

speaker, coach, author, mountaineer

# Liz NEAD

ELIZABETH WAS INSPIRING TO ALL WHO ATTENDED AND GAVE REAL WORLD RECOMMENDATIONS THAT THE ATTENDEES COULD LEVERAGE TO FIND BALANCE WHILE AT THE SAME TIME ENRICHING THEIR LIVES.



HER ENERGY WAS CONTAGIOUS. I HIGHLY RECOMMEND CONSIDERING LIZ FOR YOUR NEXT SPEAKING ENGAGEMENT. SHE WILL CAPTIVATE YOUR AUDIENCE, LEAVING EVERYONE AND THINKING BIGGER PICTURE  
LINDA, VP  
PAYPAL.



LIZ DID AN OUTSTANDING JOB FOR MY TEAM. SHE IS ENERGETIC, FUNNY AND ENLIGHTENING. MY WHOLE TEAM LOVED HER PRESENTATION!  
CHRIS, EVE  
ATHENE

Liz Nead is an adventure-speaker, most recently summiting Mt. Kilimanjaro and co-authoring an Amazon Best Seller and social media movement 20 Beautiful Women and more recently, The 180 Life. A skilled storyteller, Liz vividly teaches and entertains through her unique strategies and exciting experiences.

Whether she is climbing a mountain, flipping 300-pound tires at the Iowa Strongman games, producing an award-winning television show or conducting bold experiments in her personal life, her audience learns valuable lessons to build an influential life. She balances seven kids in a blended family with her husband, a retired Army-Major.

The 2011 Leukemia/Lymphoma Society Celebrity of the Year, Liz has delivered hundreds of presentations, working with national clients such as the YWCA, the Armed Forces Network and Ladies Home Journal. Liz translates her inspirational style to the corporate environment, using her experience as a project manager, insurance and mortgage industry executive and keynote speaker and trainer to empower audiences. With immediately applicable takeaways, relevant case studies, entertaining stories, on the spot training and quick group activities, participants walk away uplifted and ready to make important changes.

She developed an original behavioral drivers assessment which predicts choices and behavior utilizing six Sesame Street characters. Her presentations, the 1440 Principle, Life Without Limits, The Personal Game Project, The Sesame Street Strategies and her latest, The Climb of My Life, focus on living a purpose-filled life. Liz is a seasoned actor, appearing in films, commercials and training videos. She also coaches clients all over the world, from Oxford and Tel Aviv to Seattle and Houston.

Speaker, coach and author Liz Nead created mini pep-talks for herself and her followers for eight years through conversation, presentations and social media. Founding her company, Nead Inspiration after a layoff and during a recession, Liz fought her way through desperate financial and relational moments, birthing each quote through tough personal work and a fierce reliance on God. She handpicked 365 quotes to be used for transformation, encouraging words to get through challenging and pivotal moments in business and in life. Designed for parents, business owners, adventurers, athletes, children, spouses and partners and friends, each quote promotes a visionary life through focus and courage.

## The 180 Life **BEST SELLER**

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# Liz's FEATURED TALKS



satisfied  
audiences

PAYPAL  
NATIONAL GUARD  
ATHENE

FOX  
PIONEER  
AMERICAN HEART  
KEMIN FOODS

PDI  
MAYO HEALTH  
IIA CONFERENCE  
YWCA

## POWERFUL PEOPLE POSITIONS

*Building bridges for effectiveness and success in any organization.*

What's your PPP? Whether you are supporting a project at work or coaching your child's soccer team, you use six "positions" to manage and understand every circumstance. Using six Sesame Street characters for inspiration, Liz Nead created a behavioral prediction model, Powerful People Positions (PPP) and surveyed over 1000 individuals in the last 8 years. Liz utilizes PPP (boundaries, relationships, routine, creativity, passion and principles) to help audiences unlock, understand and utilize their differences to promote organizational success. Participants are shown strategies to not only manage their own preferences but spot and plan for the differences of others. The Powerful People Positions Model is both entertaining and easy to apply, bring together even the most diverse groups.

- Six encompassing behavioral drivers to interpret any personal or professional social landscape.
- A cross cultural/ cross gender "language" for diverse groups to communicate their needs and understand others.
- A process to "diagnose" their natural preferences in a humorous way.
- Specific processes to influence colleagues through their behavioral drivers.

## UNLOCKING YOUR PERSONAL BRAND:

*6 keys for standing out and increasing your value in any organization.*

Personal branding is the current buzzword for personal development and career advancement. Everyone, from the new entrepreneur to the seasoned CEO can access, define and communicate a powerful and unique personal brand. With a series of simple questions and exercises, Liz shares six essential strategies to rising above the status quo while energizing those around you.

- How to stand out among colleagues and competitors.
- Collaborative techniques to build brand bridges.
- Quick exercises to further define personal branding.

## THE MEDIA MIRROR:

*Feeding your community the imprint and reflection of success.*

What would you do if no matter where you looked, no one looked like you? As early as five years of age, Liz dreamed of being a speaker, television star and athlete but no matter where she searched she could not "find herself" on the track, the television or the stage. She began to realize she was on not only a journey to her own best life but a leader in her community, with a responsibility to succeed so she could be seen and emulated, a media mirror of success and possibility. Through six simple strategies, Liz encourages audiences to courageously stand in their wildest dreams and say, "I can do that too!"

- How to seek out roles and careers typically not filled by your demographic.
- Using empowering "Media Mirror" language by sharing vital information about challenges and success publicly to encourage others.
- Creating groups and resources to attract the most diverse population possible.

## THE CLIMB OF MY LIFE

*Lessons in active leadership, learned from the porters and climb guides, summiting Mt. Kilimanjaro.*

The Climb of My Life is borne out of Liz's experience summiting Mt. Kilimanjaro. She traveled to Tanzania ready to climb and conquer the "Roof of Africa," but the altitude and fluctuating temperatures proved to be a challenge, forcing her to think and work differently during her 10-day journey. Her group successfully summited Mt. Kilimanjaro on July 4, 2014, with the help of a team of people, one American guide and over 40 Tanzania-based staff. Their summit strategy is the foundation Liz's Active Leadership principles, creating a stretch vision, leading through action and the mindfulness planning process.

- Casting the summit vision for the team—Helping them see the journey and the final destination.
- Sending out an invitation to the climb—Communicating the possibility with the most powerful details and inspiring individuals to say yes to the challenge.
- Getting past the insignificant barriers to the climb vision—Identifying and moving past the small fears that cast big shadow.