

transformative **COACHING**

Grow Through Discovery of Yourself

Liz's coaching approach is informed by their deeply held belief that each of us is inherently brilliant and that the best solutions to our leadership challenges are found in our deep knowledge of ourselves. Her process begins with assessing the client's emotional intelligence strengths through the EQ-i (the leading EQ assessment) and exploring how to best bring them to bear in the challenges at hand.

Liz helps her clients to learn about themselves, to investigate their feelings and beliefs, and to build a practice of taking small but powerful actions to create radical change in their leadership.



Liz Cruz

Liz (she/they) is a leadership and executive coach who works with people who want to grow their emotional intelligence skills and find their authentic leadership voice. She enjoys working with diverse clients; a special area of interest is supporting LGBTQ+ leaders in attaining their goals. Liz previously spent over 10 years in the corporate space as a coach, leadership development program leader, and organizational effectiveness consultant.

PRIMARY COACHING AREAS

Emotional Intelligence

LGBTQ+ Leadership Development

Team Coaching

Promotion Readiness and Transition

Inclusive Leadership

Executive Leadership Confidence

**radical
wisdom.**

Professional Certified Coach - International Coach Federation

Certified Professional Coach - Institute for Professional Excellence in Coaching

Certified Practitioner - Emotional Quotient Inventory (EQ-i 2.0)

