inspire innovation, and promote retention.
- Liz is a highly-trained, certified and experienced professional coach, speaker, trainer and writer.

RELEVANT EXPERIENCE

Coach, Speaker, Trainer | Essential Wellness Coaching, Inc

2008 – present

As owner of Essential Wellness Coaching, Inc, Liz delivers creative programs to support personal and professional development in private, individualized coaching, group coaching, workshops, presentations and seminars.

- A representative list of organization with whom Liz has worked includes:
Accomack County Schools, Anthem, Bank of America Corporation, Bronco FCU, Commonwealth of Virginia-Ft Monroe Authority, Commonwealth of Virginia-Health Dept, Commonwealth of Virginia-New Kent County, Commonwealth of Virginia-Williamsburg Jamestown Foundation, DRS Technologies, KPMG, Newport News Office of Human Affairs, Princess Anne Country Club, Unilever , Verizon, and Wellpoint.
- A partial list of training topics includes:
 - o Assertive Communication Skills for Professionals
 - o Communicate with Tact and Professionalism
 - o Communication for Managers
 - o Communication: The Art of Giving Feedback
 - o Communication: The Art of Listening
 - o Communication: The Art of Receiving Feedback
 - o Conflict Management for Managers
 - o Dealing with Serious Sleep Issues
 - o Drug Free Workplace
 - o Effective Performance Appraisals
 - o Emotional Intelligence
 - o Fitting Fitness Into Your Busy Day

- Healthy Habits Workshop Series
- Healthy Tips for Business Travel
- Learning to Relax
- Managing Counterproductive Behavior
- Managing Multiple Priorities at Work
- Managing Priorities to Maximize your day
- Mindful Meditation
- Natural Energy Boosters
- Overcoming Burnout
- Performance Management
- Present2Win for Engineers
- Positive Thinking
- Project Management
- Rid Your Life of Stress—An Exploration of Choice
- Stress Management for Call Centers
- Surviving Mergers and Acquisitions
- Taking Charge-Managing Stress for Life
- You're Promoted - The New Manager

Business and Organizational Performance Coach | CACI International, Inc

Feb 2017 – present

As an embedded coach supporting the success of specific project teams in a VUCA military, industrial environment, my daily duties include:

- Supporting Senior civilian leaders (GS12-15) in applying principles of a learning organization to improve individual and team performance, accelerate growth, and build a coaching mindset across organizations.
- Applying analytical expertise to interpret relevant performance data and operational metrics.
- Utilizing Project Management fundamentals, as well as strong problem-solving and systems-thinking abilities, to adapt to constantly emerging project dynamics.
- Building individual and organizational resilience in a high-pressure, industrial, VUCA environment.
- Leveraging outstanding interpersonal skills, active listening and powerful questioning skills to provide insight and constructive feedback to resolve team conflicts and promote work group engagement.
- Applicable tools and skills include: GROW model, StrengthsFinder, 4 Disciplines of Execution, Organizational Resilience, Team and Group Coaching, ICF Competencies, Guidelines and Ethics.

Association Manager, Co-Owner | Association Builders, LLC

1997 – 2014

Founded in 1997 by Liz, and expanded into partnership in 2001, this full service association management company provides support and leadership development to non-profit associations.

- Clients included: Young Presidents Organization--Virginia Chapter, Entrepreneurs Organization--Hampton Roads, American Public Works Association--MidAtlantic, Virginia Association of Planning District Commissions, Virginia Water Environment Association, and many others.
- All aspects of non-profit management were provided: leadership development, strategic planning, board development, budgeting, event management, newsletter development, membership development and management, and administrative.

EDUCATION

- M.A. Spiritual Psychology | Atlantic University, Virginia Beach, VA
- B.S. Biology | Christopher Newport University, Newport News, VA
- Group Coaching Basics | Wellcoaches
- Lifestyle Medicine for the Brain | Academy for Brain Health and Performance

CREDENTIALS

- Wellness Coach Certificate, Atlantic University, 2008
- SWaM Certification Number 685424
- Member National Speakers Association, since 2008
- Fred Pryor Seminars Certified Trainer, 2015
- Canfield SUCCESS PRINCIPLES Certified Trainer, 2016
- WellCoaches Certified Health and Wellness Coach 2018
- Organizational Resilience, The Institute for Life Coach Training, 2018
- International Coach Federation, Associate Certified Coach
- Emotional Intelligence, Genos EI Certification, 2020

PUBLICATIONS

- The Opposite of Burnout: 5 Career Strategies to Feel Valued, Be Heard, and Make a Difference
- Intentionology: 365 Days of Living on Purpose
- Both are available on Amazon

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