

Dr. Liz<sup>®</sup>

EMPOWERMENT PROGRAMS  
FOR TEENS, PARENTS AND ORGANIZATIONS  
*Empowering Parents • Uplifting Youth*





Empowering Parents • Uplifting Youth

I was raised by my mother and grandmother in a small New Jersey suburb outside of New York City. Computers, the internet, and cell phones hadn't been invented yet. I remember playing outside on the playground until the streetlights came on, calling my mother on a payphone, and typing my high school and college papers on a typewriter. When I went to my bedroom, I did not have to worry about being bullied through a computer screen. I did not have to worry about terrorist bombings or mass school shootings. I talked to my friends on the phone rather than through words on a screen. I worried about being liked but did not have to count the number of "likes." It was a different time with different problems, but it seemed a lot less complicated.

I have a daughter in her twenties, so I know firsthand how difficult it is to bridge the communication gap between generations. Being a pediatrician has also given me an inside view to the experiences of today's youth and the challenges that parents face. We can't expect kids to react and respond the same way we did because their world is drastically different from our own.

In my practice, parents often looked for guidance about communication, peer pressure, and issues that impacted their teen's self-confidence and ultimately, their success. I was passionate about empowering parents and enthusiastically would try to squeeze everything they needed to know in the 15-minute time slot. Through Dr. Liz Consulting, I now can fully spend time doing what I love to do—guiding parents and bridging the communication gap between the generations.

*Dr. Liz*



Empowering Parents • Uplifting Youth

## MEET DR. LIZ

Dr. Elizabeth Henry (Dr Liz) is a board-certified pediatrician, parent coach, speaker, author and workshop facilitator with over 20 years of experience. She is a trusted advisor to parents and youth.

Through her one on one virtual coaching sessions, she provides parents with tools and resources to connect, communicate, and support their preteens, teens, and young adults. Her keen listening ability and insight fully engage parents in powerful conversations that are designed to help guide them through the ups and downs of the preteen years and beyond.

Dr. Liz delights both parents and youth 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 dynamic interactions that bridge the communication gap between generations.

Dr. Liz graduated from Princeton University and the University of Pennsylvania's, Perelman School of Medicine. She completed her pediatric residency at Georgetown University Hospital in Washington, D.C., then subsequently worked at the Children's Hospital of Philadelphia before going into private practice in New Jersey. 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 a lifetime Girl Scout, member of Alpha Kappa Sorority, Inc., The Drifters, Inc., and a past board member of the Raritan Valley Community College Foundation.

She has appeared as a guest on numerous television and radio shows including *Chasing News with Bill Spadea*, *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), and *New Jersey Today* (WCTC).

Dr. Liz has created and delivered workshops for numerous organizations including Princeton University, Raritan Valley Community College, Middlesex Regional Chamber of Commerce, the Congressional Caucus on Black Women and Girls, NY/NJ Teen Expo, Jack and Jill of America, the Links, the Girl Scouts and Boy Scouts.

In addition, she is an expert for [YourTango.com](http://YourTango.com), a leading online magazine and served as a contributing columnist ("Parenting 101") for *The Positive Community*, a lifestyle magazine in New York and New Jersey.



Empowering Parents • Uplifting Youth

## **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**

- Power-Up: Becoming Your Best Self, Newark, NJ
- Navigating the Benefits and Burdens of Our Princeton Privilege as Parents, Princeton University, NJ
- Vaping: What's the Big Deal?, Somerville High School, NJ
- Teen Empowerment: Be Your Best Self, Alexandria, VA
- Mental Health Awareness/Mind-Body Balance Summit, West Windsor, NJ
- & Girls Conference Hosted by the Congressional Caucus on Black Women and Girls
- Youth Empowerment Program Summer Program (Presented Four Programs: Effectively Communicating With Your Child, How to Help Your Child Navigate Friendships and Other Social Connections, It Takes a Village: Creating Teamwork, and Partnerships, Conflict Resolution), New Orleans, LA
- 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



*Empowering Parents • Uplifting Youth*

### **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

### **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



## **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 teens on opioids 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.



Empowering Parents • Uplifting Youth

## **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 Addiction**

Vaping, smoking weed, and teenage drinking is widespread. Equally alarming is the number of young adults on opioids 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 weed” 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.



Empowering Parents • Uplifting Youth

## **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.





Empowering Parents • Uplifting Youth

### 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](mailto:emonesson@PRCounts.com) for more information.

**EMPOWERING PARENTS • UPLIFTING YOUTH**



*Empowering Parents • Uplifting Youth*

Dr. Liz Consulting  
732.873.1021 • [DrLiz@DrLizConsulting.com](mailto:DrLiz@DrLizConsulting.com)  
[DrLizConsulting.com](http://DrLizConsulting.com)