

# Lizbeth Meredith

Award-winning Author, Speaker, Digital Course Creator



From victim to thriver, Lizbeth Meredith learned the secret sauce of allowing trauma to refine rather than define her life. She spent her career sharing it while working with crime victims, abused children, and delinquent youth.

After replicating her bumpy childhood through her own bumpy marriage, Lizbeth believed she'd finally bucked the intergenerational pattern of domestic violence when she got a journalism degree and began working with battered women. She was wrong. Four years after leaving her husband, he kidnapped their daughters and took them out of country. What happened next would become a memoir scripted for television.

After reuniting with her non-English speaking daughters two years after the abduction, Lizbeth received a graduate degree in psychology and worked for two decades as a juvenile probation supervisor. Now retired after three decades of working in human services, Lizbeth has returned to doing what she loves best: giving trainings and presentations to juveniles, community groups, and teaching and coaching online.

A swashbuckling solo traveler, closeted cat-lady, and avid movie buff, Lizbeth lives in Alaska not far from her now-grown daughters. She volunteers for hospice and is on the board of directors of the local writer's guild.

Lizbeth is the winner of the The Lin Halterman grant, an Alaska Humanities Forum grant, and has been honored locally and nationally for her work with crime victims. Her book, *Pieces of Me: Rescuing My Kidnapped Daughters* has won five book awards.



AS SEEN ON:



**BuzzFeed**

## SPEAKING TOPICS:

### The Unintended Consequences of Leaving

Domestic violence impacts victims, children, businesses, and the community. Hear Lizbeth's harrowing account on the unintended consequences of leaving, and how you can help impact change in your world.

Other Workshops: Hybrid Publishing, Book Marketing on a Shoestring Budget, Working with Children Who've Experienced Trauma, Trauma-Informed Care Gone Wrong, Adverse Childhood Experiences, and Thriving, Decoded.

## PRAISE FOR LIZBETH

*"You are amazing and give hope to those victims who've yet to find their voice." Angie R/Victims for Justice*

*"Your workshop is the beginning of a small flame within each of the attendees, inspiring self-respect." Hilary M/Director of BF Shelter*

*"We all admire your presentation skills...It was a pleasure to work with you." Mike T/SEARC*

For more detailed information on Lizbeth's presentation topics or to book her for your next event, please contact her at [Liza8m@gmail.com](mailto:Liza8m@gmail.com) or [lamedith.com](http://lamedith.com) (907)223-1030.

Email: [Liza8m@gmail.com](mailto:Liza8m@gmail.com)

Online at [lamedith.com](http://lamedith.com)

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