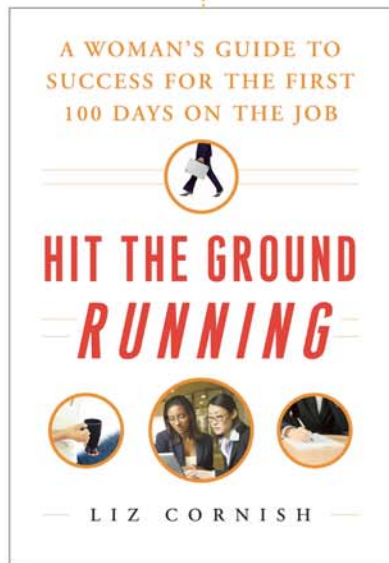


Liz Cornish

Founder, FHD Consulting
and Author of McGraw Hill
Leadership Book,
*Hit the Ground Running:
A Woman's Guide to Success for
the First 100 Days on the Job*
www.100days.com

Hit the ground running: *a woman leader's guide to the first 100 days*

Learn how to maximize your success in the most critical, exciting and vulnerable time of your career – a new leadership challenge.



Used well, the first 100 days are an unparalleled opportunity to accelerate your success and create long-term momentum. Unfortunately, a few tactical errors in these first crucial days can cause a crisis of confidence in your leadership from which it's tough to recover. There are ways to maximize your chance of success while minimizing risk in this critical period. Given the overwhelming demands, how should you allocate that most precious commodity: time? In this lively talk, learn how top female leaders:

- Take advantage of being new.
- Manage the push to move quickly against the pull to make thoughtful, informed choices.
- Create “going-in” strategies that “wow” your counterparts.
- Determine critical first tasks that will secure your leadership.

Liz Cornish, is a leadership expert, speaker, trainer, and organizational consultant. She coaches individuals and groups of many international private, public, and non-profit organizations, including Price-Waterhouse Coopers, Birkenstock, the State of California, several major universities, and women's networks.

Liz seizes lessons from a variety of settings – the boardroom, the soccer field and the Arctic Circle – to explore the “do’s and don’ts” of effective leadership. Her new leadership book, *Hit the Ground Running: A Woman's Guide to Success for the First 100 Days on the Job*, (McGraw Hill) is the product of over 200 executive interviews, thousands of research hours, and 25 years of experience. Her varied background includes many years and miles as an international outdoor adventure educator. She has led executives up Mt Kilimanjaro, was first woman to kayak the powerful Zambezi River in Africa, soloed above the Arctic Circle, and ran the 100th Boston Marathon.

What others say about Liz's talks:

Liz spoke to our Chamber Women in Business luncheon – a dynamic group of fast-moving, hard-charging professionals. Her talk was packed with humor, inspiration and no-nonsense advice. Want to get rave reviews for your keynote speaker? Book Liz – NOW.

Liz's appearance at our Women Leading Kentucky Roundtable attracted the largest crowd this year! She was a terrific story-teller and made a great connection with the professional women and leaders in our audience. They loved her!

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