

Bio for Dr. Elizabeth R. Henry

Dr. Elizabeth R. Henry (Dr. Liz) is a board-certified pediatrician, parent coach, speaker, best-selling author, and workshop facilitator with over 20 years of experience. She is a trusted advisor to parents and youth and the founder of Dr. Liz Consulting. Her new book, *You Are Not A Bad Parent: A Pediatrician's Guide To Reducing Conflict And Connecting With Your Teens*, reached #1 in the "Parenting Teenagers" and "Parenting Reference" Best Seller lists on Amazon.

Through her virtual coaching sessions, webinars and courses, she provides parents with tools and resources to connect, communicate, and support their preteens, teens, and young adults. She has created and delivered workshops for numerous companies and organizations, including PepsiCo, PTC Therapeutics, Princeton University, the University of Southern California, NJ Middlesex Regional Chamber of Commerce, and the Congressional Caucus on Black Women and Girls.

Dr. Liz graduated from Princeton University and the University of Pennsylvania's Perelman School of Medicine. She completed her pediatric residency at Georgetown University Hospital in Washington, D.C., then subsequently worked at the Children's Hospital of Philadelphia before joining a private practice in New Jersey.

Dr. Liz is a fellow of the American Academy of Pediatrics and a member of the American Medical Association, Medical Society of New Jersey, and Middlesex County Medical Society. She has been honored for her work with youth and the community by several associations and publications, including the Girl Scouts, Boy Scouts, NAACP, and Alpha Kappa Alpha Sorority, Inc. She was also named Healthcare Hero and one of the Top 50 Women in Business by NJBIZ.

She is a board member of Princeton University's Isabella McCosh Infirmary Auxiliary and past board member of the Raritan Valley Community College Foundation. She is also a lifetime Girl Scout and member of Alpha Kappa Sorority, Inc. and The National Drifters, Inc.