

Hi Friend!

Use these ideas to spark your imagination! Your online course should be simple and a sample of your expertise. More details in your complimentary course on April 12 at 12:00 noon CST. Check your e-mail for log in details!

with visibility
expert, Liz Nea



10 EXPERT COURSE IDEAS!

1. How to create a curry paste.
2. The five essential features of your camera.
3. How to read the ingredients on that box!
4. Five dinners with FIVE ingredients.
5. The 5 moves to get your metabolism going.
6. The 4 elements of a good weight loss program.
7. The 4 foods that create inflammation.
8. How to journal and save your mind!
9. Four steps to creating a vision board that works!
10. Organize your closet in 3 simple steps.
11. How to edit a video for instagram.
12. My top 10 hashtags that make money.
13. The 5 questions you should be asking employees.
14. Spruce up your resume with 5 simple changes.
15. Four places on your credit report to know about.

More about Liz Nead

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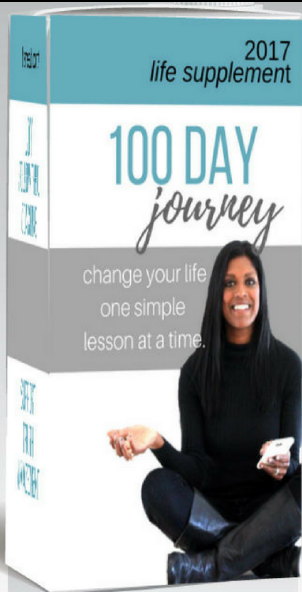


BIO

Liz is an adventure speaker, most recently climbing Mt. Kilimanjaro and competing in the Iowa Strongman Games. She has authored several best selling books, Curry Up, an ethnic cookbook, The 180 Life, and 20 Beautiful Women. Her work has been ranked in Buzzfeed and reviewed by the Huffington Post. Liz created and hosted Life Dare, an Emmy-nominated television show. She blogs for Huffington Post and She Knows. She is a skilled story-teller and teacher, using her personal and professional experiences to create powerful personal development and team building strategies.

Whether she is climbing a mountain, flipping 300 pound tires, producing an award winning television, or conducting experiences in her personal life, her audiences learn valuable lessons to build an influential life.

She also balances her passion-driven career with a busy family life, raising seven kids in a blended family with her husband, a retired Army Major.



What if
THIS YEAR
WAS
DIFFERENT?

liznead.com/100days

WANT TO BUILD YOUR
BIZ FOR REAL? CHECK
OUT THE OTHER COURSES
IN THE 100 DAY
VISIBILITY SCHOOL!