

Dr. Liz[®]

**EMPOWERMENT PROGRAMS
FOR TEENS, PARENTS AND ORGANIZATIONS**
Moving Teens Forward to Live a Life of Purpose and Passion





MOVING TEENS FORWARD TO LIVE A LIFE OF PURPOSE AND PASSION

“Raised by a single mother, I know first-hand the importance of being encouraged to be the very best that I could be. My mom devoted her life to teaching me that lesson and I have devoted mine to inspiring my daughter, as well as the youth that I work with to do the same. I believe that everyone has an inner greatness and the potential to lead a rich and abundant life if they are provided with the tools to do so.

When I practiced as a pediatrician, I saw so many teens that lack the self-confidence and strength to rise above peer pressure, bullying, domestic issues and the ever increasing challenges of living in today’s society. My goal is to provide teens with the knowledge that they do have choices and can achieve anything that they set out to do if they believe that they can.”

Dr. Liz





MEET DR. LIZ

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. She has created and delivered workshops for numerous organizations including Raritan Valley Community College, Middlesex Regional Chamber of Commerce, the Congressional Caucus on Black Women and Girls, and NY/NJ Teen Expo. 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.

She has appeared as a guest on *12 To 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 also has received community service awards from 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 seventeen 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 Alpha Sorority, Inc.





EMPOWERMENT PROGRAMS

A frequent speaker at conventions, symposiums, association meetings, parent groups and schools, Dr. Liz is well-recognized as a leading authority on the health and well-being of youth. She delights teen and adult audiences with her insightful and interactive presentations by connecting with the audience so they are engaged in the self-discovery process. Program participants leave empowered with the confidence to achieve their goals and the conviction to make the powerful choices needed to transform their lives.

Teens today face many challenges that their parents did not have to face growing up. Many parents become frustrated, worried, concerned, and confused as they guide their children through the teenage years and into young adulthood. Quite often communication breaks down and they may be at their wits end with regards to what to do.

As a pediatrician, Dr. Liz has counseled parents about how to handle the physical and emotional changes that occur during the teenage years. Effectively handling these changes is crucial to developing confident and successful young adults. Dr. Liz's interactive seminars and workshops are designed to provide the tools and resources to effectively address the challenges that teens and their parents face today.

Representative List of Appearances

Conference, Seminars, Workshops

- From Girls to Women Conference, Raritan Valley Community College, North Branch, NJ
- Health and Happiness for Humanity Conference, Gustrow, Germany
- The Global Conference for Transformation, San Francisco, CA
- Women's Leadership Summit: Striving for Balance, New Brunswick, NJ
- NJ/NY Teen Expo, Edison, NJ
- Caring for Kids Pediatric Healthcare Conference, East Brunswick, NJ
- St. Peter's Hospital, New Brunswick, NJ
- Sampson G. Smith Intermediate School, Somerset, NJ
- Franklin Township Middle School, Somerset, NJ

Television and Radio

- "12 To Your Health" with Dr. Derrick DeSilva News on News 12 New Jersey
- "The Dr. Steve Show" on WPIX 11 TV
- "The Natasha Show" on Comcast TV 30
- "Preferred Home Health Care Show" with Joel Markel on Magic 100.1
- "Life Advice with Jennifer Lewis-Hall" on Magic 98.3 FM
- "New Jersey Today" on WCTC
- "Dr. Helen Kest" radio program broadcasted nationwide
- "Healthy Children" on HealthRadio.net





EMPOWER PARENTS PROGRAMS

As a parent of a teenage daughter, Dr. Liz knows the challenges that parents face coping with their children. Parents must thoughtfully guide their child through the teenage years. The goal is to empower without enabling. Parents learn that they are not alone and that it is important to address the issue(s) that their teens have now, before it takes control of their lives. The following are popular topics in Dr. Liz's Empower Parents Program:

Help Your Teen to Stand Up for Themselves

Bullying has and continues to be an issue for youth. Once a teen is identified as a target his/her life could be changed forever. As a result, many teens that fall victim to bullying have low self-esteem, affecting everything from their grades to participation in sports and the quality of their social life. This seminar provides parents with the tools and techniques to help their teen deal with bullies, manage their feelings, and stand up for themselves.

