

LIZ HENDERSON

Certified Executive Coach | Certified Professional Coach | 999.666.2222

henderson@gmail.com

Keys to unlocking your peak performance potential



Liz Henderson was born to run, and has been literally and figuratively running ever since. An avid runner/triathlete, successful Fortune 250 Global Director, uber team player, *and* author, Liz knows what it takes to reach peak performance. As the founder of ChainsFree, an executive coaching firm, Liz takes her enthusiasm, rich corporate knowledge and skills, and indomitable servant leadership to another level. A Certified Executive Coach and Certified Professional Coach, Liz helps uncover motives, personality capacities, and values; and assists in discovering self-knowledge to develop the capabilities of high-potential performers. Liz helps create meaning in people's work by linking *who they are* to *what they would like to become*.

Liz believes greatness, whether athletic or otherwise, doesn't come from those content on just being, but from those who seek being the difference. Everyone can run farther or faster, if one doesn't let worn-out beliefs stop him or her from moving beyond themselves. A talented trainer and change management professional, Liz is highly recognized and successful at breaking down challenges and opportunities into clear and concise steps. Her integrity, leadership, emotional intelligence, and tenacity enable her to run the distance with each individual or organization.

Liz inspires individuals and organizations through personal and/or professional transition using her diverse experience in leadership/executive coaching, professional development, work/life balance, action planning, life coaching, and transformation. She excels in project/change management, stakeholder analysis, learning and development, business continuity, conflict resolution, communication, and more. Liz brings a "full circle" coaching toolkit to assist clients throughout the process, believing that support doesn't end until the finish line. Believing in the philosophy that attitude is everything, and anything can be achieved, she loves to motivate, connect, partner, and empower to solve issues – with transformative results.

A graduate of Georgia State University in Hospitality Administration, Liz began her exemplary career as a desk clerk at the Atlanta Downtown Marriott and has 20+ years experience successfully advancing business direction and strategy by managing change and leading high-visibility strategic programs with Marriott International, Inc. Most recently, she served as Director, Global Information Resources, where she expertly managed a \$25M budget, directly impacted 178 Global Client Services Associates, and built world-class talent.

Liz is the founder/chairman of the Women in Technology (WIT) Speaker's Bureau; a member of American Society for Training and Development (ASTD) and Society for Human Resources (SHRM); a Project Management Professional (PMP); and holds a Change Management Certificate via ASTD. She is a contributing author of the publication: *No One Path: Perspectives of Leadership from a Decade of Women in Technology Award Winners*, 2015.

Henderson serves as both a personal and professional inspiration to those who know her well, including her husband and daughter, and embodies the philosophy, "let's do this!"

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.
-Confucius

A chain is no stronger than its weakest link, and life is after all a chain.
-William James