Elizabeth Eldridge CONSULTING

THRIVING WORKPLACES BY DESIGN



Let's Chat!

Book a virtual coffee with Elizabeth!

BIG IDEAS. REAL TALK. LASTING CHANGE.

PROFESSIONAL SPEAKER
PSYCHOLOGICAL HEALTH & SAFETY EXPERT

SIGNATURE KEYNOTES

RECHARGE, RECOVER, RESET
Rethinking Resilience for Real Life

BEYOND HARD HATS
The Future of Workplace Safety

RENTERS VS. OWNERS
Secrets of a Dynamite Workplace Culture

DON'T BELIEVE EVERYTHING YOU THINK!
Tame Self-Doubt, Overcome Overthinking and Get Out of Your Own Way

BEYOND THE STAGE

TRAINING
Interactive, practical learning that builds skills, confidence and capacity.

CONSULTING
Strategic support to move psychological health and safety from intention to action.

EVENT EMCEEING
A warm, polished presence to set the tone and engage your audience from start to finish.

WHAT CLIENTS ARE SAYING

"We would highly recommend Elizabeth. Her depth of knowledge and engaging style make her sessions both informative and highly effective. Elizabeth's enthusiasm for the material is contagious, and she has a unique ability to connect the content to real-world situations that resonate with everyone in the room."

- Maureen Mix | Director of Human Resources, Maritime Electric Company Ltd. -

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Meet ELIZABETH ELDRIDGE

Elizabeth is a Certified Psychological Health and Safety Advisor and professional speaker who speaker who brings warmth, humanity and contagious energy to every room. Whether commanding a conference stage, guiding a workplace conversation or keeping an event running seamlessly, she makes people feel included, engaged and energized. Drawing on years of experience helping organizations build healthier workplaces, Elizabeth blends meaningful insights, practical takeaways and plenty of laughter. Based in small-town southern New Brunswick, she works with organizations in diverse industries across Canada, both in person and virtually. Through keynotes, corporate training, event emceeing and consulting, Elizabeth sparks connection, inspires audiences and creates moments that matter.



Elizabeth's Areas of Expertise

- WORKPLACE MENTAL HEALTH
- LEADERSHIP DEVELOPMENT
- PSYCHOLOGICAL HEALTH & SAFETY
- RESILIENCE & ADAPTABILITY
- CONFIDENCE & MINDSET
- RECOGNITION & ENGAGEMENT
- ORGANIZATIONAL CULTURE
- CONNECTION & BELONGING

FROM INSIGHT TO ACTION: THE CONSULTING JOURNEY

DISCOVER
ASSESS
Gain clarity on your current state, strengths, gaps and opportunities.

DESIGN
PLAN
Turn insights into a practical, customized framework.

IMPLEMENT
ACTION
Move from plan to practice with expert support.

SUSTAIN
MOMENTUM
Build on progress through continuous improvement for lasting impact.

TRAINING THAT INSPIRES ACTION

THE EQ ADVANTAGE
Emotional Intelligence for Leaders

MENTAL HEALTH FIRST AID
Essentials Training & Certification

BUILDING A THRIVING WORKPLACE
An Interactive Organizational Culture Design Lab

INVISIBLE INJURIES
Navigating Psychosocial Hazards in the Workplace

AN EMCEE WHO BRINGS THE ROOM TO LIFE

"A great MC does more than keep an event on schedule. They set the tone for the room. Elizabeth brought energy, humour, warmth and personality to [our event], keeping the audience engaged and connected from beginning to end."

- Southwest Business Summit Planning Committee Member -