Is the "In-Crowd" the "Right Crowd" for Your Teen?

Every teen wants to be popular. Even so, being a member of the "in-crowd" could have consequences if your teen does not have the self-confidence to say "no." Parents will learn how to teach their teen to think independently and have the conviction to stand up for their own beliefs.

Living Online

Technology is an integral part of every teen's life. As a result, teens spend more time on computers, cell phones and other devices and less time socializing in person. Parents will learn how to encourage their teen to communicate more off-line, the real consequences of spending too much time online, and how to help their teen find a good balance between the two.

Take the Blinders Off

Smoking pot and teenage drinking is widespread. Equally alarming is the number of youth on opiates and other highly-addictive drugs. Parents will learn how to recognize the signs of drug and alcohol abuse, as well as how to help their teen to live a sober life.

It's Their Life

Everyone needs a roadmap to determine where they are going and how they are going to get there. Establishing goals will ensure that teens realize their dreams. Participants will learn how to teach their children to develop smart goals that reflect their teen's life vision instead of their own.

Empower Your Teen

Growing up today is more challenging than ever. Teens need to develop the self-esteem to face their particular situation. They also need to be empowered to make their own choices and come to their own conclusions. This seminar will provide parents with guidance on how to mentor their children through the turbulent teenage years so they become confident adults. Participants will also learn how enabling can have a negative effect on their teen's ability to become self-reliant.





EMPOWER TEENS PROGRAMS

Dr. Liz delights teenage audiences with her powerful, yet casual presentation style. The power comes through the connection she makes with the audience and the message that she delivers – inspiring teens to take control, transform and move their lives forward. The following are popular topics in Dr. Liz’s Empower Teens Program:

Stand Up For Yourself

Bullying has and continues to be an issue. Once a teen is identified as a target his/her life could be changed forever. Many teens that fall victim to bullying have low self-esteem, affecting everything from their grades to participating in sports/activities and the quality of their social life. This seminar provides teens with tools and techniques to deal with bullies, manage their feelings, and stand up for themselves.

Is the “In-Crowd” the “Right Crowd” for You?

Every teen wants to be popular. Even so, being a member of the “in-crowd” could have consequences if a teen does not have the self-confidence to say “no.” Teens participating in this seminar will learn how to think independently and have the conviction to stand up for their own beliefs.

Social Connections

Computers, cell phones and other devices are an integral part of teenage life. As a result, teens spend more time on computers, cell phones and other devices and less time socializing in person. Teens will learn the value of communicating off-line, the consequences of spending too much time online, and the benefits of finding a balance between the two.

Expanding Possibilities

Developing a well-rounded personality requires interests outside of the classroom. This seminar focuses on the rewards of being involved in sports and other extracurricular activities – including community service and volunteering. Teens will learn how to be a responsible team player and that there is a world beyond them.

Teenage Wasteland

Smoking pot and teenage drinking is widespread. Equally alarming is the number of young adults on opiates and other highly-addictive drugs. Generally, teens start getting high or drinking because of peer pressure and the belief that it is accepted in society. Participants will learn to have the self-confidence to live a sober life, as well as how drugs and alcohol will really impact their future. Just because “everyone smokes pot” does not mean that they should too.

It’s My Life

Everyone needs a roadmap to determine where they are going and how they are going to get there. Establishing goals will ensure that teens realize their dreams. Participants will learn how to align their actions with their life vision, as well as how their actions today will impact their future.

You’re Awesome

Growing up today is more challenging than ever. Teens need to develop the self-esteem to face their particular situation. They also need to be empowered to make their own choices and come to their own conclusions. This seminar will provide teens with the confidence to be true to themselves so they cannot only survive but excel.





EMPOWER EDUCATORS, ADMINISTRATORS AND OTHER PROFESSIONALS PROGRAMS

After talking to thousands of young people in my practice over the years, I have become masterful at hearing and listening to teens and young adults in ways that provide access to whole new levels of communication.

