

Media Kit for Coach Lizzymc ~ Working Mom Coach

www.lizzymc.com



Introducing Liz McGrory, Coach LizzyMc ~ Working Mom Coach

After overcoming her own motherhood transition challenges and being coached herself, Liz McGrory started Coach LizzyMc ~ Working Mom Coach in October 2011. Liz has over a decade of Senior IT experience, is a mother of three children under the age of 5, is a loving wife and was a Working Mom

herself until she resigned to focus on running her coaching business.

Liz coaches Working Moms about making the right work/life choices for themselves, their family, and their career.

Coaching is when a coach helps someone bravely exploring possibilities to find and seize the right opportunities.

A coach keeps you accountable and supports you through the challenges of attaining the goals you create for yourself.

Her clients are mothers that are about to return to work, Working Moms with young children, and Working Moms who want to become entrepreneurs. She issues a weekly E-zine for Working Moms titled “Mommy Energy (M.E)”. It focuses on how Working Moms manage their emotions and their energy in order to make the right work/life choices.

Liz’s mission is to raise awareness about how coaching can provide a vast improvement in the Working Mom’s emotional and professional productivity.

It can be very difficult for Working Mom’s because they automatically carry responsibility for their home and children as well as their own professional performance. Carrying this dual work load can be exhausting and that’s where Liz can help. Liz went back to work after her first and second child. The first return went well (her career was progressing well, she had great child care, and she was living life according to her priorities and values). After her second return to work she lost passion for her career, went back to school, and set her sights on a new career. After her third child she left her job to spend more time with her family and solely focus on her business. She has experienced it all and uses these experiences to help other Working Moms overcome their Motherhood transition challenges.

To learn more about the services that Liz provides such as one-on-one coaching for Working Moms and workshops on work/life choices please send an email to info@lizzymc.com.