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ELIZABETH POWER, MEd



International Speaker, Educator, Consultant

Fulbright Specialist Trauma Informed Care

Adjunct Instructor, Psychiatry, Georgetown University
Medical Center

Elizabeth Power is a master in trauma-informed thinking and care. Her work is in use on every continent but Antarctica.

As “The Voice of Lived Experience,” Power brings practical wisdom, tools that work, and solid content that transforms to every event. She sought after to help agencies become trauma-responsive.

The rest of the time? She’s in the garden!

Topics

Resilience and Self-Care—How to amplify acts of self-care through resilience and reasons it’s so important.

Trauma-Informed Processes—whether it’s healthcare, personal healing, customer service, teaching, or clinical care, responding from a trauma-informed process improves outcomes. Multi-disciplinary and keyed to your audience.

Book now!

What people say:

“Just fantastic!!! Personable, engaging and wise...”

—AHEC

“...a miracle worker. Engaging, practical, effective.”

—John C.

“Incredible. Gained amazing perspectives and tools for myself, for all my clients. Speaks truth to power.”

—Karol N.

“Clearly knows her stuff. She’s a dynamo who has all the goods and delivers them flawlessly.”

—Anna H.

“Life-changing coach and speaker.”—Ron B.

Contact Elizabeth Power, M.Ed. at epower@elizabethpower.com or schedule a [call](#) here.