



**Dr. Liz**<sup>®</sup>

Dr. Liz Consulting  
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Dr. Elizabeth R. Henry (Dr. Liz), is a speaker, facilitator, author and consultant who leads powerful and thought provoking empowerment programs for teens and young adults to realize their true potential and greatness. She helps young people to have the confidence to achieve their goals and the conviction to make the powerful choices needed to transform their lives. Teens benefit from learning how a shift in their mindset will allow them to move forward toward being what they dream they can be.

As a youth consultant to organizations, high schools, colleges and universities, Dr. Liz has worked with the Girl Scouts and other national groups that focus on teen and parental issues. Her interactive, custom designed seminars give participants the tools they need to effectively communicate and connect with young people. She provides insight and guidance to parents, teachers, and others so they can have a healthy and productive relationship with teens.

A frequent speaker at conventions, symposiums, association meetings, parent groups, and educational institutions, Dr. Liz delights teens and adults with her insightful and interactive presentations. She has the ability to connect with the audience so they are fully engaged in the self-discovery process. Dr. Liz is an expert at creating and facilitating powerful interactions that give young people the self-confidence to pursue their goals and adults the acumen to fully support them.

She has appeared as a guest on *12 for Your Health* (News 12 New Jersey), the *Dr. Steve Show* (WPIX 11 TV), *The Natasha Show* (Comcast TV 30), *Healthy Children* (HealthRadio.net), *Life Advice with Jennifer Lewis-Hall* (Greater Media Magic 98.3 FM), *New Jersey Today* (WCTC), as well as the *Dr. Helen Kest* show which is broadcasted nationwide. Dr. Liz played an instrumental role in a leadership conference for teenage girls entitled “*Through the Looking Glass*” which featured a taste of college living, guest speakers and interactive workshops. In addition, she was a contributing columnist (“*Parenting 101*”) for *The Positive Community*, a lifestyle magazine targeted to the African American market in New York and New Jersey.

Throughout her career, Dr. Liz has been honored for her work with youth and service to the community. NJBIZ, one of the leading business publications in New Jersey, named Dr. Liz a *Healthcare Hero* finalist in the *Education Hero-Individual Category* and one of the *Top 50 Women in Business*. She received the New Brunswick NAACP Branch Community Service Award and commendations from the Franklin Township Council, as well as the National Association for the Advancement of Colored People (NAACP) and Alpha Kappa Alpha Sorority.

A board certified pediatrician and founder of Dr. Liz Consulting, she practiced medicine for sixteen years with the New Brunswick Pediatric Group. Dr. Liz graduated from Princeton University and the University of Pennsylvania School of Medicine. Her pediatric residency was at Georgetown University Hospital and she worked at the Children’s Hospital of Philadelphia before going into private practice. Dr. Liz is a fellow of the American Academy of Pediatrics and a member of the American Medical Association, New Jersey Medical Society, and Middlesex County Medical Society. She is also a board member of Raritan Valley Community College Foundation, lifetime Girl Scout and member of Alpha Kappa Sorority, Inc.



Moving Teens Forward