



ELIZABETH PEARSON

EXECUTIVE COACHING

GETTING POWERHOUSE LEADERS UNSTUCK

WORKSHOP OFFERINGS (VIRTUAL AND LIVE)

- Career Confinement- How to break free, overcome plateaus, and deepen your professional intuition
- Leveraging the Law of Assumption + Energy Work- Why the Law of Attraction and an attitude of gratitude can be blocking your manifestations
- Midlife Magic- How to embrace your age and thrive in your 40-60s
- Stay or go? Is it time for a career pivot, are you just in a rut, or is it time to follow your entrepreneurial spirit?
- Mind Monsters- How to finally overcome negative self-talk and overcompensating at work
- Life Visioning + Spiritual Self-Care Hacks- How to embrace the woo-woo and use it to live an aligned life
- How to Overcome Gaslighting at Work- How to renegotiate how people treat you

WHO I HELP

- Leaders who feel stuck or like they've hit a plateau in their careers or personal lives.
- Leaders longing to find a deeper- even spiritual- connection to their jobs.
- Leaders who are playing small and know they haven't yet tapped into their greatness.

AREAS OF EXPERTISE:

- Coaching C-Suite level Executives
- Career Transition
- Career Advancement in Male-Dominated Fields
- Clarity/Life Purpose
- Mindfulness at Work/ Meditation
- LinkedIn, Resume, and Social Media optimization

My Credentials

FEATURED WRITING IN:

Forbes

FAST COMPANY

Entrepreneur

HER MONEY

WORKING MOTHER

REAL SIMPLE

YAHOO!

Parents

martha stewart

M | Authority Magazine

THRIVE GLOBAL

WELL + GOOD

MarketWatch

LADDERS

L.A. Parent

[Speakerhub profile](#)

#BLOGGER

PAST AND CURRENT CLIENTS INCLUDE:

facebook

CHIEF



Northwestern Mutual

**ORACLE
NETSUITE**

**Marriott
INTERNATIONAL**



Constellation Brands



CISCO



BLACKLINE

Wellmark



Book and Podcast

PODCAST

HOST of *The Working Mom's Guide to Sanity* Podcast

- [Link to episodes](#)

THE WORKING MOM'S GUIDE TO SANITY

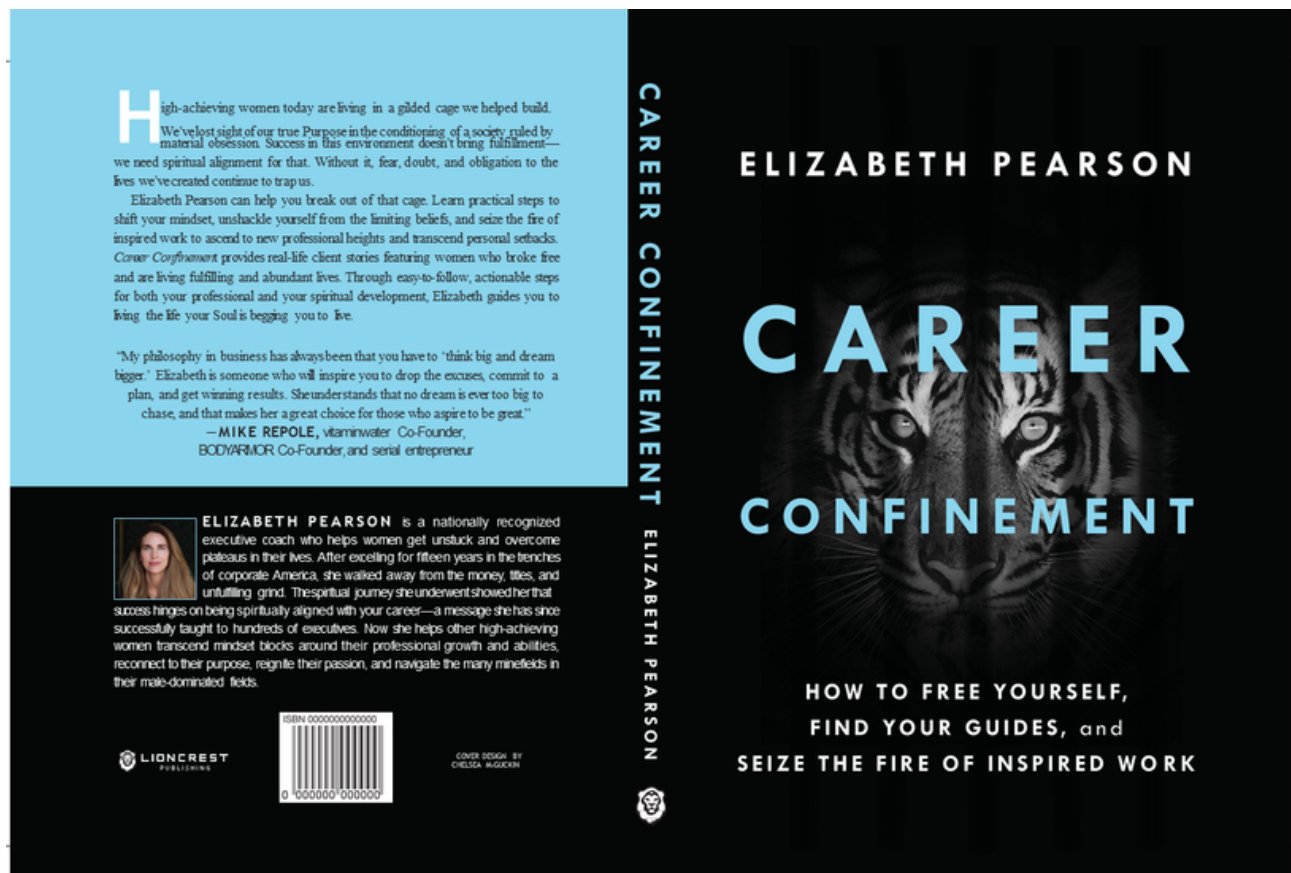
- WITH COACH ELIZABETH -



BOOK

Career Confinement: How to Break Free, Find Your Guides, and Seize the Fire of Inspired Work

- [Link to book](#)



Television and Podcasts

TV

- CNN
- NBC
- CBS
- Fox
- WGN Chicago
- WCIU Chicago
- KTLA TV
- Good Day LA
- ChedHer (Cheddar)



RADIO AND PODCASTS

Guest on 50+ podcasts including:

- LA Talk Radio
- I Heart Radio
- NYC Public Library
- Coaches Corner
- Thought Leaders Business Lab
- Six-Figure Entrepreneur Series
- Best Business Blast
- [Link to videos](#)

