

# ELIZABETH MCCUMBER

**SPEAKER | WRITER**

- ✓ Engaging keynotes
- ✓ Actionable breakout sessions
- ✓ Interactive team workshops



Website



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**Personal and  
professional  
development  
grounded in reality**

**We all *want* to improve. But how can we  
achieve growth in a way that feels good?**

Elizabeth combines powerful stories and practical strategies to help audiences find paths to improvement without overwhelming stress or burn out.

## Previous Events Include



## Kind Words

Her presentation was spot-on for the audience and got tons of engagement and questions. That's exactly what we want!

– Erin Robbins Acheson, President & COO,  
DemandSphere

## About Elizabeth

Elizabeth is a writer and motivational speaker focused on helping others approach and achieve growth in a way that feels good.

She writes the Better Without Pressure blog where she shares bite-size strategies for self-improvement.

# Talks & Programs

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## **Better Without Pressure: Achieving Personal Growth On Your Terms**

*Keynote or Breakout Session, 30 - 90 minutes*

Too often, personal and professional development work is based in guilt, shame, or stress. Elizabeth's flagship talk is an inspiring and relatable guide to self-improvement that will show attendees how to take a better approach.



## **5 Ways to Take a Kinder Approach to Personal Growth**

*Keynote or Workshop, 45 - 90 minutes*

We all strive for growth. Yet, we overcomplicate the work and make things harder on ourselves. Elizabeth will share key shifts anyone can make to add kindness to every personal and professional development path.



## **The Feel Good Workshop for Teams**

*Interactive Workshop, 45 - 90 minutes*

In a world of seemingly constant bad news and burnt-out teams, this workshop is a sigh of relief. Through a combination of interactive games and thoughtful exercises, audiences will leave refreshed and more resilient, and of course, feeling good.

**Book Elizabeth  
for your next  
event or training**



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