



# LIZ GARRETT

**Whole-Being Well-Being Whiz**  
ICF Certified Health & Wellness Coach

www.TrueYouAdvantage.com  
Liz@LizGarrett.com  
757-715-0370

“I came to Liz for help in changing jobs...instead I changed my mindset.”  
-2019 Client



linkedin.com/in/lizgarrett



facebook.com/essentialwellnesscoaching



twitter.com/Coach\_Liz

## 2020 OFFERINGS

### Unleash Your Essential Advantage

Private, individual coaching to leverage strengths and values so that you find yourself falling in love with your work again.

### Workplace Workshops

Custom designed events to inform, inspire and implement *real* change.

### Leadership Acceleration

Transformational programming that combines training, individual coaching, and team or group coaching to achieve new levels of thriving within an organization.



THE ESSENTIAL ADVANTAGE  
Bringing the True You to Life™

## BIO

**Liz offers fierce support and practical tools to beat burnout and enjoy a meaningful, sustainable, lucrative career.**

Her creative, reality-based programs work on all levels—mind, body and spirit—for deep and lasting change. A successful business owner since 1998, and having worked with leaders for more than 20 years, she knows well the fire inside that either propels you to greatness, or consumes you in the effort.

## GUESTING TOPICS

- How to wake up *wanting* to go to work
- How to find time in your busy day to eat a little better, move a little more, and sleep a little deeper
- How to give up busy-ness
- How to pivot your career NOW
- How to reclaim your brain from digital distraction
- How to develop and apply S.Q. (Spiritual Quotient) as a new-decade leader

## EVERGREEN OFFERINGS



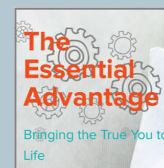
Intentionology—365 Days of Living on Purpose

Available on Amazon



The Opposite of Burnout—5 Career Strategies to Feel Valued, Be Heard and Make a Difference

Available on Amazon



Online, Self-Guided Courses

trueyouadvantage.teachable.com