

LEAD 'EM UP

Liz Joy Moore- Regional Coach

Developing People Into The Leaders Needed To WIN



LIZ JOY MOORE

For over 18 years, Liz has worked at the intersection of experiential education, leadership development, and team dynamics, supporting teams ranging from elementary classrooms to professional organizations, PE departments, police forces, and professional hockey teams—both in the U.S. and internationally.

Liz brings a unique, action-based approach to leadership that emphasizes it's for everyone—not just those with a title. Her work is grounded in interactive learning, play, and mindfulness-based strategies, all designed to create meaningful shifts in how teams function and how individuals show up.

She believes that strong teams are built on a culture of shared leadership, where players, coaches, and staff all contribute to a unified vision. Liz helps teams cultivate this culture through dynamic, engaging sessions that translate directly to the field, rink, or court.

"It's pretty simple. I believe winning teams need two main things, a group of talented athletes and a strong team culture. Without the latter, the talent won't get you far!"

Geoff Ward - Former pro hockey coach

TESTIMONIALS

"Liz plants seeds that allow for the best parts of a community to grow, thrive, and exceed expectations on a personal, professional, and organizational level."

Kristen Cardenas - Recreation Specialist

"Expert at facilitating an experience which empowers participants to envision challenging goals, work creatively as a team, realize those goals, and have a ton of fun along the way..."

Stephan Spilkowitz - Director of Special Programs, ANDRUS Children's Home

"Very adaptable to our needs. Liz got to know who we are, what we needed, and gave us a great platform for further development. I look forward to your return!"

Nick Depreter - Assistant Director, John Dorr Nature Lab @ Horace Mann School

"Not only did we bond, laugh, and learn...we gained some valuable tools to use and ideas on how to make the most of our time with our girls. Just when we thought we had it all down, Liz came in and opened our eyes to a whole new way of looking at things. Thank you!"

Summer Seal - Director, Girls Empowerment Mission; The Living Classroom



When the leader improves... everybody wins.

CONNECT

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References

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