

dr. liz

A well-known authority, Dr. Liz shares the traits of successful professionals and draws upon her exemplary practice by teaching the principles of success and effective teambuilding. Based on her successful experience and insights she adds value to your vision by sharing strategies on overcoming fear – to create the environment and team of your dreams.



EMBRACING STRESS: Use it to Your Advantage



Gain a Deeper Understanding on how to turn around the Hidden Hazards of Stress and to use it to your Benefit.

- Greater than 75% of what I've seen clinically is related to stress.
- That pressure, the headache, a gnawing in your gut or inability to get a good night's sleep. Perhaps it's causing you to have a shorter fuse.
- Yes, stress has been given a negative moniker and that's unfortunate as stress occurs in everything we do from taking our first breath, our first step, to our first date.
- You may know the danger signs of stress.
- What are the mistakes people make?
- What you can do about it once you recognize the signs?
- Apply 5 powerful techniques to change your response.
- Leave mastering some techniques to take charge, reset and use stress to your advantage to set yourself free.



If knowing was enough, you'd be doing it already" so let Dr. Liz fill in the gap between knowing and doing.

THERE'S A PEBBLE IN MY SHOE — 5 Steps in overcoming Adversity

Stuck? Sidelined? Experiencing unanticipated change? Perhaps you're in a transition?

If you've experienced adversity, did you see it coming and not know how to stop it?

- Note the danger signs before they happen for yourself and team members.
- Apply easy steps to use in any adverse event as a springboard for positive change.
- While we may identify where we currently are, these steps will help you to re-set and manage your way through to a better place.
- Master the mindset of those who overcome massive change.
- Critical strategies to take stock of what needs to be done, re-aligning your objectives then take the next step to get your outcome.
- When you use the powerful tools from this program, you'll get back on course.
- End up where you want to go.

Dr. Liz shares poignant anecdotes from funny to miraculous to illustrate key points.



**RUN INTO THE FLAMES WITHOUT BURNING
OUT AND LEARN TO LOVE YOUR LIFE AGAIN.**

Take it from one who knows – Dr. Liz.

Format: Available in keynote, workshop, video conferencing.

Testimonials

"As the editor of SPIZZ Magazine, it is always refreshing to work with someone as talented as Dr. Liz Anderson-Peacock. Not only is she a gifted chiropractor, coach, writer and author, but she is also an amazing and authentic individual whose message always seems to resonate with our 30,000 readers. Passionate and purposeful in everything she does, Dr. Liz can grace the pages of our magazine anytime! I only wish there was a "Five Star" rating on LinkedIn: that's how good she really is!"

Mairead Howe Rothman (USA)

"Dr Liz, Thank you for your inspiring keynote to our Massachusetts group, MACP. Your presentation was packed with thoughtful distinctions and insights. Your solid content was delivered with wit and passion and will be remembered by all who attended. Thank you again!"

Dr. Pam Jarboe, DC (USA)

"Dr. Liz has been my client and speaker at 2 conferences that my company TAP Int'l has organized. Dr. Liz's on-stage presence is quite exceptional, giving her "all" while interacting with and transforming her audience. Dr. Liz's clinical approach is very much humanized by her warmth and down to earth character, allowing her audience to become "part of the journey". It is both a pleasure and privilege to be in the company of such a warm and thought-provoking professional. Dr. Liz both moves and motivates with her passionate and integrity-driven seminars. As a seasoned conference planner I found Dr. Liz to be highly organized, time sensitive, results-driven in every interaction and a true professional."

Corrine Dayman CEO TAP International (Canada)

"After my first conversation with Liz I felt like I had taken in a huge breath of fresh air, exhaled my frustrations and was left with a feeling a renewed optimism. The most wonderful thing about working with Dr. Liz is that she pays attention.

I know without any doubt that Liz is working with me as an individual with all of my particular needs. Every time I speak with Dr. Liz it feels like she has breathed more life into that fire in my belly that is leading me towards something great. For that, and much more, I am truly grateful."

Dr. Danielle Warner (Canada)

Client List

Canadian Association of Credit Counselling Services
Parker University & Seminars
County of Simcoe Community Services
Australian Spinal Research Foundation
Ontario Chiropractic Association
MN Chiropractic Association
WFC
ICA
ICPA
Net Co. Japan
United Chiropractic Association
Northwestern Health Sciences University
World Congress of Chiropractic Students
MACP
LCW
Life University
Life University West
Scottish Chiropractic Association
Privately held Companies who wish to remain anonymous

Who Should Attend

Groups who would perform better by managing their stress: Business, Government, HR, Executives
Human Potential Development
Groups who want greater resources for managing change

Contact

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