



## **Mary Elizabeth Murphy Biography**

With nearly 30 years of experience working directly with clients, Mary Elizabeth is a reliable, results-driven expert in team dynamics, development, and cohesion. As CEO and owner of S.T.A.R. Resources and author of RESET Your Buttons, she has been teaching the skills to earn more, achieve more, and produce more since 1993. Enhancing interpersonal relationships and increasing effectiveness and productivity in the workplace is her passion.

Encouraging women in leadership in the workplace is another of her passions. The Small Business Administration awarded Mary Elizabeth the NC Women in Business Champion of the Year for her commitment to the advancement of women's business ownership. She was named one of Mecklenburg Times and North Carolina Lawyers Weekly 50 Most Influential Women and T+D Magazine named her one of six recipients of the prestigious Training's New Guard for her ability to inspire others with her passion, determination, and success.