

# 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***



## The "C" Factor: *7 choices of wildly successful women*

What distinguishes wildly successful women – admirals, multi-million-dollar entrepreneurs, CEOs of billion-dollar corporations – from those who plateau earlier? With the same skill set and smarts, why do some females cruise through the glass ceiling while others crash into it? Learn the hard-won advice and wisdom from 300+ interviews of highly effective women who shattered the status quo.

Learn:

- 7 choices that can catapult your career
- How to tackle professional or personal "moments of truth"
- Strategies for making tremendous tugs on your time and psyche as performance-boosters
- How to recover from career-killing setbacks
- What mental games to banish....now.

Liz Cornish, founder of First 100 Days (FHD) Consulting, is a leadership coach, speaker, trainer, and organizational consultant. She has guided individuals and groups of many international private, public, and non-profit organizations, including Price-Waterhouse Coopers, Birkenstock, 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 varied background includes many years and miles as an international outdoor adventure educator. She has led executives up

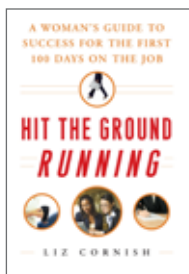
Mt Kilimanjaro, was first woman to kayak the powerful Zambezi River in Africa, ran the 100th Boston Marathon, and soloed above the Arctic Circle.

### What others say about Liz's talks:

*"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 key note speaker? Book Liz."*

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

*"You were a smashing success [at AAA]!"*



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