

# Insight on Coaching – Guest Bio

*Liz Cornish: Executive Coach and Author*

## Introduction

Liz Cornish, leadership expert, adventure enthusiast and hard-working mom is the creator and founding partner of First 100 Days Consulting. Her new leadership book, [Hit the Ground Running: the Woman's Guide to the First 100 Days \(McGraw Hill\)](#), is the product of over 200 interviews with effective executives, thousands of research hours and 25 years of experience. The book has already sold in 11 countries and has received the endorsements of many international experts and journals.

## Experience

Liz specializes in transition, coaching individuals and teams in both the public and private sector as they create the future. A partial list of organizations includes Price Waterhouse Coopers, State of California, the Naval Postgraduate School and several large healthcare systems and unions. She believes that leadership lessons show up everywhere – from the board room to the soccer field and is unabashed about using all of them in her coaching practice.

## Education

MBA University of North Carolina – Chapel Hill

## Professional Affiliations, Publications and Recognition

After just receiving rave reviews at the North County Human Resource Association's annual conference, Liz will soon be a featured author for the national American Women in Radio and Television, then travel to Barbados as a keynote for an international women's leadership conference.