

Dynamic Training &
Engaging Speaking with

**LIZ
DOBBINS**

High Performance Expert
& Executive Coach

Media Kit



TRAINER

COACH

AUTHOR

SPEAKER

LEADER



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LIZ DOBBINS

Leadership & Executive Training

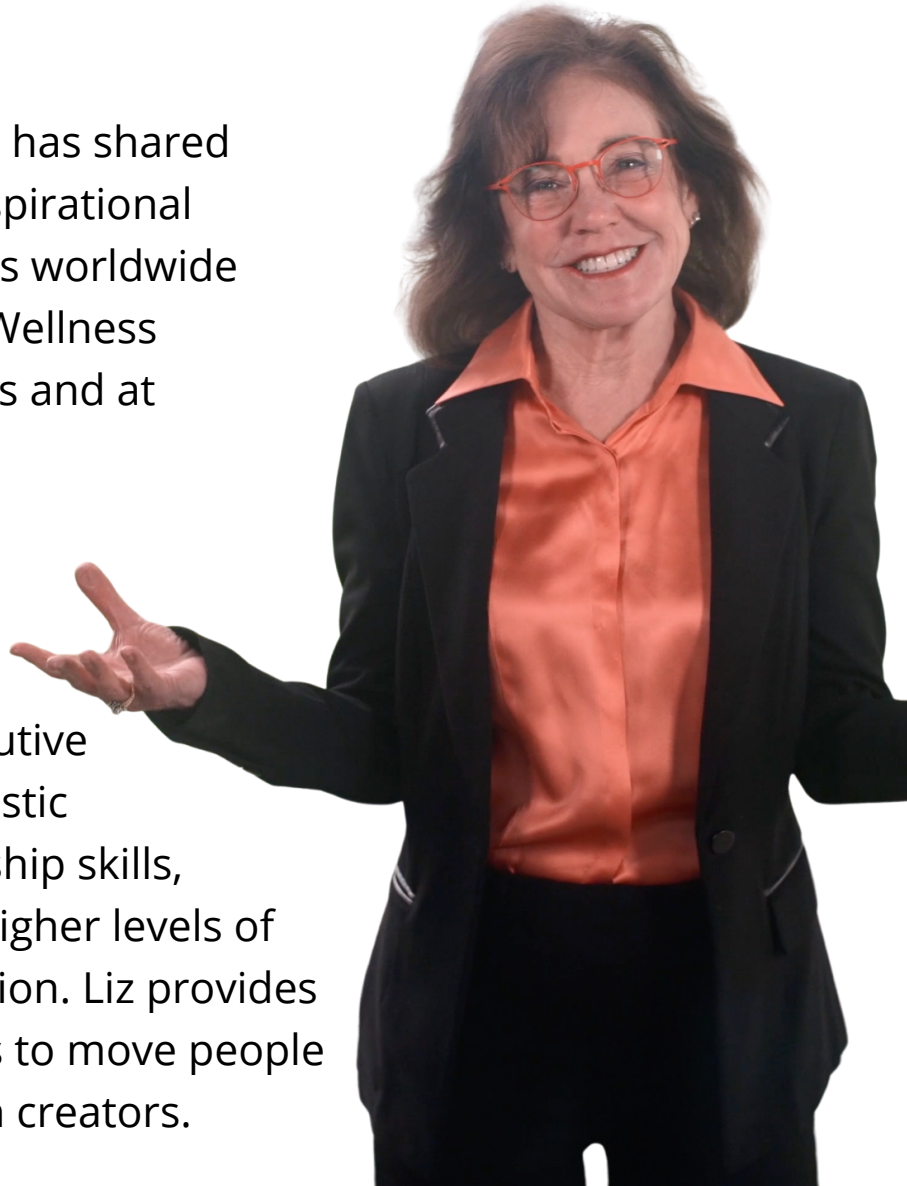
PASSIONATE | ENGAGING | EFFECTIVE

MEET LIZ

Liz Dobbins, founder of Propelogy, has shared her cutting-edge programs and inspirational messages with countless audiences worldwide through Universities, Businesses, Wellness Conferences, Empowerment stages and at Leadership Retreats.

LIZ'S APPROACH

Liz's "Science of You" method is a key activator in Leadership & Executive training. The methodology is a holistic approach to strengthening leadership skills, expanding diversity, establishing higher levels of engagement and improving retention. Liz provides the tools and actionable processes to move people from problem solvers into solution creators.



