

# 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

### **Adjunct/Corporate Coach | Essential Wellness Coaching, Inc** Jul 2022 to Present

Providing contract coaching in balanced support of the desired outcomes of the organization and development goals of the individual. Utilizing systems and technology to accelerate results within the structure of the program. Clients include:

- Boon Health - A Holistic Approach to Workplace Wellness Programs. Boon offers a personalized coaching platform that gives employees the opportunity to increase resilience, productivity, and engagement.
- Right Management Great Lakes - Outplacement Services, Assessments for Selection and Development, Executive Coaching, Leadership Training. Career coaching for large caseload (65) of automotive engineer candidates in conjunction with a curated learning journey.

### **Leadership Coach | CACI International, Inc** Feb 2017 – Jun 2022

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

- 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 included: GROW model, StrengthsFinder, 4 Disciplines of Execution, Organizational Resilience, Team and Group Coaching, ICF Competencies, Guidelines and Ethics.
- AORs included: Cranes and Handling, 2017 Eisenhower PIA, 2019 Bush DPIA, Reactor Servicing, and others.

**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 Emotional Intelligence
  - o Fitting Fitness into Your Busy Day
  - o Healthy Habits Workshop Series
  - o Healthy Tips for Business Travel
  - o Learning to Relax
  - o Managing Priorities to Maximize your day
  - o Mindful Meditation
  - o Natural Energy Boosters
  - o Overcoming Burnout
  - o Present2Win for Engineers
  - o Positive Thinking
  - o Project Management
  - o Rid Your Life of Stress—An Exploration of Choice
  - o Taking Charge-Managing Stress for Life

## **Association Manager, Executive Director | 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. Psychology | Atlantic University, Virginia Beach, VA
- B.S. Biology | Christopher Newport University, Newport News, VA
- Brain = Body Somatic Coaching | Embright
- Group Coaching Basics | Wellcoaches
- Lifestyle Medicine for the Brain | Academy for Brain Health and Performance

## **CREDENTIALS**

- Secret Clearance
- 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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