

Elizabeth Knox

CONSULTANT, COACH, SPEAKER, AUTHOR

HELPING ORGANIZATIONS & INDIVIDUALS
WORK WELL & LIVE WELL



ABOUT ELIZABETH

Elizabeth Knox is the founder and principal consultant of MatchPace - an organizational design advisory firm that provides consulting and coaching to corporations, non-profits, and government agencies.

Elizabeth holds a Masters in Public Administration, a Masters Certificate in Applied Conflict Resolution, and is a Certified Professional Diversity Coach.

She uses consulting, coaching, connection, and encouragement to help organizations realign themselves to be more healthy and sustainable - it is better for their mission and for their people.

Her ideas are captured in her book, *Work Reimagined* (Punchline Publishers, 2021) and she lives in Washington, DC with her spouse and four elementary-aged children.

ELIZABETH CONSULTS, SPEAKS AND WRITES ON:

- Organizational Effectiveness
- Optimizing Your Pace
- Hybrid Work
- Four-Day Work Week
- Creating More Equitable & Inclusive Organizations
- How Task-Switching leads to Burnout
- Outcome-Focused Work
- Balancing Work & Family
- Why Work Matters

GET IN TOUCH!

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