



Dr. Elizabeth R. Henry



Dr. Elizabeth R. Henry, affectionately known as Dr. Liz, is an Ivy-league trained and board-certified pediatrician, speaker, best-selling author, parent advisor, and youth advocate. Her mission is to empower parents and uplift youth.

She is the founder of Dr. Liz Consulting, a company designed to support and collaborate with parents, teachers, and other influencers to uplift teens. Dr. Liz has been a trusted advisor to parents and youth for over 20 years. Her new book, *You Are Not A Bad Parent: A Pediatrician's Guide To Reducing Conflict And Connecting With Your Teens* is a #1 Amazon Bestseller.

Dr. Liz's transformational programs and coaching sessions provide participants with tools to support preteens, teens, and young adults in recognizing their strengths to successfully overcome life's challenges and thrive. Her parent and student workshops bridge the communication gap so that they connect with love, compassion, and understanding.

She has created and delivered workshops and presentations for numerous companies and organizations, including PepsiCo, PTC Therapeutics, Princeton University, University of Pennsylvania, University of Southern California, Kean University, New Orleans Youth Empowerment Project, and the Congressional Caucus on Black Women and Girls.

A sought-after thought leader, Dr. Liz has appeared as a guest on numerous podcasts and radio and television shows, including WURD's *Source* with Andrea Lawful Sanders, PHL17's *In Focus* with Jennifer Lewis-Hall, iHeartRadio Philadelphia's *Insight* with Loraine Ballard Morrill, *Chasing News* with Bill Spadea, and in an educational video on ADHD for Healthgrades.

After graduating from Princeton University, the University of Pennsylvania's Perelman School of Medicine, and Georgetown's Pediatric Residency Program, Dr. Liz worked at the Children's Hospital of Philadelphia and then joined a private practice in New Jersey.

She is a fellow of the American Academy of Pediatrics and a member of the American Medical Association, Medical Society of New Jersey, and Middlesex County Medical Society. She serves on Princeton University's esteemed Auxiliary Board to the Isabella McCosh Infirmary and is a former Raritan Valley Community College Foundation board member. Dr. Liz is a volunteer Clinical Assistant Professor at the Rutgers Robert Wood Johnson Medical School. She is also a lifetime Girl Scout, a member of Alpha Kappa Sorority, Inc., and The National Drifters, Inc.

A wife and mother of a daughter in her mid-twenties, Dr. Liz has been honored for her work with youth and the community by several associations, including the Girl Scouts, Boy Scouts, NAACP, and Alpha Kappa Alpha Sorority, Inc. She has also been named a Healthcare Hero Finalist and one of the Top 50 Women in Business by NJBIZ.

Empowering Parents • Uplifting Youth

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