

Liz NEAD



Featured TALKS

ACTIVE LEADERSHIP

Liz traveled to the Tanzania to find adventure. She returned with a life-changing gift, 7 lessons in active leadership. The classroom: 19,000 feet to the top of Mt. Kilimanjaro. The teachers: the climb guides leading the group to the roof of Africa, showing them how to get thru 8 hour hikes and 20 degree nights, using a unique and focused set of principles for success in any situation.

Takeaways:

- Leading with a pace of excellence.
- Creating a culture of joyous service.
- Effectively bringing in new people to the team.

THE GREAT EQ-UALIZER

EQ is defined as the ability to understand, manage and effectively express your own feelings and navigate through the spoken and unspoken responses of those around you. Research around the relationship between EQ and Performance reveal 90% of high performers possess high EQ, while 80% of low performers have low EQ. The good news is, while IQ and personality remain fairly stable EQ can be improved through education, understanding, behavioral adjustment and practice.

Takeaways:

- Identify the EQ of those around you and determine a course of action.
- reduce negative emotion, manage stress, remain proactive and bounce back from adversity.

MAXIMIZING HUMANITY

A closer look at diversity and leadership. Diversity goes hand in hand with innovation, creativity and long-range productivity. Groups with diverse perspectives, experiences and backgrounds perform better than groups with similar viewpoints. Liz uses humorous and thought-provoking techniques and stories to reveal biases and get vital conversation going. She weaves organizational goals into the presentation, highlighting relevant information and underscoring the importance of diversity without excluding anyone in the audience.



Liz is a passionate reader, researcher and author.

Her latest creation is "Curry Up," a collection of recipes, Indian inspired flavors, ingredients and techniques added to every day "American" dishes. She wrote it as a fun addition to traditional diversity training, adding personal stories and interesting insights into her experience as the daughter immigrants, growing up in the United States. She is also proud of the other book she published in 2016, "The 180 Life," a compilation of 365 pep talks created to encourage and inspire people to their best life. Both are available on Amazon.

Latest
INSPIRATION

MORE ABOUT Liz

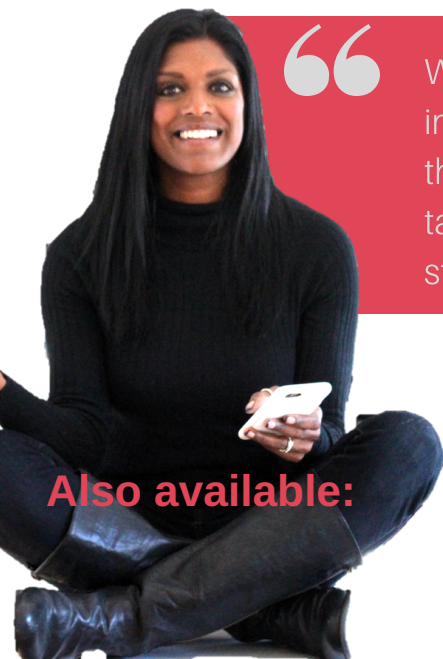
Liz is an adventure speaker, most recently climbing Mt. Kilimanjaro and competing in the Iowa Strongman Games. She has authored several best selling books, *Curry Up*, an ethnic cookbook, *The 180 Life*, and *20 Beautiful Women*. Her work has been ranked in Buzzfeed and reviewed by the Huffington Post. Liz created and hosted *Life Dare*, an Emmy-nominated television show. She blogs for Huffington Post and She Knows. She is a skilled story-teller and teacher, using her personal and professional experiences to create powerful personal development and team building strategies.

Whether she is climbing a mountain, flipping 300 pound tires, producing an award winning television, or exploring her roots in India, her audiences learn valuable lessons to build an influential life.

She also balances her passion-driven career with a busy family life, raising seven kids in a blended family with her husband, a retired Army Major.



STAGECRED



Also available:

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We were so grateful to have Liz kick off our event with such an inspiring message for our rising leaders. The audience really enjoyed the engaging visual presentation and appreciated Liz taking time to talk with them individually afterwards. Everyone left motivated to take steps in making their dreams a reality.

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- *The Business Case for Introverts: Why you shouldn't miss out on the "other half" of the workforce.*
- *Fantastic Failures: The five mistakes that profoundly shaped my success.*
- *The Corporate Carrot Diet: How to improve corporate culture and drive employee engagement.*
- *The Six Voices: The essential influences that drive your decisions (and those around you).*
- *The Power of Now: Why mindfulness and presence is the key to productivity and excellence.*

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