

What people like and admire about Liz...

- ☀ Empathetic and cares about others. Has a heart for people and families.
- ☀ Laid back and easy going. Has a gift of hospitality and wants to make you feel comfy.
- ☀ A helpful and approachable supervisor. Eager to support others.
- ☀ Generous and giving of her time, energy and resources. "Anything you need friend!"
- ☀ Kind person who strives to make other's lives better, both at work and home.
- ☀ Listens to others and can see from their perspectives. Is a genuine and real person.

Quick "Liz" facts...



Elizabeth is the Greek translation of the Hebrew name [Elisheva](#), meaning "God's promise," "oath of God," or "I am God's daughter."

Liz was born in 1973 but considers herself to be an 80's child!! Her childhood dream was to be a "Solid Gold" dancer. Liz has two daughters, a loving family and friends around the world. She loves all people of all shapes, sizes and colors! Liz is an advocate for those who are in need and enjoys being needed! She has a spiritual, loving soul.

Important to Liz as a trainer...

- ☀ To help the learners gain a new perspective.
- ☀ To make training interesting and relevant.
- ☀ To provide a warm, inviting learning experience.
- ☀ To help others feel relaxed, and have fun, to enjoy the experience.
- ☀ To be a part of the learner's professional development.

How best to support Liz while training...

- ☀ Be open to new ideas and actively listen to better understand.
- ☀ Find new ideas and then try them out after the training.
- ☀ Give me feedback so I can learn new and better ways to provide training.
- ☀ Share your life's stories, work and learning experiences with others.
- ☀ Have fun and take a break from stress for a day or two!