



COACHING WITH DR. PÉREZ

Are you looking to boost and transform your organization and yourself with high-powered, actionable coaching? Look no further than **Dr. Lizzy Perez**. Her small town, rural upbringing melds with her adult urban living experiences which adds to her spirited style of coaching. You will be energized, moved, and ready to amplify your strengths with practice and passion.

Your Key to Authentic, Significant, and Introspective Coaching

"I want to thank you for opening my eyes on the type of leader I wish to be!"- M. Moreno

TESTIMONIALS

"The amount of **listening** and **research** and **productive** thought Lizzy puts in her work is something I will forever try to emulate in my praxis. Thanks, Lizzy, for pushing me, **inspiring me**, and coaching me." S.Martin

"Lizzy is one of those **rare leaders** who is doing everything in their power to **better people's lives**. Educators--and everyone else for that matter--should consider her as your coach." J.McCormack

"I spent my lunch soaking in the **peace** and **positive vibes** of Lizzy. We are blessed that she is **coaching** some of our leaders and I am excited that we are planning Dare to Lead™ sessions for my amazing executive staff."D.B. Ugarte

GET IN TOUCH



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San Antonio, TX
*Willing to travel globally

COACHING



OUR VISION

To evoke awareness and stimulate worthwhile change in one's self and others for leaders in any industry and at any level of leadership

OUR MISSION

We engage in deep introspection and the practice of integrated leadership.



ABOUT DR. LIZZY PÉREZ

EDUCATION AND BACKGROUND

- PhD in Leadership Studies, Our Lady of the Lake University
- Masters in Secondary Education, Texas A&M University - Commerce
- Bachelor's in Exercise and Sports Science, Minor in Health & Wellness Promotion, Texas State University
- Certified Professional Coach, iPEC
- Certified Dare to Lead Facilitator, trained by Brené Brown
- Adverse Childhood Experiences (ACE) Master Trainer
- Trauma-Informed Care Practitioner
- Psychological Safety Practices Facilitator

Leadership Assessments

- Energy Leadership Index
- 360 Assessment
- True Colors Personality Style
- Values Assessment
- Customized Individualized Leadership Coaching Plan
- Coaching session to debrief assessment results

OUR CLIENTS

- Therapy 2000
- Perot Museum of Nature and Science
- Teach for America
- Trinity University -Strategic Communications and Marketing
- REI Inclusion Network
- Thriving Together
- Special Olympics
- San Antonio Women’s Chamber of Commerce
- American Heart Association- Voices for Healthy Kids
- South-West Texas Border Small Business Development Center Network
- Northside ISD
- Crystal City ISD
- Kenedy ISD



EXPERIENCE & EXPERTISE

- Facilitation, Mentoring, and Coaching
- Trained thousands of individuals and coached hundreds of teams and leaders.
- Extensive experience with schools, nonprofits, higher education, and corporations nationwide.

WHY CHOOSE DR. PÉREZ

- ▶ **Authentic Coaching:** Dr. Lizzy Pérez's coaching is marked by authenticity, personal twists, and a genuine connection to her clients' needs.
- ▶ **Collaborative Approach:** Personalized one-on-one sessions, including casual coffee meet-ups in San Antonio for deeper, more intimate discussions and support.
- ▶ **Diverse Perspective:** Known for bringing enlightening, inspiring, and evidence-based research based on her diverse lived experiences and Ph.D. in Leadership Studies.

