

# Liz McBride

## Rhythm Consultant

For nearly two decades, **Liz McBride** has prepared, assessed, trained and coached companies through process improvement, leadership development and change. Prior to joining Rhythm Systems, Liz was Director of Change Products and Services at Appirio, a cloud integration and app dev company where she and her team grew from 3 to 21 in one year while creating a change framework and tools to move companies to the cloud. An entrepreneur at heart, she also started her own consulting firm, developing and conducting executive leadership workshops, learning and development programs, and consulting. Following the unwritten rule to “work for a major bank if one lives in Charlotte,” Liz served as VP of Program Management for Bank of America where she streamlined, tailored and added leadership and consulting components to their Six Sigma program. Liz’s first love is manufacturing. She worked as a drill press operator and forklift driver to put herself through Clemson University, and upon graduating with her Masters of Education in Human Resources Development, was asked by the company to stay on and create a training department.



On her off time, Liz is an advocate for inclusion for children with disabilities and was recently the keynote speaker at the Inclusion Across the Lifespan Conference at Winthrop University. Her son, Jack, is autistic and teaches her everyday how we should always look for creative ways to tap into the knowledge and gifts we have inside of us. To unwind, Liz pretends to be a Food Network Chef while she whips up gourmet meals for her husband and three young sons...and for anyone else who’ll bring the wine.

Liz was great! She kept us on task and focused on the process. We thought the pace was managed well, and we felt we accomplished a great deal in the 2 days.

Liz is a wonderful part of our Consulting Village. Our team has facilitated over 3,000 consulting sessions with clients around the world and across a wide spectrum of industries. We have helped clients in technology, healthcare, education, hospitality, manufacturing, media, professional services and many other industries to align their teams and accelerate their growth. Our consultants have a reputation for going the second mile to ensure client success. They help companies grow by making sure that every person understands the company’s strategy and priorities and are working on the right things to achieve them.

- *Tim Frank, President & CEO, Inergex*

While all of our consultants have their own areas of expertise and personal experience, they are all Rhythm experts and masters of understanding and implementing every aspect of our Think Plan Do methodology. We invest in our Core Value “Keep Smart” to ensure that our team of expert consultants are honing their craft to help your company grow. Our consultants meet weekly to discuss clients and best practices so that you will get the benefit of different perspectives and patterns that have proven successful. With our village of consultants, you have a whole team of experts working to support your business and help you achieve your dreams.