An inspirational resource for anyone who is ready to live into their greatness. The Science of You - Activating Your Magic, offers practical guidance and solutions that promote action and challenge audiences to move into their magic while transforming obstacles into opportunities. Liz provides action steps to start getting results immediately and encourages readers to lead as head coach in their lives no matter what the circumstance.



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MY APPROACH

I LOVE working with leaders and teams using the most innovative tools and techniques to ensure peak performance. I incorporate the "The Science of You" and Sensory Sense programs for high-performance leadership and executive training. What would be possible if you were to ramp up efficiency and make the most of your brainpower?

To move your employees from tuned-out to highly-engaged with better results for your business without burn-out?

LEADERSHIP & EXECUTIVE STATS

- 92% of senior leaders with a coach plan continue working with a coach.
- 71% of high performers are missing something to excel at the next level in the organization.
- 63% of employees are "not fully engaged" in their work.

LEADERSHIP DEVELOPMENT & COACHING

Liz Dobbins brings over 30 years diverse experience coupled with a direct, supportive approach. She provides you with the guidance and tools you need to be a successful, self-aware, authentic leader. Liz also provides customized sensory awareness and neuroscience based training methods to accelerate your results.

HIGH PERFORMANCE RESULTS-BASED TRAINING

High-Performance and growth require attracting and developing diverse leadership and employees. Organizations must focus on creating an environment where all leaders and employees contribute for out-sized results while feeling fulfilled in their work. Liz's leadership coaching & training programs address these critical factors to strengthen leaders, teams and organizations for high-performance results in the near and long-term.



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“
Everyone needs a coach, yes, everyone.
- Bill Gates & Eric Schmidt
”

HOW I CAN HELP

My Leadership & Corporate Executive Training Programs provide the science-based tools, training framework, and innovative skills to activate the magic of each individual. The most successful companies and organizations have strong leaders who are self-aware, evoke effective communication and creative collaboration. My work with high performing leaders, teams, and individuals enables them to quickly identify organizational challenges and successfully implement solutions to achieve results no matter what the playing field.

TEAM BUILDING

Outstanding results and teams don't just happen. Liz knows that creating and maintaining a high performance team requires an intentional, targeted approach. Liz doesn't believe in a one size fits all approach to success and team building. She knows that building a high performance team takes building trust, valuing diversity, as well as motivating employees to want to support each other and the organization to reach success. She utilizes proven scientific modalities coupled with approaches aligned with the culture and goals of your company, increasing your ability to achieve success.

DIVERSITY & INCLUSION

If you want high engagement and performance, leveraging diversity is a must. Liz understands and values diversity. She's developed the self-awareness tools to support individuals and teams to understand "The Science of You" and leverage their unique sensory fingerprint to deliver consistent, high-performance results. Her diversity and inclusion offerings will help your company throughout the employee lifecycle. For companies to excel in the diverse business environment, they must pay attention to and exhibit that they value the diversity of their employees and customers.

THE SCIENCE OF YOU: HIGH PERFORMANCE IN ACTION

FORMAT: In-Person & Live Online

DURATION: 4 hours

SUITABLE FOR:

Executives, Managers, and Leaders responsible for managing and leading high-performance teams within their organization.

AIM:

In this training, participants receive the "Science of You" activation framework, increase personal awareness, and learn tools to improve interpersonal effectiveness across differences in organizations and teams.

LEARNING OUTCOMES:

By the end of the course, participants will be able to:

- ◉ Define their vision and values.
- ◉ Outline how to use "The Science of You" to achieve outstanding results.
- ◉ Identify key challenges to high-performance and use new strategies to overcome them, no matter what.
- ◉ Communicate effectively across different backgrounds and skill sets.
- ◉ Complete a Sensory Audit and identify areas for development for each sensory fingerprint type using "The Science of You" model.

Participants will also leave the course with the following:

- ◉ A "Science of You" Toolkit and sensory techniques to unlock your potential.
- ◉ An action plan to expand your learning and integrate further for success.

TRAINING STYLE:

All courses are interactive using sensory awareness participation, and neuroscience based training methods. The course is accompanied by a Welcome Packet with essential pre-course activities to prepare for learning and an electronic workbook with application tools to integrate learning further.