

Resume

Elizabeth Garrett

Executive Wellness Coaching
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Background

Liz worked for eleven years in the environmental/engineering field prior to forming three individual businesses: EA Enterprises of Virginia, Inc in 1997; Association Builders, LLC in partnership in 2001; and Executive Wellness Coaching in 2008. Liz's strong communication and organizational skills are particularly valuable to leaders who depend on professional, knowledgeable, and skilled support to achieve success for their organizations. In addition, Liz provides one-on-one coaching and workshops using a "wellness" approach which utilizes the whole individual—body, mind and spirit—in a thought-provoking and creative process to maximize personal and professional potential.

Education

MA, 2008, Transpersonal Studies, Atlantic University; 2008 Certified Wellness Coach, Atlantic University; BS, 1986, Biology, Christopher Newport University

Relevant Experience

Executive Wellness Coaching - Provides creative programs to support personal and professional development in private, individualized coaching, workshops, presentations and seminars.

Association Builders, LLC/EA Enterprises Of Virginia, Inc – Association Manager for multiple clients providing leadership development, membership database management, event planning and management, brochure development, newsletter production, financial management and oversight, communications, executive committee and board of directors support, website maintenance, and sponsorship solicitation.

Gannett Fleming – Regional Marketing Representative responsible for direct pursuit of project opportunities, identification of markets/clients, public relations, and preparation of marketing budget and reports for this large, national firm.

Rickmond Engineering, Inc. – Marketing Manager responsible for establishing marketing programs, goals, policies and procedures.

Virginia Department Environmental Quality – Environmental Engineer responsible for processing and managing assigned environmental permits, monitoring compliance of permittees, recommending enforcement action for permit violations, conducting technical inspections and responding to pollution complaints.