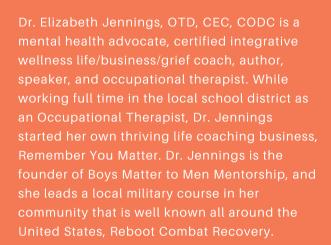
Author | Speaker | Coach

Dr. Elizabeth Jennings OTD, CEC, CODC

Inspiring & Empowering Greatness

In kids, teens, adults & veterans for communities, workplace, and schools



Dr. Jennings has helped numerous kids, teens, and parents learn to understand their identity, impact, and significance in life and develop mental resilience. She has authored multiple books to inspire and support children and teens with tools to manage anxiety and depression, help individuals cope with grief and loss, adapt to their new normal, and live their best life. Through her life coaching experience and education, Dr. Jennings currently empowers children, teens, young adults, educators, and parents using practical mindfulness strategies and tools to overcome and manage stress and obstacles, reduce feeling overwhelmed, and adapt a positive outlook and balanced lifestyle.



PRESENTATION TOPICS

Soft Skills Training

- Effective Communication
- · Collaboration and Conflict Management
- Self-Motivation
- Empathy among Teams
- Stress management
- Adaptability and Change in Work Environment

Empowerment Topics

- Believe in Yourself
- I Matter
- Be "You"nique Embracing the Real You
- Born Different but Wonderfully Made
- Crushing Stinking Thinking
- · Your Life is Worth Living



Book Dr. Jennings Today!

- Coaching Services
- Motivational/Keynote
- Employee Training
- Conflict Resolution
- Team Building