



what clients are saying

Coaching with Liza was like meeting a good friend for coffee, having a heart-to-heart chat, and parting ways feeling refreshed and excited to get back out there! Her strategy to help me envision my ideal life helped me define my goals, and she gave me concrete, do-able steps to getting there. Her insightful questions helped me take a step back from the blur that everyday life can become, and to look at my life with a fresh set of eyes. She helped me assess whether my current patterns and choices are helping me reach my goals or not, and she helped me see that just some small changes here and there can help me to enjoy each and every day of the journey. I'm grateful for my time with Liza, my resulting change of attitude, and that I am now purposefully present in my own life.

~Kirsten H.

I always look forward to my sessions with Liza. It's like standing at the mouth of a dark cave I'm not ready to go into and having her show up with the flashlight.

~Paula R., Integrative Nutrition Health Coach

Feeling grateful and when I feel grateful, I get verbal. A year ago, I started talking to a coach named Liza Baker, who has helped me develop long lasting skills and strategies with which to face life's challenges. She listened, guided, inspired, and supported. If you are in need of a personal cheerleader and life changing strategies with which to overcome life's hurdles, I'd definitely knock on Liza's door. I'm liking the new me!

~Marine Y.S.

I take a lot of online courses. Yours is special. Unique. I'm versed in Howard Gardner's Multiple Intelligences, [and] you hit the nail on the head by offering audio, PDFs, charts, and then experiential. That's the way to reach your students – in multiple ways. Thank you for sharing it with the world! You've obviously done this, successfully, for years. And it shows!

~Deb I., Integrative Nutrition Health Coach

It's the food – and it's more than the food. I contacted Liza to see if she could help me with an unexpected health issue. I eat pretty healthy and have no “bad” habits but tests revealed some concerns. Our meetings started out pretty focused on the usual – more water, tea and lots of good green stuff. Soon we rambled into discussions about areas of my life that were causing pretty serious stress. Stress = health difficulties. Liza's easy-going, subtle approach – some emotional handholding, some schooling – hit just the right note. She led me to insights and coping strategies that helped produce significantly better test results just 7 months later. Her compassionate listening and help with “action steps” did my body and soul a world of good. This kind of coaching is a gift. Liza has it.

~Jorie U.

...the self reflection I was empowered to do was life changing... The short amount of time I worked with Liza I have embarked on more personal growth than I could have even begun to see on my own in years. I am making short and long term goals, working on them successfully and learning to reflect on setbacks...in a different light. The tools I take with me will stay with me.

~Amy A.

Your Flip Your Kitchen™ presentation had something for everyone. Whether they were an experienced cook and nutritionist or a rank beginner who hated being in the kitchen, they all enjoyed your practical and riveting instruction.

~Ann H.

Liza helped to be the ear that I so needed, especially as I tried to balance work, family, and everything else. She really helped me to search within myself for answers [and] is a wonderful listener and coach. She is the ever present cheerleader and will not let you feel too discouraged or defeated.

~Alice L.

Our kitchen session was nourishment for my soul!

~Jeri S.

Thank you so much, Liza Baker, for helping me to experiment with food!

~Debbie W.

Liza makes cooking approachable, and her lessons are invaluable – eating responsibly and sustainably can also be thrifty + easy! I'll be making more use of our farmers' market and local meat vendors now.

~David K.

Liza's classes are a must for anyone who yearns to use their time in the kitchen more efficiently.

~Carolina T.

Julia is so much more confident in the kitchen now, and I'm loving the results!

~Karen R.E.