

Liz Cornish

Founder, First 100 Days Consulting
and Author of McGraw Hill
Leadership Book,

**Hit the Ground Running:
A Woman's Guide to Success for
the First 100 Days on the Job**



Special Topic: Beyond Skills and Smarts: Standing Out in the New Economy

Are you taking advantage of global changes? Do you know what will be required to maximize your contribution and sustain your career in this challenging economy? Learn from the over 300 highly effective women from a broad range of public, private and non-profit industries. Share their hard-won wisdom and strategies for excelling during organizational upheaval.

Learn:

- How successful senior female leaders and savvy businesswomen approach change and disruption
- Your five most critical points of "focus" during demanding times
- Your career "white space" – what it is, how to manage it
- 3 ways to build your capacity and maximize your success in turbulent times

Liz Cornish is a leadership expert, speaker, trainer, and organizational consultant. She coaches individuals and groups of many international private, public, and non-profit organizations, including AAA, Ernst and Young, the State of California, several major universities, and women's networks.

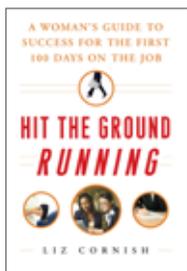
Liz seizes lessons from a variety of settings – the boardroom, the soccer field and the Arctic Circle – to explore the "do's and don'ts" of effective leadership. Her leadership book, *Hit the Ground Running: A Woman's Guide to Success for the First 100 Days on the Job*, (McGraw Hill) is the product of hundreds of executive interviews, thousands of research hours, and 25 years of experience. Her varied background includes many years and miles as an international outdoor adventure educator. She has led executives up Mt Kilimanjaro, was first woman to kayak the powerful Zambezi River in Africa, soloed above the Arctic Circle, and ran the 100th Boston Marathon.

What others say about Liz's talks:

Liz was a smashing success at AAA!

Liz spoke to our Chamber Women in Business luncheon – a dynamic group of fast-moving, hard-charging professionals. Her talk was packed with humor, inspiration and no-nonsense advice. Want to get rave reviews for your keynote speaker? Book Liz – NOW.

Liz's appearance at our Women Leading Kentucky Roundtable attracted the largest crowd this year! She was a terrific storyteller and made a great connection with the professional women and leaders in our audience. They loved her!



441 Tee Court
Healdsburg, CA 95448
707.433.5972
liz@100days.com
www.100days.com