My professional development seminars are designed to provide educators, administrators and other professionals with the skills to engage and connect with teens on a level that will allow them to truly make a difference. I share my insights on how to reach teens by intuitively listening to what they are saying, uncovering what they are not saying, and developing a heightened awareness of why teens keep certain things to themselves.

The seminars below are representative of the programs I can present to enrich and empower your team. Each program can be customized to meet your professional development and training goals. Full day, half day, and 1.5 hour seminars can be delivered at your location or online.

How to Make “That” Kid a Great Kid: Looking Through a Different Lens

This workshop focuses on the lens through which we see and listen to young people. Participants will learn to adjust their filters to capture a snapshot of the true essence of teens, see them through a fresh lens, and approach them from a different point of view.

How to Read Between the Lines: Mastering the Skill of Intuitive Listening

An important part of listening is realizing that something is not being said. Someone is holding back because they are afraid of being judged or rejected. Often what a teen doesn't say is more important than what they do say. Participants will learn how to listen to all sensory components and intuitively connect with a teen's real message. By focusing on what is being said, as well as the speaker's tone of voice, body language, energy level, feelings, and other signals, you are more likely to discover what a teen is not saying and why. Intuitive listening is powerful because it allows you to connect with teens at a higher level, engage them in purposeful conversations, and break down the barriers that stand in the way of making an impact on their lives.

How to Increase Performance: Focusing on What Matters

This workshop gives participants tools outside the realm of “doing” that will take a teen's performance to a whole new level. Many people think that they must do something to increase a teen's performance such as teaching them a different technique, saying something to motivate them, or getting them to understand something in a different way. While “doing” is integral to performance enhancement, participants will learn to focus on what matters and will be provided with powerful methods to encourage teens to develop their talents and make contributions to their communities.

Reigniting the Fire: Living Your Life With Purpose and Passion

Burnout and stress are common in countless professions. Many people lose the passion they once had for their career and find themselves going through the motions of life rather than fully engaging in it. They become overwhelmed with doing day to day tasks and forget to look at the big picture. This workshop will reengage participants with their profession by reigniting their enthusiasm, drive, and creativity. It will give them the tools they need to live a life of purpose and passion.





Empowerment Programs for Organizations

Dr. Liz can present any seminar in her Empowerment Program for Parents or Teens at your event or develop a customized program for you. She is available to:

- Be the keynote speaker for a conference
- Speak to your audience for a half or full day
- Present a seminar during your program
- Facilitate a panel discussion





The Buzz on Dr. Liz

“Dr. Liz = Pure gold! She's made for TV in looks, knowledge, and her ability to speak in bites. Dr. Liz has great chemistry with Dr. Steve. We would welcome her back on the show. She is a Star!”

Dave Brown, Executive Producer
"Dr. Steve Show," New York, New York

“If every physician who treats children in this world was as dynamic and dedicated as Dr. Elizabeth Henry – or “Dr. Liz,” as we know her at Saint Peter’s – the overall health of children everywhere would take a dramatic leap forward.

Dr. Liz has been a steady and forceful voice for children as a public speaker, as an expert guest on numerous radio and television shows, and in a variety of published articles in the print media. As a media professional myself, I’m always impressed by her enthusiasm and skill in advancing the cause of better health for children and teens, as well as their families.”

Phil Hartman, VP/Chief Communications Officer
Saint Peter’s Healthcare System, New Brunswick, NJ

“Dr. Liz is a dynamic speaker and motivator for young people. Her talks provide teens with opportunities for clarity, guidance and reflection on foundations for making empowering choices. Her tips offer solutions for some of the most challenging concerns parents and teens experience. Her website is a great resource.”

Terri Evans-Bailey
Educator

Book Dr. Liz

Book Dr. Liz today to deliver an Empowerment Program at your next conference, seminar, or event. Contact Eileen Monesson with PRCOUNTS at 848-459-3130 or emonesson@PRCounts.com for more information.

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